

THE 2005 CENTRUM JUNIOR SKATE WITH THE STARS CONTEST

Centrum Junior multivitamins invites all Western Ontario Section Skate Canada club members to enter to win a chance to "Skate with the Stars" during the 2005 BMO Financial group Canadian Championships' Parade of Champions scheduled for January 23, 2005 at John Labatt Centre, London, Ontario.

To qualify, you must:

- Be a WOS Skate Canada member in good standing and a resident of Ontario
- Be between the ages 4 and 16
- Complete and submit an Entry Form by November 26, 2004

There will be one (1) winner chosen who will receive:

- An invitation to participate in the parade of champions
- Hotel accommodations for four (4) people
- Admission tickets for up to four (4) people
- AND two hundred dollars (\$200) spending money

Pick up your entry forms at the club office or for more information please speak to a club board member.

Thank you!

A big "thank you" to all of the volunteers who participated at the WOS Sub-Sectional figure skating Championships. Your involvement and time is invaluable to us. Thanks to all of you, our last of our three sub-sectional competitions was a huge success! We can't express our appreciation enough.

Just a Reminder

Preston Figure Skating Club **practice sweatshirts**,
Available in:

- Red or Navy
- Sizes 6-14
- With or without hood

Samples and prices will be ready November 15th. Orders may be taken at that time.

FUNDRAISING

Macmillan order forms have been sent out. They will be due November 13th, 2004 and pick up of your order will be on Saturday December 4th between Noon and 3:00pm. Supporting the Preston Figure Skating Club fundraiser will assist your child as well as the club, as all money earned will go towards the Preston 2005 Ice Show Production Costs.

If you sell over \$100.00 worth of merchandise you will receive a voucher for 5% of your total. If you sell over \$500.00 worth of merchandise you will receive a voucher for 10% of your total. This voucher can be used towards your child's skating fees.

FAQ'S

How often do I need to sharpen my skates?

As often as necessary to keep the skater from catching nicks or slipping off dull edges. Once you feel that your edge is slipping, skidding or you lack the control you feel you normally have, it is time to sharpen. If you're skating only a few times a week, every six weeks to two months or every 40 to 50 hours of skating is probably frequent enough. Some skaters don't mind slightly dull blades while others find that they require them to be really sharp.

Does it matter who sharpens my blades?

Absolutely. Figure skating blades are different from hockey blades, and not all figure skating blades should be sharpened in the same way. **NEVER EVER give your figure skates to someone who only sharpens hockey skates or use any automated skate sharpening machines which are found at some arenas.** A sharpener who doesn't understand those differences can ruin a figure skating blade.

Where should I get my skates sharpened?

Skate Sharpening is available:

- through the Preston Figure skating Club with Danny Porty for our Recreational and Regional Skaters.
- He will be available for sharpening Wednesday evenings and Saturday mornings at Preston arena (or)
- you may leave your skates in the Preston F.S.C. office with your name and return date needed labelled on them.

DATES TO REMEMBER:

Saturday December 18, 2004 3:00pm - 4:30pm Xmas party

December 11, 2004 8:00pm - 11:00pm Skate A Thon

NO SKATING:

Saturday November 20, 2004 Preston Auditorium