

More Than Just A Skating Experience

Submitted by Lake Superior Figure Skating Club

Since 1978, the Lake Superior Figure Skating Club (LSFSC), has been dedicated to supporting skater development in our Northern Ontario community of Sault Ste. Marie. From our very

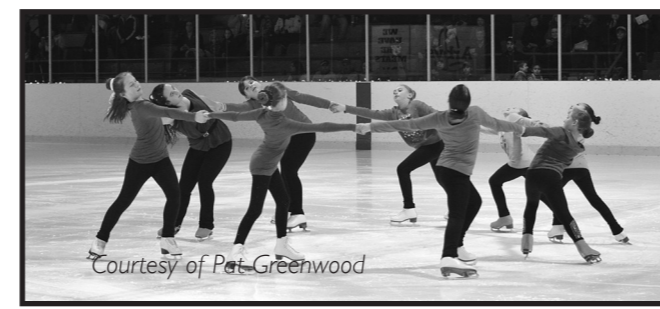


youngest to our most elite athletes, our dedicated team of certified Skate Canada coaches provide and maintain the highest quality of skating programming in an enjoyable and positive environment. For the last three years, the Lake Superior Figure Skating Club is proud to have received a GOLD five star rating from Skate Canada Northern Ontario in recognition of the efforts and achievements coaches, volunteers, Board members, skaters and their families have made to ensure the club offers an exceptional skating program within the community.

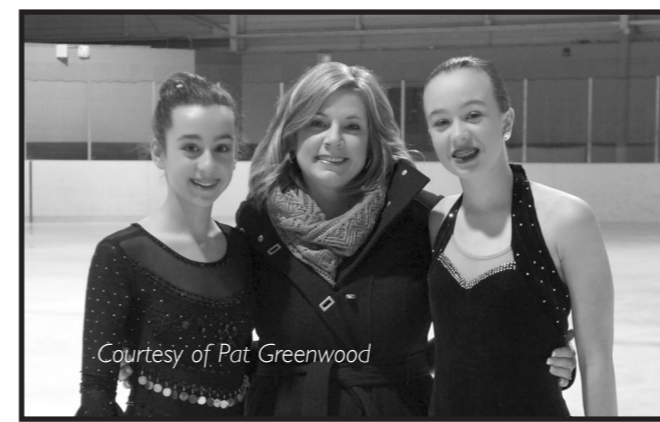
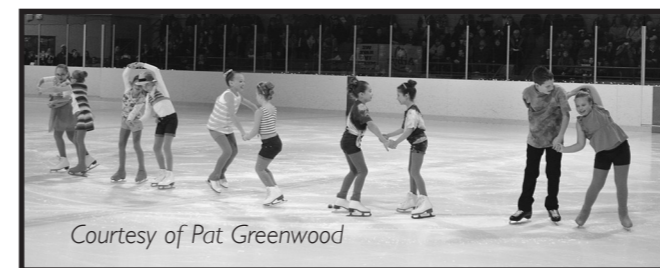
The LSFSC is fortunate to have a highly qualified team of Certified Professional Coaches who work together as a team to ensure each skater achieves their personal goals and benefits in all areas of skating. Director of Skating, Kerry Bain, is extremely proud of the continued growth within the club in all areas. Over the last few years, Lake Superior has continued to expand and welcome new families to the skating club both at the CanSkate and STARSkate levels.



Under Skate Canada, LSFSC is able to provide skating programs for every age and skill level. The new CanSkate program developed by Skate Canada ensures our youngest skaters learn to skate; this program, as well as our PowerSkate programming, prepares skaters for many different sports including figure skating, hockey and ringette. The club's strong recreational STARSkate program has become very popular for skaters wishing to continue to enhance their figure skating skills and experience competition in Regional and Provincial competitions. The club is also pleased with the continued growth of their competitive figure skating program.



This year the LSFSC is experiencing an exceptional competitive season. LSFSC skaters brought back nine medals following the Skate Canada Northern Ontario Sectionals Event in Sudbury. In addition, three LSFSC skaters qualified to move onto the Skate Canada Challenge; Abiguel Jones, Breanne Derochie and Jordan Derochie qualified for the Skate Canada Challenge competition which was held in Edmonton Alberta in December 2015 where personal bests were achieved. In addition,



LSFSC skater Cameron Smith competed at the Skokie Skate competition in Huntsville in October 2015 and placed first overall in the Bronze Triathlon Event. This past January saw skaters compete at the annual Algoma Interclub Competition and in February many of our STARSkate level skaters will be competing at the Festival of Stars competition. These skaters will be vying for a top finish which would allow them to represent the Northern Ontario Section at the Skate Ontario Championships which will be held in Sudbury in March 2016.

Throughout the skating season and as part of a balanced program, the club organizes and encourages skaters to access a variety of different seminars and programs both on and off ice. The LSFSC has developed working relationships with Coaches, Choreographers, Technical Specialists and Senior Evaluators which help to ensure all skaters are able to reach their potential. The LSFSC has continued to expand their summer program and off-ice programming to develop areas such as goal setting, nutrition, mental preparation and overall physical fitness.

LSFSC believes it is important to promote camaraderie, athleticism and spirited competition, but more importantly there is a deliberate focus on developing young people who are able to set goals and inspire others, while increasing responsibility, cooperation and respect for themselves and others. As part of this belief, the LSFSC has prioritized leadership development as a focus for the program. At a young age, skaters are encouraged to pursue a Program Assistant role within the club assisting coaches with the CanSkate program. As they progress through their skating

careers with the club, skaters are encouraged to work towards their CanSkate coaching qualifications. Skaters also regularly volunteer to help with different aspects of the organization (fund-raising, helping at competitions, spirit events, etc.).

As an organization, the LSFSC believes the success they are experiencing is due in part to the strong relationships and professionalism from the Board, parent/volunteer community, athletes and coaches. The LSFSC stresses the importance of building a sense of community through their annual GhouL-a-thon, Christmas Gala and Food Drive, CanSkate Santa Parties and club socials. The LSFSC also holds an Annual Banquet at the end of the season and an Annual General Meeting in May to celebrate as a club, the hard work of the skaters, board members, parents, volunteers and coaches.

Skaters at every level can join at any time throughout the season as registration is ongoing. Our skating season runs September to the end of April with a short break in May and June. We also offer summer programming throughout all of July and part of August. For more information on any of our programs, or to take advantage of our online registration, visit us at www.lsfsc.ca, or better yet, come and visit us at the rink!



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