



WELCOME to October! We are excited to have you join us! If you have any questions or concerns please feel free to contact myself (Rachelle) at Ruppgirl@yahoo.ca, or email coldlakefsc@gmail.com

Parent meeting on Oct 20th & 22nd by the check in table at 515pm (if you are registered for both skating days please attend Tuesdays meeting)

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 jaciorgensen@gmail.com. Here are our upcoming dates and positions still needed:

BINGO DATES:

Oct 17th Saturday– (Chair)

Oct 23rd Friday – (3 spots)

Nov 1st Sunday – (4 spots)

Nov 20th Friday – (Chair, Paymaster & 4 spots)

Nov 25th Wednesday – (Chair & 5 spots)

Dec 3rd Tuesday – (Chair, Paymaster & 5 spots)

Dec 7th Monday – (Chair, paymaster & 7 spots)

Dec 15th Tuesday – (Chair & 7 spots)

Jan 22nd Friday – (Chair, Paymaster & 1 spot)

Special Day to Remember:

HALLOWEEN THEME: OCT 27th & 29th

Dress up in your Halloween costume. Remember to still dress warm and wear your helmet.

Fun Facts: Did you know hard skate guards are to 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!

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 Oct 21st at 7:00 pm in the Cold Lake Figure Skating Club dressing room at the Energy Centre.

EXECUTIVE: 2014-2015

President – Jaimie Plouffe

Vice President – Serenna Hobman

Treasure – Kyla Nuttall

Secretary –Raynell Jalbert

Test Chair – Cheryl Fedor

Fundraising Rep – OPEN

Bingo Rep – Jaqueline Jorgenson

Starskate Liaison – Kyla Nuttall

Test Group Liaison - OPEN

Canskate Liaison- OPEN

Carnival Coordinator – OPEN

Head Coach - Rachelle Rupp

Learn to Skate & Canskate: It's a lot of hard work to learn how to skate! Everyone progresses at his or her own pace. Some skaters can go the whole 45 minutes and not be tired. Don't be alarmed if you child can only last 20 minutes for the first couple of sessions. Once they get the hang of things, they will love it!

Questions or Concerns: If you have any questions or concerns please feel free to contact us by email coldlakefsc@gmail.com, or text Rachelle at 780.812.5393, or go to our website for any ice time changes under the tab events @ www.clfsc.ca.

CLFSC TEAM 😊

