



NEWSLETTER

Club News

★MFSC Club is recognized with Advanced Standard in [CanSkate Excellence recognition program](#). We will be featured on Skate Ontario's Social Media feed. We did this by encouraging skaters to have **99%** of movement on the ice and encouraging skaters to use their full skating strides in the Fast Track as part of the lesson circuit and a wide variety of music tempos to keep things interesting for skaters.

Fundraising: *NEW DATE* *NEW DATE* *NEW DATE*

LCBO Tag Day has been rescheduled for **June 1, 2019** at the LCBO Hurontario & Eglinton location. Calling all **STARSkaters** to participate in this event to earn volunteer credits, build friendships and get involved in our community.

Volunteer Commitment - All members are expected to earn **16** volunteer credits for the whole season. There are still volunteer opportunities available including working at the **CanSkate table** for the spring session or **LCBO Tag Day**. Please **email** and let the volunteer coordinator know your availability.

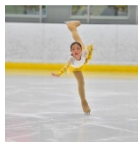
Get More Involved!

Annual General Meeting
Saturday, May 4, 2019 at 9:30 am
Iceland Arena

Agenda includes review of past season accomplishments and voting in your new board of directors. Mississauga Figure Skating Club is a non-profit organization run by a volunteer Board of Directors and programmed by our Skating Coaches. The success of our Club and our ability to make it a great place for our kids to skate and grow depends on parental involvement. If you would like to be involved, please join us as a Board Member. **All members are invited to the information sessions.**

Congratulations Chloe Yang!

A huge congratulations goes out to Chloe Yang who represented Mississauga Figure Skating Club at the Skate Ontario Provincial Championships recently held in Mississauga.



Chloe competed in the **STAR5** U10 category. In order to qualify for provincials Chloe had to compete in several competitions and had to achieve one of the top scores all of the skaters in her age group in Ontario.

MFSC is extremely proud of Chloe and her accomplishments this season. Congratulations also go to her coach, Leanne Pilon!

DATES TO NOTE:

IMPORTANT

Location Changes

- April 2: Spring session
- April 5: No Skating
- April 6: Port Credit
- April 12: No Skating
- April 15: Iceland
- April 17: Iceland
- April 25: Information session @ 7:00 p.m.
- April 27: Information session @ 11:30 a.m. (during the Junior session)
- April 30: Tomken

Off ice and On ice sessions time stays same, only location changes

**SUMMER CAMP INFORMATION
 WILL BE AVAILABLE SOON**

PA Corner

Here are our PA's of the month

FEBRUARY:

Senior PA - Victoria Laishley

Junior PA - Nicole Morcos

According to Skate Canada's Helmet Use Policy (<https://info.skatecanada.ca/index.php/en-ca/policies/58-helmet-use-policy.html>), CSA approved hockey helmets are mandatory for up to and including CanSkate level 5. For level 6 and higher, the skater may choose to wear a helmet at their discretion, but the parent / guardian has final say.

Pre-Junior

Power of Pre-junior

Wondering what your next steps are following CanSkate? Pre-junior maybe the answer to all of your queries.

Prejunior is an excellent recommendation for any CanSkate working on **stage 5 and 6**. This program is offered on Tuesday, Thursday and Saturday. It is a fast pace program that incorporates the three areas covered in CanSkate, balance, agility, control while introducing new elements that are developed on Juniors. Plus, some extra bonuses within the program.

Transition to juniors is described as seamless when transitioned from pre-junior. The pre-junior session includes a **30 minute** off ice warm up class that incorporates stretching, core development and cardio. All key elements needed before entering the ice. **15 minutes** of on ice warm up focusing on edges, skating skills, filed movements while developing power. Followed by a **30 minute** structured class with free time to practice after set instruction. A total of 80 minutes on ice and **30 minutes** off ice completes this program.

Speak to the certified instructors at **MFSC** to see if this is the right fit for your skater.