



OCTOBER NEWSLETTER



Welcome to the 2015-2016 Skating Season

Welcome everyone to the 2015-2016 skating season! The Figure 8 Skating Club is gearing up for another great skating year!

For our new skaters and families, we hope that this is just the beginning of many years of participation with our club. For our returning members, we are thrilled to have you back and we look forward to being an integral part of your continued growth and enjoyment of skating.

We continue to offer programs through Skate Canada, from Canskate to the Adult level. We are very pleased to be offering 3 Canskate and Pre-Canskate sessions this year running on Mondays and Saturdays at Kenilworth Arena, and Sundays at the new Meadows Rec Centre! Monday's Pre-Canskate class is full but we are accepting registrations for all other classes.

Our Board of Directors, along with our Skate Canada Certified coaches, continue to generate new and creative ideas and are all very dedicated to ensure that each skaters has a successful, progressive, and above all, FUN year! They are always willing to hear your feedback and to discuss any concerns you may have. Messages can be left through the office or by email. Like any organization, we can only be as good as the strength of our volunteers. We appreciate as a little or as much help as you can offer. Volunteering can be very rewarding! If you would like to help out in any way, please get in touch with the office.

Be sure to read your newsletters, which will be emailed every month and also will be posted on the the website. This will help you to be informed of news and upcoming events in the skating club. We wish all the skaters a fun and successful skating season!

◀ September 2015		~ October 2015 ~					Nov 2015 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3 First day of Canskate	
4 First day of Canskate	5 First day of Canskate	6	7	8	9	10 No Skating	
11 No Skating	12 No skating	13	14	15	16	17	
18	19	20	21	22	23	24	
25 Halloween Dress Up and Theme Day	26 Halloween Dress Up and Theme Day	27	28	29 Halloween Dress Up	30	31 Halloween Dress Up and Theme Day	

Halloween Theme Day and

Dress Up:

Canskate: Oct. 25, 26, 31st
Group and Private

Starskaters: Oct. 26th-Oct.
31st

*Costumes shouldn't hang
below the knees and masks
not permitted.

Ice Cancellations: No lessons
on October 10, 11, and 12 due
to the Thanksgiving long
weekend.

Name Tags:

Pre-Canskaters and
Canskaters will receive name
tags that will show which
group they belong to. Please
ensure that they are returned
to the correct group banner
before leaving the arena.

VOLUNTEERS NEEDED!!!

We are in need of volunteers to
work Casino shifts on Dec. 15
and 16th. The Casino is a very
important fundraiser for the
club as that is what makes our
ice costs go down. Without
volunteers and the casino, fees
would be much higher. Please
contact Sandy at
s-marsh@shaw.ca to
volunteer.

2014-2015 Executive

President:

Renee Gauvreau
gauvreau.renee@gmail.com

Past President:

Sandy Marsh
s-marsh@shaw.ca

Secretary/Registration

Donna O'Connor
donna.oconnor@hotmail.com

Treasurer:

Alexia Wagner
travb@shaw.ca

Test Chairperson:

Lisa Sarafinchan and Lyrisa
Payne
dlsarafinchan@shaw.ca
coyote@wildroseinternet.ca

Casino Representatives:

Sandy Marsh and Brent
Guthrie
s-marsh@shaw.ca
guthrie.brent@gmail.com

Club email:

info@figure8skating.ca

Coaches

Ashlee Roger
fscoach03@gmail.com

Jennifer Yungwirth
jensabs@hotmail.com

Morgan Black
morganb1120@gmail.com

Carey-Leal Janvier
cleal-janvier@telus.net

STARSKATER OF THE MONTH:

Congratulations to **Alexis
Ludlow!** Alexis's great attitude
has not gone unnoticed by the
coaching team and she
continues to impress them by
trying anything new and
working hard on her sessions.
Great job Alexis!

IFS SKATER OF THE MONTH:

This is **Lara Wuethrick's**
second season in IFS and she
has already shown a vast
improvement since last year!
Landing her waltz jump last
week, she has shown that with
hard work, you can achieve
great things!



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.



