



# PFSC News

October 2017

## Welcome to Winter School!



Preston Figure Skating Club is happy to welcome all of our members, both new and returning, to the winter season. We are glad you are a part of our PFSC family!

As we begin a new season, we would like to remind parents of a few important details:

- Please remember that parents and guardians are not allowed on the ice. If your child has a problem and needs you, a coach or program assistant will bring them to the door and help them off the ice.
- Our rinks are cold! Please make sure your skater has gloves or mittens each time they step on the ice.
- All Buddies on Blades and CanSkate skaters must wear a CSA approved **hockey helmet** while on the ice. Face masks are optional, but helmets are required according to Skate Canada rules. Bike helmets are not allowed, as they do not protect children when they fall on the ice.

Volunteers will be available at the ice doors during the recreational programs to answer questions you may have.

We are looking forward to another fun season with the skaters of the Preston Figure Skating Club. We hope all skaters and their families enjoy their time with us, and that they have fun as they learn new skills.

### Preston FSC Family Skate

Bring your family and friends out for our Family Skate on **Saturday October 21, 6-8 pm** at the Preston Auditorium. We will have music and games and lots of fun! This is an opportunity for the club to give back to our families, and we hope you can join us!

### Fundraising News

Each year Preston FSC holds a number of fundraisers for the club. We use the money from these campaigns to help keep our fees low, and to support our year end gala. We try to offer a variety, and hope there are fundraisers in which each skating family will want to participate.

### MacMillan's Frozen Foods

This fundraiser will begin mid-October, and will be delivered in early December

### Gift Cards

This campaign will begin mid-November, and gift cards will be delivered mid-December, in time for Christmas.

### Laura Secord Chocolate

These chocolates will be available around Valentine's Day

### Oil Change Package from Master Mechanic

This campaign will continue throughout the season

Please visit our website at [prestonfsc.com](http://prestonfsc.com) to get detailed information about each campaign

## Keep your recreational skater safe, warm and comfortable this winter

- CSA approved **hockey helmets** are a must for all recreational skaters in Buddies on Blades and CanSkate. This rule is to protect young skaters, as hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. Skaters without a proper helmet will be escorted off the ice.
- Mittens or gloves are important for all skaters. They keep hands warm and protect them when skaters fall. Keep an extra dry pair in your skate bage just in case.
- Thin synthetic socks keep feet warm without crowding toes.
- Layering a base layer of long underwear under athletic pants keeps legs warm without the bulk of jeans or snow pants

## Keep their skates in top condition too!

- Skates should be sharpened at the beginning of a new session, especially if they have been in storage over the summer. PFSC offers skate sharpening! Leave your skates with Mr. Wheeler or Mr. Eaton, include your name and date of your next lesson and your newly sharpened skates will be ready. Yes it's as easy as that!
- Soft breathable guards are best for preventing rust from forming on blades between classes. Also be sure to thoroughly dry blades after every session.
- Be careful not to let skaters walk on unpadded floors in the arena while wearing their skates.



## Important Dates

October 11

- First Day of Winter School

October 16

- Little Caesar's Pick Up, 6 pm - 8 pm, Preston Auditorium

October 21

- Family Skate, 6 - 8 pm

October 25, 26, 28

- Halloween Dress Up Days for Recreational Skaters

October 27 & 28

- Competitive Simulations

November 11

- No skating

November 13

- MacMillan's orders due

December 2

- MacMillan's pick up at Preston Auditorium

## Connect with us!

Our club office is located upstairs at the Preston Aud, and is staffed by volunteers Mondays 5:30 - 8:00 pm

**Visit our website** for our detailed information about PFSC, including program & registration information, and a calendar of important dates.  
[www.prestonfsc.com](http://www.prestonfsc.com)

**Like us on Facebook!**



Show your support for PFSC, and like us on Facebook!  
[www.facebook.com/PrestonFSC](http://www.facebook.com/PrestonFSC)

**Email us at our NEW address**  
[prestonfsc@live.com](mailto:prestonfsc@live.com)