

## Congratulations

Alison Tinling Cochrane Skating Club  
BMO Financial Group Canskater of the Year

Kathy Sutherland Cochrane Skating Club  
Skate Canada Club and Recreation Coach  
Award of Excellence

Elaine Urton Evaluator/Judge  
Wayne Feil Memorial Evaluator/Judges Award

2009 Skate Canada ACGM

&

National Coaches  
Conference

Edmonton, Alberta

June 3—6, 2009

## DEFINING MOMENTS

Tickets available until May 15/09

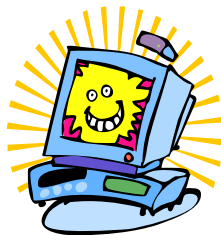
Contact National Office

## Spring House Cleaning

If your club has a website, Now is the time to freshen, revitalize & update your information.

Thru the Spring & Summer we get several calls/emails from potential members requesting information on skating clubs in their area.

Remember to also send in to your Region Rep any changes to your executive and website



## Summer Schools

### Huntington Hills

STARSkate Summer School  
June 29—July 29/09 at Cardel Place  
Further Info: Tammy 403-275-6061

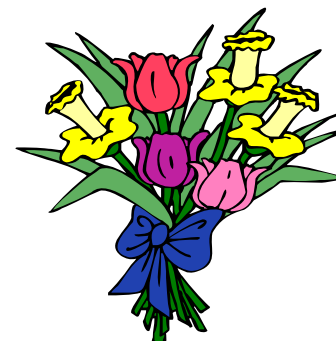


### Lake Bonavista Summer School

STARSkate/Competitive July 6-August 7, 2009  
Canskate July 6-10, & 13-17 or  
July 20-24 & 27-31  
Further Info: Leigh 403-271-0964

## TOP 10 REASONS VOLUNTEERING IS GOOD FOR YOUR MENTAL HEALTH

1. Good for your soul, and good for both your physical and mental health
2. YOU can make a difference
3. Set a good example
4. Gain professional experience
5. Meet new friends
6. Promote personal growth and self-esteem
7. Discover hidden talents
8. Build a stronger community
9. Boost pride in your community
10. Reduce STRESS



**A Bouquet of THANKS to all of our VOLUNTEERS**

## Website Information

*Need a Yearly Plan?*

*A Monthly Checklist?*

*Information on Conflict Resolution?*

*Competition Schedule?*

*Test Day Manuals?*

*The list is endless, BUT the answers can be found on the Alberta Section website at:*

[www.skateabnwtun.com](http://www.skateabnwtun.com)

*Or*

*The Skate Canada website at*

[www.skatecanada.ca](http://www.skatecanada.ca)

*Both sites have lots of valuable information for clubs, skaters, coaches, and parents.*

*Please encourage them to check it out!*

*Calgary Region News is available on our website at: [www.skatecalgary.com](http://www.skatecalgary.com)*



## **Coach Corner**

### **New Membership Requirement for 2009-2010 Season:**

Making Ethical Decisions (MED): The CAC has mandated all partner sports to ensure that their coaches have completed the MED on-line evaluation for the 2009-2010 season.

Effective September 1, 2009 – as a condition of membership, all coaches will have to complete the Making Ethical Decisions on-line evaluation to become a registered Skate Canada Professional coach.

**More info available on Section website under the coaches tab**



### **Board of Directors**

Chair	Judy Hanson
Past Chair	Kathy Kopelchuk
Vice Chair	Sharon Dingle
Vice Chair	Jamie Tartamella
Secretary/Treasurer	Joyce McCoy
Athlete Rep	Wendell McGrath
Events Chair	Lyndsey Ford
Officials Coord Chair	Eunice David
Coaching Rep	Tammi Chudak
Skating Programs Chair	
Athlete Development	
Regions Chair	Donna Moses
Regions Vice Chair	Dori Mark

### **Calgary Region**

Calgary Region Rep	Anita Kohnen
Asst Region Rep	Elaine Dyck
Secretary/Treasurer	Sherry Badior
Coaches Rep	Tammy Schmidt
High Test Co-ordinator	Linda Courtman

### **Calendar Updates**

Oct. 6, 2009	<b>Calgary Region Meeting</b> <b>Test Chairs Workshop</b> Thorncliffe-Greenview
Oct. 29—Nov 1/09	<b>Sectionals—Springbank</b>
Nov. 27-29/09	<b>Calgary Region Open—Calalta</b>
Dec. 5-6/09	<b>Alta Winter Games Runoffs</b> <b>Zones 1,2,3,4— Indus</b>
Jan 15-16/10	<b>Rosebowl/WRAC</b> Calalta Sychro/Glacier School
Jan. 29-31, 2010	<b>Calgary Region Funskate</b> Thorncliffe-Greenview
Feb. 4—7, 2010	<b>Alberta Winter Games</b> Cold Lake, AB
Feb. 12—14, 2010	<b>CareyLimo Invitational</b> Calgary
Mar 5—7, 2010	<b>STARSkate Championships</b> Airdrie
Mar. 23, 2010	<b>Calgary Region AGM</b> Thorncliffe-Greenview Comm
April 1—4, 2010	<b>Glencoe Invitational—Glencoe Club</b>
April 9—11, 2010	<b>Chinook Open—Lethbridge</b>