

# In the Loop



## Bingo Dates

- Sat., July 4  
5:30 pm - 9:45 pm
- Fri., July 31  
9:30 pm - 12:45 am
- Thursday, August 6  
9:30 pm - 12:45 am
- Wed., August 26  
5:30 pm - 9:30 pm

Please contact  
**Barb Hay**  
**628-8825**  
if you are interested  
in volunteering

The FWFSC wishes  
to thank

THE ONTARIO  
TRILLIUM  
FOUNDATION



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for their generous  
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music system.

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[www.trilliumfoundation.org](http://www.trilliumfoundation.org)

## WHY WORK BINGOS????

The Club holds two to three bingos a month which is a **major** fundraiser subsidizing ice costs for Junior, Intermediate and Senior skaters. These bingos bring in roughly **25,000 dollars** per year. This equates to roughly **\$250 per person or \$100 per night of skating.**

It is getting difficult to get enough volunteers to cover them. These people are pulling the weight for every other Junior, Intermediate and Senior member.

We need 8 or 9 volunteers at each evening and matinee bingo, the dates are posted on the bulletin board, in the newsletter and on

the website. We are especially having a hard time filling the twilight bingos which run from 9:30 until 12:30 am. We only need 6 or 7 people here and there are 1/2 positions available at these bingos, 9:30 until approximately 11:15. This may be a good fit for the shift worker in your household.

Please contact Barb or Darrell to volunteer a couple of hours of your time to keep the ice costs down for everyone. Remember, you are presently paying roughly \$5.00 per hour of ice, if we have to give up the bingos due to lack of volunteers your costs will rise significantly.

We continue to do bingos year round and they are both rewarding for you personally and for the Club as a whole. It may be you, a skater or sibling over 14 years of age ( a good way to earn community volunteer hours), an aunt, an uncle or grandparent willing to help out.

Thank you in advance for your volunteerism!

### The Bingo Committee



## Skater's Development purchases Sk8Strong products

In June, the FWFSC purchased resources to help skaters in their competitive goals.

### Ultimate Dynamic Warmup DVD

Skaters for all levels and ages will learn a pre-competition and pre-practice warm-up that will prepare every muscle for the demands of skating.

### Developing the Youth Skater DVD

Skaters will develop balance, coordination, strength, and movement patterns necessary for the mastery of the basics skating skills.

### Champion Cord Triple Hook &

### Champion Cord S Hook

Champion cords are a great tool to help improve your on-ice skills.

Perfect for jumping, spins, field moves, and training exercises.

Please contact your coach if you are interested in viewing and trying this equipment.

## Special Events Coming Soon

- **FWFSC/TBFSC Fall School begins..**  
September 7, 2009
- **FWFSC Registration**  
Sat., Sept. 12, 2009  
1:00 - 4:00 pm  
&  
Wed., Sept. 16, 2009  
6:00 - 8:00 pm
- **Fall School Test Day**  
October 2-3, 2009

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## Meet the FWFSC Coaching Staff

### Sarah Boyechko



Sarah has skated for fifteen years and achieved her Gold Skills, Freeskate, and Interpretive. In addition, she completed her Diamond Dances along with her Pre-Novice Competitive in Singles and Dance. Sarah competed at Western Challenge (2006-07) and National STARSkate Championships (2008-09). Sarah achieved 5th place in the Gold Triathlon event in 2009. She was invited to a provincial seminar by Skate Canada in July 2007. Over her career, Sarah has won numerous Section Awards including STARSkate Athlete of the Year (2005) and Program Assistant of the Year (2008). Sarah began coaching with the Fort William FSC in September 2008. She has her Primary STARSkate certification (Level I). She is attending the Intermediate STARSkate this summer. She has coached CanSkate to Senior Silver level skaters and is working towards her Gold CEP status for the current cycle.

