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## 2023-2024 SKATING SEASON

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**Skaters of the month!!!**

**Pre-can: Diana Lypovyk**

**CanSkate: Gavin Vey**

**StarSkate: Kelsey Martin and Anika Baergen**

**PreStar: Madelyn Hodgson**

**Adult: Sidney Horlick**

### Spring Ice Show

This is our biggest event of the year and everyone is invited! Our 2024 theme is *Toys on Ice!* all our skaters perform in group numbers according to their session and/or level. Our STARSkaters also perform an additional number in duos/trios/quads and also contribute to the choreography! This event is a lot of fun and it is great to see all our skaters perform at this event at the end of the season. This event is included in registration fees.

**June 15, 2024 from 12:30 – 2:15 pm**



**Registration:** Please fill out the registration form below indicating if your skater will or will not be able to participate.

**Ice Show Registration Form for CanSkate, PreStar and ALTFS-** Deadline to register is May 18th.

**Ice Show Registration Form for STARSkate-** Deadline to register is May 18th.

**Dress Rehearsal Date:** Thursday, June 13th between 4:45pm-6:45pm. Dress Rehearsal attendance is required to participate in the ice show.

PreCan and CanSkate will be guided through their routine during dress rehearsal and the ice show by coaches/program assistants. CanSkate does not have additional ice show practices.

PreStar and Adult Learn to Figure Skate have ice show practices scheduled to start on May 22nd. Skaters are required to attend at least 4 out of the 10 practices.

**PreStar Ice Show Practices:**

- #1- Wednesday, May 22 from 5:30pm-6:00pm
- #2- Saturday, May 25 from 1:00pm-1:30pm
- #3- Monday, May 27 from 5:30pm-6:00pm
- #4- Wednesday, May 29 from 5:30pm-6:00pm
- #5- Saturday, June 1 from 1:00pm-1:30pm
- #6- Monday, June 3 from 5:30pm-6:00pm
- #7- Wednesday, June 5 from 5:30pm-6:00pm
- #8- Saturday, June 8 from 12:45pm-1:30pm
- #9- Monday, June 10 from 5:15pm-6:00pm
- #10-Wednesday, June 12 from 5:15pm-6:00pm

**Adult LTFS Ice Show Practices**

- #1- Wednesday, May 22 from 5:30pm-6:00pm
- #2- Saturday, May 25 from 1:30pm-2:00pm
- #3- Monday, May 27 from 5:30pm-6:00pm
- #4- Wednesday, May 29 from 5:30pm-6:00pm
- #5- Saturday, June 1 from 1:30pm-2:00pm
- #6- Monday, June 3 from 5:30pm-6:00pm
- #7- Wednesday, June 5 from 5:30pm-6:00pm
- #8- Saturday, June 8 from 1:30pm-2:15pm
- #9- Monday, June 10 from 5:15pm-6:00pm
- #10-Wednesday, June 12 from 5:15pm-6:00pm

**Jr StarSkate Ice Show Practices:**



- #1- Wednesday, May 22 from 4:45pm-5:15pm
- #2- Saturday, May 25 from 1:00pm-1:30pm
- #3- Monday, May 27 from 4:45pm-5:15pm
- #4- Wednesday, May 29 from 4:45pm-5:15pm
- #5- Saturday, June 1 from 1:00pm-1:30pm
- #6- Monday, June 3 from 4:45pm-5:15pm
- #7- Wednesday, June 5 from 4:45pm- 5:15pm
- #8- Saturday, June 8 from 12:45pm-1:30pm
- #9- Monday, June 10 from 4:00pm-4:45pm
- #10-Wednesday, June 12 from 4:00pm-4:45pm

