



2023-2024 SKATING SEASON



Skaters of the month!!!

Pre-can: Carey Klanke

CanSkate: Felix Murphy, Madelyn Hodgson

PreStar: Elise Mutsawashe Nyenya

Adult: Jacklyn Blades

New Program for Spring! Off-Ice Strength and Conditioning Class

We have a new off-ice program being offered for the spring season for skaters in StarSkate Jr/Int/Sr/Adult and Adult Learn to Figure Skate. Off ice Strength & Conditioning Jump Class will run Sundays from 5 – 6 PM at Raising the Bar Training & Performance (9124 51 Ave NW, Edmonton, AB T6E 5L8). This class will focus on developing strength, balance, stability, agility and conditioning to improve overall skating skills. Skaters can register through Uplifter or purchase drop in tickets to attend.

[Strength & Conditioning Jump Class Spring - Sunday](#)



Spring Registration Is 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) or the Skating Director (skating.director@figure8skating.ca) if you have any additional questions.



March was a busy month for our skaters at competitions!

Rising Star Elements Event- March 9th

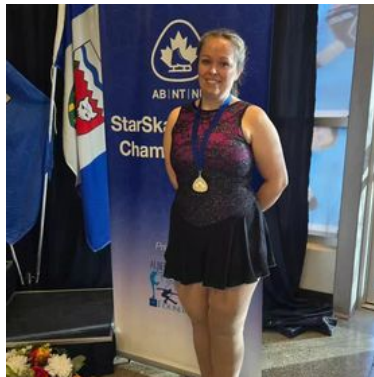


StarSkate and Adult Championships- March 15-17th

Congratulations to Claire and Charlotte for qualifying for the StarSkate Championships! Beautiful performance by both skaters! It took a lot of hard work to qualify for the Championships!



Congratulations to Jacklyn for winning Gold in Adult Bronze & Bronze in Adult Bronze Artistic!! Way to go!!





Star 1-3 NextGen Competition in Spruce Grove- March 24th





Skate Canada- AB | NWT| NUN - Edmonton Region Awards Recipients



Congratulations
Charlotte Prokopuk!



Charlotte was awarded the Star Athlete Award for her achievements, personal success, spirit and passion for the sport, striving for new goals, achieving a balance within skating and in other areas of life and giving back to the sport. Great job Charlotte!



Skate Canada AB | NT | NU
Edmonton Region
Star Athlete Award

Felix's was awarded the CanSkate Award for positive attitude, eagerness to learn and improve skills and participation in CanSkate! Great work Felix!



Congratulations
Felix Murphy!



Skate Canada AB | NT | NU
Edmonton Region
CanSkate Award



Interested in Summer Skating in July?

Summer is available for PreStar, ALTFS, StarSkate and Adult Star Skaters

Please help us plan and gauge interest in skating in July before we finalize ice. This schedule is tentative and dependent on interest.

Summer skating is full of fun theme days, outdoor off-ice activities, team building and of course valuable training time. By skating through the summer, skaters are better able to retain muscle memory and have an easier time in the fall jumping into the regular season.

[Summer Skating Survey](#)

Please respond to the survey before April 21, 2024

Draft July 2024 Schedule

PreStar and ALTFS

<p><u>Monday Schedule</u> (July 8, 15, 22 and 29) 3:00pm- 3:15pm Dryland Warm-Up 3:30pm-3:45pm Group Spin 3:45pm-4:45pm Group PreStar 5:00pm-6:00pm Off-Ice</p>	<p><u>Wednesday Schedule</u> (July 3, 10, 17, 24, 31) 3:00pm- 3:15pm Dryland Warm-Up 3:30pm-3:45pm Group Spin 3:45pm-4:45pm Group PreStar 5:00pm-6:00pm Off-Ice</p>	<p><u>Thursday Schedule</u> (July 4, July 18, Aug 1) 4:15pm-4:30pm Dryland Warm-Up 4:45pm-5:45pm Group PreStar 6:00pm-7:00pm Off-Ice</p> <p><u>Thursday Schedule (July 11th)</u> 3:00pm- 3:15pm Dryland Warm-Up 3:30pm-3:45pm Group Spin 3:45pm-4:45pm Group PreStar 5:00pm-6:00pm Off-Ice</p>
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*Dates, times and schedule are subject to change