#### Coaching Philosophy

I believe that it is my job to help my students maintain a positive attitude and feel the joy and love of figure skating while developing them into the best athletes they can be. I also believe that all skaters should be treated equally regardless of their level or intentions with the sport. Participating in this sport builds valuable life skills and when there is a mutual respect amongst the skaters and those around them, it becomes more than just skating, but a part of their life.

### Pamela Kaartinen



Pamela is NCCP Level 2 certified in singles and synchronized skating. She has completed Level 3 Theory and Technical and partial Level 4. This will be her 22nd year of coaching and she says she is still learning. She has taught Canskate through to competitive skaters and each has brought something new to her skill set. It is her job to ensure that each child reaches their potential and enjoys the process. Being a mom herself, she understands the trust a parent gives to the coach of their child. Pamela works closely with parents so that together they can help the skater realize their dreams for their skating.

She looks forward to another exciting season with you and your skater.

#### Coaching Philosophy

My name is Pam Kaartinen and I am a figure skater. I say that with pride because it has taught me more about life than just how to spin. By becoming a coach it is my goal to teach, not only the "fun"amentals of skating, but also how to be a better human being through participation in sport.

## Register for the upcoming FWFSC/TBFSC Fall Skating School

The programs offered are listed on the FWFSC website. Check under "Current News" FWFSC/TBFSC 2009 Fall School by downloading the brochure posted.

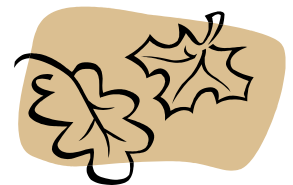
*Registration forms are now available on the brochure on the FWFSC website.*

Availability will be based on the number of days skating and a first come, first served basis, so register as soon as possible.

It is strongly recommended to register by **August 25, 2008.**

All FWFSC registration forms will be completed and sent to: **Barb Hay, 88 Taylor Drive, Thunder Bay P7K 1J9.**

If you have any questions or concerns, please do not hesitate to contact **Barb Hay** at **628-8825.**



**FWFSC/TBFSC  
Fall Skating School  
Sept 7 - Oct 2**

## Stacie Furlonger



Stacie started skating at four years old in the CanSkate program. Over her twenty years as a competitive skater, she passed her Gold Freeskate, Dance, Skills and Figures along with her Junior Competitive test and Part One Senior Competitive. Stacie has been the alternate to Divisionals (Western Challenge) three times, All-Ontario Provincial Bronze Medalist, Ontario and Manitoba Provincial Team Member and achieved medals from many competitions in Ontario, Manitoba, Saskatchewan and Internationally (USA).

Stacie has been coaching for 8 years beginning with the Nipigon and Red Rock Figure Skating Clubs (their full-time coach for 6 years); and have been coaching at the FWFSC for 6 years (part-time for 3 while at the regional clubs above and the last 3 years full-time). She has been the CanSkate Administrator in Nipigon and Red Rock for 6 years and at FWFSC for the past 2 years. Stacie has also been Ice Show Director in Nipigon and Red Rock for 6 years and at FWFSC for 2 years (2007 and 2009).

She has NCCP Level One Certified and is currently awaiting the evaluation of her third component of Level Two to finish her complete NCCP Level Two Certification. Stacie successfully completed her CEP Gold Status (for 2006-2008 cycle) and is now working to retain status for 2008-2010 cycle. She has coached skaters to qualify for Trillium StarSkate Championships (All-Ontarios) for the last 2 years and National StarSkate Championships for the last 2 years. Stacie has had skaters pass tests in all levels (Preliminary to Gold) and in all four disciplines (Freeskate, Skills, Dance, Interpretive).

### Coaching Philosophy

I believe through my guidance and supervision that each skater will achieve a love of the sport whether it is through test stream (StarSkate), competitive or recreational programs. With hard work, both the skater and myself as coach can benefit. The skater will achieve skills to be proud of ~ discipline ~ life-skills for other areas of their lives ~ the love of the sport of figure skating ~ and I get the benefit by watching the development of each skater. I hope we all can strive for this together throughout the year!!!

