



The **Campbell River Skating Club** is jumping into the 2016/2017 season with a new **Team of Coaches**, online registration and plans for an Ice Show.



Welcome to...

Head Coach



Rae Anne Hesketh

CanSkate Coach



Julia Bowles

Off Ice Coach and Freelance Coach



Keri Bemister

We are pleased to have Rae Anne as our Head Coach with over 35 years of coaching experience.

We also introduce Julia, a Senior skater who recently attended the CanSkate Coach training and is a coach-in-training being mentored by Rae Anne.

We are also pleased to have Keri join our team. Keri will be focused on implementing our Off Ice Program following the philosophy of Skate Canada's Guide to Long-Term Athlete Development.

Our Off Ice Training Development goals for this season are...."Through providing Off-Ice classes that develop agility, coordination, balance, flexibility, cardio and strength training, to build a well-rounded skater following Skate Canada's Long Term Athlete Development Module. To introduce and educate skaters on warm-ups, cool-downs, stretching, proper nutrition and hydration as an important part of an athlete's daily routine."

And...

We are excited to be able to offer online registration to our skating community. We were looking for something that would be a 'one stop shop' that would

allow members to register for any of our programs, at their convenience, save our Club volunteers time with registration, fundraising/volunteering, email management and allow our Coaches a tracking mechanism for skater development. We found that Uplifter was exactly what we were looking for and it is far exceeding our expectations.

"Uplifter is a web-based club and athlete management system that makes it easy to create, track and manage the skill development goals and achievements of individual athletes, while greatly improving the efficiency of club operations and driving increased revenues."

Congratulations

to these skaters who finished strong at the Super Series competition in Parksville.

Megan Weber, Bronze Medal
Junior Silver Women

Sierra Petrovcic, Silver Medal
Star 4 over 13 yrs

Celeste Gale, Bronze Medal
Star 4 under 13 yrs