



# JANUARY NEWSLETTER

## 2016-2017 Skating Season

Happy New Year to everyone and welcome back to the skating season! A big welcome to all our new members as well!

For all of our new Canskaters, any information you would like to know about the program can be found on our website or at skatecanada.ca. Please don't hesitate to ask one of our certified coaches any questions you may have! You will notice that we have stations set up on the ice, with a Fast Track set up around the ice. The skaters will rotate to the different stations, which work on the fundamentals of Balance, Control, and Agility, ending with a Fun Zone for games at the end of the session. Please see the third page of the newsletter for details about ribbons and badges.

◀ December 2017		January 2017					February 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7 All classes begin	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28 Beach Theme Day	
29 Beach Theme Day	30 Beach Theme Day	31	Notes:				



**Beach Theme Day:** Skaters are welcome to dress up for our Beach Theme day where we will have themed music, games, and circuits.

### **STARSKATER OF THE**

#### **MONTH:**

**Riley Payne** has shown huge improvement this year and we are sure it is thanks to all the hard work she does. She continually impresses the coaching team with her willingness and effort. Great job Riley!

### **IFS SKATER OF THE**

#### **MONTH:**

Congratulations to **Isla Torkashvand!** Isla is always ready to try something new and works hard at perfecting each skill. She has a great attitude on the ice and is a pleasure to teach!

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

Great job **Ishratjot Chahal!** She has shown a lot of improvement over the last few months! Ishratjot is always ready to try a new skill and is a very hard worker! Good job!

### **2016-2017 Executive**

#### **President:**

Renee Gauvreau

#### **Vice President:**

Sandy Marsh

#### **Treasurer:**

Alexia Pulfer

#### **Test Chairperson:**

Lyrisa Payne

#### **Secretary:**

Anj Augert

#### **Casino Representatives:**

Sandy Marsh/David Doorn

#### **Registration:**

Michelle Grant

#### **Ice Allocation:**

Sandra Marsh

#### **Skating Director:**

Ashlee Roger

### **Coaches**

Ashlee Roger

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**Spring Skating:** Figure 8 Skating Club will be hosting spring ice this year out of Kenilworth arena. We will be running Privates, IFS, Jr. Academy, Pre Canskate and Canskate. Registration info will be posted soon.

**Ice Show:** Our annual ice show takes place on March 18th at Kenilworth Arena. All members have the opportunity to participate! Sign up sheets will be at the rink this month (in arena lobbies). Please make sure you check 'yes' or 'no' to let us know whether or not your skater will be participating.



## The Canskate Progression At A Glance

Skaters will progress through the six stages in Canskate at their own pace. Each stage has specific skills skaters must achieve in order to pass. Skaters work on skills in Fundamental Areas of **Balance, Agility, and Control**. Skaters will receive a ribbon for each Fundamental Area if they have completed all of the skills in it. Once skaters have completed all Fundamental areas, they will receive a badge for the complete stage passed.

