

Hello all FWISC members,

Recently I accepted the position with Canlan Ice Sports Company as Skating Director in Fort Wayne. I am very excited about it and plan to bring new programs for Basic Skills, Adults and competitive skaters. We are also planning for a future of U.S. Figure Skating competitions, competitive skaters' camps and seminars.

I am looking forward to working closely with the FWISC Board of Directors. I will try to establish year round programs with a variety of classes for the skaters to enjoy figure skating, improve their skills and have FUN!

Please see the updates below:

FWISC GENERAL MEETING:

Day: Tuesday February 16th

Time: 6:00-6:20pm (introduce Skating Director to all members)

Location: New facility (on the second floor) to your right: OFF ICE ROOM

Conditioning OFF ICE class: 6:20-7:00pm (for all level skaters) Price: \$11 (per skater)

Coach: Alena Lunin

FREESTYLE SESSIONS (Advanced skating):

Beginning Friday February 12, all freestyle (50 min. advanced) sessions and LTS classes will be moved to the new rink and 50min sessions will remain until the end of March. The sessions will be as follows:
Monday – Friday 2:30-3:20 & 3:20-4:10 & 4:10-5:00 & 5:00-5:50

AM sessions will be added to the schedule starting next Tuesday February 16, 2010.

I will try to make sure ice time schedule will be sent to all coaches and skaters by Thu Feb 11 noon!

NEW 40 min. FREESTYLE SESSIONS:

PM Sessions will start: from Monday April 5, 2010

Session levels will be divided as following:

Open FS (open to all level skaters)

Freestyle – (all USFS competitive levels: pre-pre and above) we divide into high and low when we have 15 or more skaters on the ice per session

Low FS - (Basic Skills level)

Session length: 40 min

Price: \$8 Walk-on \$9.50

10 - Punch -\$70

30 - Punch -\$200

50 - Punch - \$300

Please try to use all your 50 min punches during the months of Feb –March. If a skater for some reason isn't able to use purchased punches before the new sessions start, their punches will apply toward the new sessions.

ADULTS SESSIONS!

Starting from next week, February 15, 2010 Canlan will provide new adult sessions, please see info below.

Tuesdays: BREAKFAST SKATE - 7:20-8:20am - will start on Tuesday February 16, 2010

Thursdays: COFFEE SKATE – 10:40-11:40am – will start on Thursday February 18, 2010

Saturdays: ADULT DANCE + ADULT LTS – 11:50-12:40pm - will start on Saturday April 3, 2010

Price: Freestyle Punch cards will be used

Since these will be new sessions I would like to encourage all adult skaters to please come and skate during those sessions. We are looking to grow adult programs in the near future if we see demand during the sessions.

YEAR ROUND: CONDITIONING - OFF ICE CLASS:

Tuesdays: 6:00-6:40pm – will start from Tuesday February 16, 2010 (all level skaters)

Thursdays: 6:00-6:40pm – will start on Thursday February 18, 2010 (all level skaters)

Classes will be split into (high) and (low) levels starting from April 1, 2010

High level: Juvenile and above Low level: Pre-juvenile and below

Price: \$11

Monthly fees will start in April and it will be combined with ON ICE stroking/power/edge class.

Class will concentrate on: *strength & conditioning / stability, balance & coordination / jump rotations & drill exercises / upper body strength & carriage /specific muscle strengthening exercises. Skating related activities and injury reduction!*

YEAR AROUND: STROKING/POWER/EDGE – ADVANCED ON ICE CLASS:

Tuesday: 6:00-6:30pm – will start from Tuesday April 6, 2010 (High)

Thursdays: 6:00-6:30pm – will start on Thursday April 18, 2010 (Low)

Price: \$11

Monthly fees will start in April and it will be combined with OFF ICE conditioning class.

Sessions levels will be divided as following:

High level: Juvenile and above Low level: Pre-juvenile and below

Class will concentrate on: power & stroking technique/ advanced knee action/ ability to generate maximum speed/ direction change without speed loss /better flow & effortless skating/skillful performance of difficult footwork / body alignment on edges / confidence and grace!

COACHES: for advanced ON & OFF ICE classes will be announced after the Thursday, February 11 coaches meeting.

Special request: I would like to encourage all FWISC skaters to participate and sign up for ON and OFF ICE classes and coaches to encourage their skaters as well. It is great opportunity for your skater to learn more skills, improve, work in the group environment and have fun!

SIGN-UP FORM:

CONDITIONING - OFF ICE CLASS: since we are starting this class next week you don't have to sign up. Just come and have fun!

STROKING /POWER / EDGE - ON ICE CLASS: a sign up form will be available in new rink at the registration desk and also you could email me directly at: alunin@icesports.com or proskatingcoach@gmail.com with your skater name and level.

In the near future, we are also looking to add one or two Saturday freestyle sessions followed by high and low level SPINS & FOOTWORK CLASSES and BALLET (twice a month) mixed with PILATES (twice a month) but we have to see how TUE & THU sessions go first.

SPRING CAMP:

Just so you know we are planning to do Spring Skating Camp from April 5-9, 2010. The schedule will come out soon. Classes will be approximately from 8:00-1:40pm. The Sign-up form will also be available at the registration desk in the new rink or if you are interested please email me as provided above.

ICE SCHEDULE:

FYI- The ice schedule should be available soon on Canlan Ice Sports website and I will also update coaches and club skaters if we have any changes. Our goal is to keep consistent!

BRIDGE PROGRAM:

I am working to provide a Bridge program for Basic 5-Freeskate 6 level skaters starting from April, more information on the Bridge classes will be sent in the near future.

FOOD & BEVERAGES:

FYI- absolutely no food or beverages will be allowed in the new facility, bottled water is OK. Please encourage your club and skaters to follow the rule!

ALENA PRIVATE LESSONS:

If you or your skater is interested in taking a trial private lesson, please talk to your current skating coach first. I will be available to teach private lessons AM & PM in the new facility, but I would like to make sure all arrangements are made through your skater's current coach.

I hope I will be able to organize great programs in Fort Wayne and build Canlan Ice Sports to be a nationally recognized facility in U.S.

Thank you,

Alena Lunin

Canlan Fort Wayne Skating Director

alunin@icesports.com or proskatingcoach@gmail.com