Jr, Int, Sr, Adult StarSkate

<p><u>Monday Schedule</u> (July 8, 15, 22 and 29) 3:00pm- 3:15pm Dryland Warm-Up 3:30pm-3:45pm Group Spin 3:45pm-4:30pm FreeSkate 4:30pm-4:45pm Group Development 5:00pm-6:00pm Off-Ice</p>	<p><u>Wednesday Schedule</u> (July 3, 10, 17, 24, 31) 3:00pm- 3:15pm Dryland Warm-Up 3:30pm-3:45pm Group Spin 3:45pm-4:30pm FreeSkate 4:30pm-4:45pm Group Development 5:00pm-6:00pm Off-Ice</p>	<p><u>Thursday Schedule</u> (July 4, July 18, Aug 1) 3:00pm-3:15pm Dryland Warm-Up 3:30pm-4:30pm Seminar 4:45pm-5:30pm FreeSkate 5:30pm-5:45pm Group Development 6:00pm-7:00pm Off-Ice</p> <p><u>Thursday Schedule (July 11th)</u> 3:00pm- 3:15pm Dryland Warm-Up 3:30pm-3:45pm Group Spin 3:45pm-4:45pm FreeSkate 5:00pm-6:00pm Off-Ice</p>
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<p>NO REGULAR CLASSES: Monday, February 19th</p> <p>March 23rd- Last day of Winter Season</p> <p>UPCOMING EVENTS:</p> <p>March 9th- CanSkate Element Event Rising Stars Event</p> <p>March 21- High Assessment Day (Star 6-Gold)</p> <p>Connect with us on FACEBOOK, and INSTAGRAM for club news and updates!</p> <p>Also check out our WEBSITE!</p> <p>Office Hours: Wednesdays 5:30-6:30 Saturdays 11:15-12:15</p> <p>No Office Hours: Mar 9th</p>	<p>BOARD OF DIRECTORS (2023-2024)</p> <p>President - Erin Turnell president@figure8skating.ca</p> <p>Treasurer - Jason Chu treasurer@figure8skating.ca</p> <p>Secretary - Laura Delahaye</p> <p>Assessment Coordinator - Diane Slauenwhite assessment.coordinator@figure8skating.ca</p> <p>Program Coordinator - Josh Baergen programs@figure8skating.ca</p> <p>Volunteer Coordinator - Asif Ali volunteercoordinator@figure8skating.ca</p> <p>Communications & Marketing - Sherry Prokopuk</p> <p>Event Coordinator & Club Spirit-Open</p> <p>Casino Coordinator - open fundraising@figure8skating.ca</p> <p>Coach Representative - Justine Toppin</p>	<p>COACHES</p> <p>Abby Kozma (Skating Director) skating.director@figure8skating.ca</p> <p>Justine Toppin (CanSkate Coordinator Mon/Sat) canskate.coordinator@figure8skating.ca</p> <p>Cassidy Connell (CanSkate Coordinator Tue/Wed) connellcassidy@gmail.com</p> <p>Brittany Forsyth skatecoachbrittany@gmail.com</p> <p>Regan Barford reganbarford@hotmail.com</p> <p>Abby Hill abby.kat.hill@gmail.com</p> <p>Lana Bezik lane.bezik@gmail.com</p> <p>Chloé Gauvreau - CanSkate chloegauvreau@gmail.com</p> <p>Rochelle Beekman - CanSkate rochbeekman@gmail.com</p> <p>Claire Slauenwhite - CanSkate claireslauenwhite@gmail.com</p> <p>Charlotte Prokopuk - CanSkate charlotteprokopuk@gmail.com</p> <p>Elleah Maurer - CanSkate elleahmaurer@shaw.ca</p> <p>Ariana Filiplic - CanSkate ariana.filiplic1@gmail.com</p>
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Figure 8

SKATING CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2 Fisrt Day of Spring Canskate Tuesday	3 Fisrt Day of Spring Canskate Wednesday	4	5	6 Fisrt Day of Spring Canskate Saturday
7	8 Fisrt Day of Spring Canskate Monday	9	10	11	12	13
14	15	16	17	18	19	20
21	22  Earth Day	23	24	25	26	27
28	29	30	1	2 	3	4

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
- SKIP THE DEPOT PICKS UP YOUR BOTTLES & CANS
- LET FRIENDS & FAMILY SUPPORT




@SKIPTHEDEPOT

