



## FEBRUARY NEWSLETTER

### 2015-2016 Skating Season

Our second session is off to a great start! There are lots of new faces and returning ones as well! It's great to see everyone on the ice and practicing hard!

Figure 8's annual Ice Show takes place on March. 19th, which means practices will be starting up shortly. All practices begin the week of Feb. 7th. The Canskate sessions will now incorporate a station in the middle of the ice for each group to practice their ice show routine. Skaters will still be working on Balance, Agility, and Control in the other stations so they can achieve their ribbons and badges.

We will be having an open meeting on Feb. 2nd at Kenilworth Arena at 6:15pm. This is meeting is for anyone wishing to be involved in helping with the planning of the ice show. Without volunteers, our skaters would not be able to have such events so any help is greatly appreciated!

February 2016						
◀ January 2016						March 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Ice Show Meeting 6:15pm @ Kenilworth Arena	3	4 SIMULATIONS (PRIVATE SKATERS) 4:00-4:30PM	5	6 WAINWRIGHT COMPETITION
7 WAINWRIGHT COMPETITION	8 ICE SHOW PRACTICES BEGIN	9	10	11	12	13 NO SKATING
14 NO SKATING	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	Notes:				



**No Skating Days:** There is no skating on Feb. 13th and 14th. Please note that normal classes will run on Monday Feb. 15th of Family Day weekend.

**STARSKATER OF THE MONTH:**

Congratulations to **Alexandra Marsh!** Alex is one of our Senior Program assistants that helps us with Canskate and her time and dedication to that does not go unnoticed by the coaches! Without skaters like her, we wouldn't be able to run as successful of programming. What a great role model for our younger skaters!

**IFS SKATER OF THE MONTH:**

**Mckenna Lindberg-Blais** is always keen to try anything new that the coaches ask of her and her attitude is excellent! She's improved a lot since joining the IFS program. Way to go Mckenna!

**Pre-Can/Canskater of the Month:**

Great job **Kenneth Pettaulassie!** Kenneth is one of our top Canskaters and is wonderful to teach! He's always up for something new and tries hard in his classes!

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To all skaters competing at the competition in Wainwright on Feb 6th and 7th, we wish you the best of luck!



# The Canskate Program At A Glance

The CanSkate program curriculum is organized into three Fundamental Areas, divided into six stages of learning. Skaters rotate through the different Fundamental Stations, using the FAST TRACK in between stations as a way to develop speed.

## The Fundamental Areas are:

- **Balance:** Concentrating on most forward skills, pushing technique and edges.
- **Control:** Concentrating on most backwards skills, stopping and speed elements.
- **Agility:** Concentrating on most turning and jumping skills.

## The awards consist of:

- Three Fundamental Area ribbons for each stage
- Six stage badges.

