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## 2023-2024 SKATING SEASON

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**Skaters of the month!!!**

**Pre-can: Henry Gray**

**CanSkate: Elliot Chan**

**PreStar: Monique Amyotte**

**StarSkate: Claire Slauenwhite**

**Adult: Melanie Folkins**

### **CanSkate Element Event**

**Saturday, March 9, 2024 from 11:30 am - 12:15 pm**

**(Regular classes will not be running that day)**

This event is for our PreCanSkate, CanSkate and Adult/Teen Skate. Skaters will test their skills on various elements, while a panel of coaches assess their performance. There will be a Fun Zone on the ice while skaters are waiting their turn. Everyone will receive a certificate and an opportunity for a picture on the red carpet! This event is just for fun and is an excellent opportunity for skaters to get the feel of an assessment in a positive team environment. This event is included in your registration fees.

### **Rising Star Event**

**Saturday, March 9, 2024 from 12:30 am - 1:15 pm**

**(Regular classes for Jr Star, PreStar and ALTFS will not be running that day)**

This event is for our PreSTAR, Adult/Teen LTFS and STARSkate Junior skaters. Skaters demonstrate various elements and/or their solo, and a panel of coach judges assess their performance. This is a great way to introduce skaters to competitions in a fun environment. All skaters will receive a certificate for their performance and an opportunity for a picture on the red carpet. This event is included in your registration fees.

**Deadline to [register](#) for the Rising Star Event is March 3rd.**



## **A Message From The Club President**

**Hello F8SC members,**

March marks the last month for F8SC fall & winter skating season! Spring skating begins in April and if you haven't had a chance, make sure you take a look at our spring programming schedule as there have been a few (minor) changes to program times. You will not want to miss this year's Spring Ice Show in June!

F8SC is excited to announce a new off-ice program for our STAR and Adult skaters that will be starting in the spring season. This is a new off-ice training program focusing on endurance, strength, and flexibility required for skating. Coach Regan will be leading this program and it will be held at a training facility nearby. Please keep an eye out for more information on this exciting new program!

There have been a few changes to the F8SC Board as two members recently left the board. I would like to thank Candice Marinder and Kari Kerychuk for their time on the board and their assistance with getting tasks organized. This means there are two vacancies and – **Figure 8 Skating needs you!**

**The F8SC Board cannot run without volunteers!** Please consider joining the F8SC board as we need some new members to fill the empty positions. The more hands-on deck, the better the club runs! This is an excellent way to meet other skating families, get involved, and help the club run effectively. The board meets once a month (virtually) plus a few additional hours a month depending on the role and time of the year. Please consider stepping forward and filling one of the positions (there is lots of support to help you settle into the role). We are currently looking to fill the positions of:

1. Events Coordinator & Spirit Wear
2. Fundraising Coordinator

If you are interested in joining the board or have any questions about the two vacant positions, please email [president@figure8skating.ca](mailto:president@figure8skating.ca)

~Erin Turnell, F8SC President



**Spring registration is now open!**

**Register [here](#)**

Registration is now open for all Spring Programs! Classes will run April to June 2024.

- **PreCanSkate** - For those skaters 3-6 with limited or no prior skating experience
- **CanSkate** - For those skaters with prior skating experience (limited & more advanced) aged 4-13
- **Adult & Teen CanSkate** - For those aged 13+ with limited or no skating experience
- **Adult & Teen Advanced CanSkate** - For those skaters aged 13+ with prior experience, and be working on CanSkate Stages 4-6
- **Adult Learn to Figure/ Skate (ALTFS)** - For skaters wanting to learn and develop figure skating skills. This program is suitable for teens and adults that have basic skating skills or are moving up from CanSkate.
- **PreStar** - is a program designed for skaters who wish to pursue figure skating. The PreStar Program is a stepping stone between our Learn to Skate programs and the StarSkate figure skating program.
- **StarSkate** - offers opportunities for skaters of all ages to develop figure skating skills in the areas of ice dance, skating skills, free skate and artistic skating.

**All skaters registered for spring classes can participate in our Spring Ice Show - Toys on Ice on June 15, 2024!**

More information is available on our [website](#).

Please contact the CanSkate Coordinator ([canskate.coordinator@figure8skating.ca](mailto:canskate.coordinator@figure8skating.ca)) or the Skating Director ([skating.director@figure8skating.ca](mailto:skating.director@figure8skating.ca)) if you have any additional questions.

**March 11-16- Wear Green for St. Patrick's Day**



## **Calgary Winter Invitational Recap February 9-11th**

Congratulations to Claire Slauenwhite who competed in the Star 7 Short Program and Star 7 Artistic and Charlotte Prokopuk who competed and placed 2nd in her Star 7 Short Program and placed 3rd in her Star 8 Long Program.



## **Crankpots- February 23rd**

**We had a great turn out and lots of fun at our club spirit event!**







## Monthly- Meet A Coach

### Chloe Gauvreau



Hi everyone,

My name is Chloé Gauvreau and I've been coaching for the past four years. I started figure skating at the age of 5 at Figure 8 Skating Club. After completing my figure skating journey in high school, I made the decision to transition into coaching and I primarily coach PreCanskate and Prestar.

Being part of the Figure 8 Skating Club for my entire life holds a special place in my heart. It's not just a club; it's a community that has played a significant role in my skating journey. My time as a skater at Figure 8 Skating Club was incredibly positive, and now as a coach, I take joy in replicating that environment for my skaters. It brings me immense pride to contribute to the growth and

development of the young skaters who are the future of this club.