**Int/Sr StarSkate Ice Show Practices:**

- #1- Wednesday, May 22 from 4:45pm-5:15pm
- #2- Saturday, May 25 from 2:15pm-2:45pm
- #3- Monday, May 27 from 4:45pm-5:15pm
- #4- Wednesday, May 29 from 4:45pm-5:15pm
- #5- Saturday, June 1 from 2:15pm- 2:45pm
- #6- Monday, June 3 from 4:45pm-5:15pm
- #7- Wednesday, June 5 from 4:45pm- 5:15pm
- #8- Saturday, June 8 from 2:00pm- 2:45pm
- #9- Monday, June 10 from 4:00pm-4:45pm
- #10-Wednesday, June 12 from 4:00pm-4:45pm

**Adult Star Ice Show Practices:**

- #1- Wednesday, May 22 from 5:30pm-6:00pm
- #2- Saturday, May 25 from 1:30pm-2:00pm
- #3- Monday, May 27 from 5:30pm-6:00pm
- #4- Wednesday, May 29 from 5:30pm-6:00pm
- #5- Saturday, June 1 from 1:30pm-2:00pm
- #6- Monday, June 3 from 5:30pm-6:00pm
- #7- Wednesday, June 5 from 5:30pm-6:00pm
- #8- Saturday, June 8 from 1:30pm-2:15pm
- #9- Monday, June 10 from 5:15pm-6:00pm
- #10-Wednesday, June 12 from 5:15pm-6:00pm

Further details regarding practice schedule and costumes will be sent out in May. If you have any questions, please contact [skating.director@figure8skating.ca](mailto:skating.director@figure8skating.ca)



**We will be offering summer skating this year- stay tune for registration!**

#### Summer Ice

Tuesdays (July 2, 8, 15, 22, 29)

3:15-3:30 Dryland Warm up

3:45-4:30 FreeSkate

4:30-4:45 Group Development

5:00-5:45 Off-Ice Clasee

Thursdays (July 4, 18, August 1)

4:15-4:30 Dryland Warm up

4:45-5:30 FreeSkate

5:30-5:45 Group Development

6:00-6:45 Off-Ice Clasee

Thursday (July 11)

3:15-3:30 Dryland Warm up

3:45-4:30 FreeSkate

4:30-4:45 Group Development

5:00-5:45 Off-Ice Clasee

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

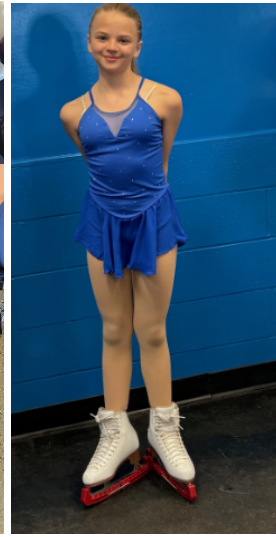
We have a new off-ice program being offered for the spring season for skaters in StarSkate Jr/Int/Sr/Adult and Adult Learn to Figure Skate. Off ice Strength & Conditioning Jump Class will run Sundays from 5 – 6 PM at Raising the Bar Training & Performance (9124 51 Ave NW, Edmonton, AB T6E 5L8). This 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**

# Figure 8

SKATING CLUB

**Congratulations to all our skaters that competed in April!  
Charlotte won silver for Star 7 at the Sunsational Competition!**





<p><b>NO REGULAR CLASSES:</b> Monday, May 20</p> <p><b>UPCOMING EVENTS:</b></p> <p>May 16- Assessment Day- Star 6-Gold</p> <p>June 15- Spring Ice Show Toys on Ice</p> <p><b>Connect with us on</b> <b><a href="#">FACEBOOK</a>, and</b> <b><a href="#">INSTAGRAM</a> for club news</b> <b>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: May 18</p>	<p><b>BOARD OF DIRECTORS</b> <b>(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:claireslauenwhite@gmail.com">claireslauenwhite@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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## 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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30 <i>April Showers Bring May Flowers</i>	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Star 6- Gold Assessment Day	17	18 Deadline to sign up for the Ice Show
19	20 No Skating <i>HAPPY Victoria Day</i>	21	22	23	24	25
26	27	28	29	30 	31	1