## Stephanie Lafleur-Morin



Stephanie began skating when she was five at the Sault Figure Skating Club and quickly advanced to the junior level where she was taught by Lynne Begin. In 1985, Stephanie and her partner Paul Glenn moved to Marathon to skate under Paul Wirtz. She continued to skate competitively with her last Canadian Championships being 1990 in Sudbury.

She began coaching in 1991 at Seneca College where she graduated from the Advanced Coaching Techniques Program. Her first 2 years she spent in the Northwest Territories but she have been coaching in Northern Ontario ever since. In her own skating experience Stephanie accomplished her Gold Freeskate, Gold Dances and Sixth figure. And although there were no skills when she skated Stephanie felt it important to her development as a coach, so in 2004 she

successfully completed her Gold Skills. Her personal attributes include a Canadian Silver medal in pairs and several competitive tests in both singles and pairs as high as Junior.

More recently Stephanie have been lucky enough to be part of a small group of people that have been trained and certified as both a Technical Specialist and Technical Controller in single and pairs skating. She is also attending training again this year to complete her specialist qualifications to include competitive dance.

On a more personal note, during the off season along with her family, they own and operate a small campground in the community of Ignace. And during the school year she operates the elementary and high school canteen as part of fundraising for the Grade 8 Toronto Graduation trips.

Stephanie is very excited to become a part of the Fort William team and she hopes to bring energy and enthusiasm to the arena so that Fort William may continue to play a major roll in producing top athletes.



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

901 East Miles Street  
Thunder Bay, Ontario  
P7C 1J9

Phone: 807-623-7353  
E-mail: [info@fortwilliamfsc.com](mailto:info@fortwilliamfsc.com)



**No matter what your goals in skating, our programs will help you get there!**

## Fort William Figure Skating Club 2009-10 Board of Directors

President -	Kathy Groop	475-9237	Other Members -		
Past President -	Darren Smallwood	622-6869	Darrell Jewett	285-4781	
Vice President -	Teresa Hampton	623-0276	Shelly Frost	346-9204	
Second VP -	Barb Hay	628-8825	Julia Mullins	939-2244	
Secretary -	Julia Mullins	939-2244	Corrie Poulin	622-1648	
Treasurer -	Tracy Shields	628-0225	Andrea Saunders	622-3587	

## Fort William Figure Skating Club 2009-10 Committee Members

Bingo -	Barb Hay, Darrell Jewett	Pro-Liaison -	Julia Mullins (Chair), Kathy Groop,
Competition -	Shelley Frost, Carolyn Stewardson		Carolyn Stewardson, Shelley Frost
Fundraising -	Andrea Saunders, Teresa Hampton	Publicity -	Julia Mullins, Teresa Hampton,
Hospitality -	Corrie Poulin, Shelley Frost		Corrie Poulin, Andrea Saunders
Ice -	Stacie Furlonger, Darrell Jewett,	Skater's Devel -	Julia Mullins, Corrie Poulin,
Ice Show -	Kathy Groop (Chair)		Carolyn Stewardson
Membership -	Barb Hay	Test Chair-	Teresa Hampton
Music -	Andrea Saunders, Darren Smallwood	Off Season Schools -	Barb Hay, Carolyn Stewardson,
Program Reps -	CanSkate - Stacie Furlonger		Corrie Poulin, Kathy Groop
	Pre-Preliminary - Stephanie Lafleur-Morin		
	Junior - Barb Hay, Kristine Martyn		
	Intermediate - Andrea Saunders		
	Senior - Carolyn Stewardson		



## Do you have FWFC news to share?

As much as we would like to be, we realize that we cannot be in all places at once. FWFC news happens all the time and everywhere!

Share your stories, informa-

tion, and special events and we will do our best to include them in our monthly newsletter or on our website. If you have any news that you would like to be placed in our newsletter "In the Loop" or

added to our website, please submit them to:

**[info@fortwilliamfsc.com](mailto:info@fortwilliamfsc.com)**

Please make sure that you get an email confirmation saying that we received your article.