Beyond the rink, I'm currently in my third year of studying Elementary Education at Campus Saint-Jean. French is my first language, and in my free time, I love to cook, bake, and also spend time with my family and friends.

I look forward to seeing you guys at the rink!

-Chloé



## Monthly- Meet A Coach

### Abby Hill



My name is Abby Hill, and I've been coaching at Figure 8 for three years.

I've skated here and in Ardrossan for about 13 years now, and want to continue for as long as I can! I'm finishing up my second year of a BSc at the U of A, where I study microbiology.

In my free time, I love hiking, reading, and playing the piano.



- Abby



<p><b>NO REGULAR CLASSES:</b> Monday, February 19th</p> <p><b>March 23rd-</b> Last day of Winter Season</p> <p><b>UPCOMING EVENTS:</b></p> <p><b>March 9th-</b> CanSkate Element Event Rising Stars Event</p> <p><b>March 21-</b> High Assessment Day (Star 6-Gold)</p> <p><b>Connect with us on</b> <b><a href="#">FACEBOOK</a>, and</b> <b><a href="#">INSTAGRAM</a> for club news and updates!</b></p> <p><b>Also check out our</b> <b><a href="#">WEBSITE</a>!</b></p> <p><b>Office Hours:</b> Wednesdays 5:30-6:30 Saturdays 11:15-12:15</p> <p>No Office Hours: Mar 9th</p>	<p><b>BOARD OF DIRECTORS (2023-2024)</b></p> <p>President - Erin Turnell <a href="mailto:president@figure8skating.ca">president@figure8skating.ca</a></p> <p>Treasurer - Jason Chu <a href="mailto:treasurer@figure8skating.ca">treasurer@figure8skating.ca</a></p> <p>Secretary - Laura Delahaye</p> <p>Assessment Coordinator - Diane Slauenwhite <a href="mailto:assessment.coordinator@figure8skating.ca">assessment.coordinator@figure8skating.ca</a></p> <p>Program Coordinator - Josh Baergen <a href="mailto:programs@figure8skating.ca">programs@figure8skating.ca</a></p> <p>Volunteer Coordinator - Asif Ali <a href="mailto:volunteercoordinator@figure8skating.ca">volunteercoordinator@figure8skating.ca</a></p> <p>Communications &amp; Marketing - Sherry Prokopuk</p> <p>Event Coordinator &amp; Club Spirit- Open</p> <p>Casino Coordinator - open <a href="mailto:fundraising@figure8skating.ca">fundraising@figure8skating.ca</a></p> <p>Coach Representative - Justine Toppin</p>	<p><b>COACHES</b></p> <p>Abby Kozma (Skating Director) <a href="mailto:skating.director@figure8skating.ca">skating.director@figure8skating.ca</a></p> <p>Justine Toppin (CanSkate Coordinator Mon/Sat) <a href="mailto:canskate.coordinator@figure8skating.ca">canskate.coordinator@figure8skating.ca</a></p> <p>Cassidy Connell (CanSkate Coordinator Tue/Wed) <a href="mailto:connellcassidy@gmail.com">connellcassidy@gmail.com</a></p> <p>Brittany Forsyth <a href="mailto:skatecoachbrittany@gmail.com">skatecoachbrittany@gmail.com</a></p> <p>Regan Barford <a href="mailto:reganbarford@hotmail.com">reganbarford@hotmail.com</a></p> <p>Abby Hill <a href="mailto:abby.kat.hill@gmail.com">abby.kat.hill@gmail.com</a></p> <p>Lana Bezik <a href="mailto:lane.bezik@gmail.com">lane.bezik@gmail.com</a></p> <p>Chloé Gauvreau - CanSkate <a href="mailto:chloegauvreau@gmail.com">chloegauvreau@gmail.com</a></p> <p>Rochelle Beekman - CanSkate <a href="mailto:rochbeekman@gmail.com">rochbeekman@gmail.com</a></p> <p>Claire Slauenwhite - CanSkate <a href="mailto:claireslaunenwhite@gmail.com">claireslaunenwhite@gmail.com</a></p> <p>Charlotte Prokopuk - CanSkate <a href="mailto:charlotteprokopuk@gmail.com">charlotteprokopuk@gmail.com</a></p> <p>Elleah Maurer - CanSkate <a href="mailto:elleahmaurer@shaw.ca">elleahmaurer@shaw.ca</a></p> <p>Ariana Filiplic - CanSkate <a href="mailto:ariana.filiplic1@gmail.com">ariana.filiplic1@gmail.com</a></p>
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# Figure 8

## SKATING CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9 Canskate EE Rising Star Event
10	11	12	13	14	15 March 15-17 StarSkate & Adult Championship Edmonton, AB	16
Wear Green for St. Patrick's Day						
17  	18	19	20	21	22	23
Last week of classes for winter						
				Assessment Day Star 6- Gold		
24 Next Gen Star 1-3 Competition	25	26	27	28	29 	30

## Parent Resources

Are you new to the club or did you have a skater move up recently?  
View the resources page on our website

[2023-2024 Parent Info Package](#) (for PreStar and higher)  
[Skate Canada Long Term Development In Sport](#)

**HELP TO SUPPORT FIGURE 8 SKATING CLUB BY DONATING YOUR BOTTLES!**

SCHEDULE A PICK-UP AND DONATE ONLINE!

- EASY FOR FAMILIES TO SUPPORT
- SKID THE DEPOT PICKS UP YOUR BOTTLES & CANS
- LET FRIENDS & FAMILY SUPPORT

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 @SKIPTHEDEPOT

