



WELCOME to January! We now have all our skaters standing, and have started to move around. Don't give up, each child progresses at a different pace. If you have any questions or concerns please feel free to contact myself (Rachelle) at Ruppgirl@yahoo.ca, or email coldlakefsc@gmail.com

Meet our Coaching Team:



Rachelle Rupp,
and Tracey
Bexson.

Lyndsey Schrieber & Kelsey Gillis



Parent Zone: Once your child is on the ice and you've gotten all your pictures taken. Grab a coffee and take a seat in the stands to get the best view. We recommend having NO PARENTS in the box, unless of an emergency. Thanks for your cooperation!

Fundraisers: Make sure you have signed up for your Bingo date. You can contact Jaqueline for more information at 780.573.8050 or jacjorgensen@gmail.com. Here are our upcoming dates and positions still needed:

BINGO DATES:

Jan 22nd Friday – (Chair,
Paymaster & 1 spot)
Feb 2nd Tuesday – all spots
Feb 19th Friday – all spots
Feb 28th Sunday – all spots
Mar 7th Monday – all spots

CARIVAL MARCH 20TH, 2016

We will be looking for volunteers for group leaders, raffle table, 50/50, door table, set up/take down, music, announcing, etc. Please watch for list to be posted, or contact Rachelle and let her know what you would like to volunteer for. A list of names/groups will be emailed out to make sure all spelling and children have not been missed on our list. Please ensure your child is not missing on the list.

Carnival Costumes will be in shortly, it WILL BE YOUR responsibility to make sure all costumes fit correctly (alterations, ironing, etc.) Once this is all done all costumes must be returned to the arena by March 1st, 2016.

Check us out on our website: www.clfsc.ca
or email us at coldlakefsc@gmail.com

**Want to get involved, meet
new people, than come join
our executive! Our next
meeting is on Jan 13th @
7:00 pm in the Cold Lake
Figure Skating Club dressing
room at the Energy Centre.**

EXECUTIVE: 2014-2015

President – Jaimie Plouffe
Vice President – Serena Hobman
Treasure – Kyla Nuttall
Secretary –Raynell Jalbert
Test Chair – Cheryl Fedor
Fundraising Rep – Justine Getz
Bingo Rep – Jaqueline Jorgenson
Starskate Liaison – Kyla Nuttall
Test Group Liaison –Justine Getz
Canskate Liaison- Erica Green &
Stacey Arguedes
Carnival Coordinator – OPEN
Head Coach - Rachelle Rupp

Fun Facts: Did you know hard skate guards are to be worn to and from the ice to protect your blades? As well as soft guards are used to protect your blades after you wipe your blades dry with a cloth.

Depending how often you skate you should sharpen your skates every 6-8 weeks, the

more often you skate (hockey skates) the more you should sharpen your skates.

United Cycle in Edmonton has a great jumpstart kit for figure skates, and hockey skates; as well they do trade in value from your previous skate purchase! As well they also sell used equipment.



Special Day to Remember:

***January 16th Lloydminster
FunMeet – Good luck to all
skaters attending!***

CLFSC Team!

