



North Bay
Figure Skating Club

A proud member of



'Excel' Program Planned for 2010/11 Skating Season

The North Bay Figure Skating Club is excited to announce the development of a new program called 'Excel'. Based on feedback received from skaters and parents at the end of last season, the NBFSC has decided to move ahead with an enriched program which will allow interested skaters to spend more time on the ice, and more time developing skills off the ice. This program is for skaters who would like to dedicate more time to skating, compete regularly at competitions (StarSkate) and possibly move into competitive skating. This program in no way replaces the current programs offered by the club, but is an extension of the Intermediate and Senior programming currently being offered.

Those interested will be required to skate **ALL** regular scheduled skating session (core programming: Tuesday, Thursday and Saturday) in order to participate in the extra ice times. The NBFSC has requested additional ice on Monday mornings from 7:00-8:20am (on days when the ice isn't used as "make up ice" for the Intermediate and Senior sessions) and on Friday mornings from 8:00-9:00am after shinny ice (shinny ice will still be available to any skater who is interested, Excel or not). The extra ice time on Monday and Friday is for Excel skaters only.

In order to improve strength and conditioning, off ice work is very important. As such, we are encouraging all skaters in the Excel program to participate in our flexi-spins training once a week. This training will be held on Sunday from 12:00 – 1:00 at Gymtrix and will be led by former National Gymnast, Spencer Farrow. Spencer has been working with the skaters during summer school and the club is pleased to have his expertise.

A meeting to further discuss the Excel program will be held at the beginning of the season for parents and skaters in order to outline expectations and to answer questions you may have about the program.

Should anyone have any questions or concerns, please contact Laura Houlston, Vice President of the NBFSC.

Happy Skating!

Thank you,

The NBFSC Board of Directors