

P.F.S.C. LOGO CONTEST

- Who:** All Preston Figure Skating Club Members
- What:** Design a new logo to be imprinted on practice sweatshirts
- Where :** Hand in your entries to the PFSC office
- When:** Entries are due October 29th 2004.
Winner will be announced November 14th 2004
- Why:** The member with the winning logo will receive a sweatshirt with the new logo imprinted on it.
This is a chance to demonstrate your artistic abilities off the ice.

Ideas to keep in mind:

- Think Canadian
- Think Preston figure skating club
- Think red, navy and gold (club colours)

AVAILABLE FOR CHRISTMAS

Preston Figure Skating Club **practice sweatshirts**, INCLUDING our new PFSC logo!!

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

Just a reminder, we will be continuing this season with the collection of **Zehrs tapes**. This is an easy and effective to raise funds to keep the cost of our ice fees down. Drop off your Zehrs tapes in the P.F.S.C. office in put them in the mail slot

We will also be selling **gourmet coffee** on Saturdays during the recreation programme. The coffee is available in large packages and will be priced between \$5.00-6.00.

Macmillan order form will be sent out with confirmation forms. They will be due in November... Just in time for Christmas baking.

WANTED

Volunteers for the Western Ontario Sub-Sectional Competition. We are looking for people to volunteer their time in many areas from food preparation, ice captains, to security and more. This is a wonderful opportunity to be a part of a major competition being held in our own backyard. This is the final year Preston will be hosting this prestigious event and we would like to leave the Western Ontario Section with a positive, lasting impression. If your schedule doesn't allow you extra time, donations of food, drinks, or raffle items are also appreciated. Please contact Debbie Laine at (519) 622-4373 or Gay Nadeau AT (519) 894-4014 for more information.

What Your Skate Bag Should Contain

What your skate bag contains is largely dependent on what level of skater you are. The following is a guide on what type of equipment is appropriate for:

Canskate and Early Figure Skating

- **Skates**
- **Helmet.** While a bike helmet may be used, we recommend using a hockey helmet as it provides better protection. **The skating club strongly recommends the use of a helmet.**
- **Skate Guards.** Save your skates and your sharpening. Skate guards are inexpensive and should be worn when skaters are walking in their skates off the ice. Be sure to label your guards with your skater's name.
- **Soft Rag** Keep a rag handy to dry blades and skates after use. **Do not put wet guards back on after drying!**
- **Fabric Blade Covers** (Optional but recommended) Skaters with figure skates should consider using fabric blade covers to put on their blades after they have been dried off with a rag.
- **Screw Driver** (for those with separate blades that are screwed to the boot). Always handy to have in case a screw becomes loose.
- **Hair Elastics and Clips.** There is nothing more frustrating than trying to skate with your hair flipping into your face. Keep extras in your bag for rush days.
- **Clothing:** Beginner Canskaters should ensure that they are dressed warmly. Once skaters can move about, clothing that permits more movement is in order. Nothing fancy is required. Just ensure that the clothing is not too loose and provides some warmth. Jeans are not recommended as they get cold and wet quickly.

DATES TO REMEMBER:

Wednesday October 13th 2004- The first day of Winter school

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

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

NO SKATING:

Thursday October 21, 2004 Hespeler Arena - afternoon session

Friday October 22, 2004 Hespeler Arena - morning and afternoon session

Saturday October 23, 2004 Preston Auditorium

Monday October 25, 2004 Hespeler Arena morning session

Saturday November 20, 2004 Preston Auditorium