



Pre-Juvenile

Juvenile



Important Dates

- Dec 4—CanSkate Mini Competition
- Dec 8—Reg deadline for skating workshop
- Dec 13—Test Day
- Dec 14—Last day CanSkate
- Dec 15-17—Calgary Open Competition
- Dec 16—CanSkate party
- Dec 17—STARSkate party (12:30-1:30)
- Dec 22—Last day STARSkate before break
- Dec 27-29, Jan 3-5 Xmas ice

One of the best things about being a member of the Lake Bonavista Figure Skating Club is the sense of community. Like living in a small town where everyone knows you, our skaters form close friendships and are there to support one another. This was especially obvious at the Sectionals Championship last month. From well-wishers in the week leading up to the competition, to a loud cheering squad in the stands, to watching the competition live-streamed and sending messages from home. As a club, we celebrated medals, clean skates, points earned and most of all, a fun weekend with good friends!

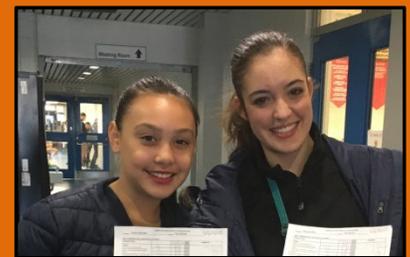
Club News

Skater Profile

James Keenan is the Pre-Juvenile U11 Sectionals Champion and winner of the Leading Edge series for 2018! James started skating when he was 4, but focused on figure skating when he was 6 years old. He is a 6th grade student in Turner Valley, but comes to train at LBFSC with Coach Barb Westhaver 3 hours each week. James' is a natural athlete who is interested in many sports. In fact, he also participates in competitive trampoline and tumbling at Airborne in Okotoks. Though James had a wonderful skate, he is already looking forward to next year's Sectionals where he is hoping he will land a double axel! Congratulations on your achievements, James!



PA of the month



Congratulations to Jocelyn McKnight and Miranda Wilson who have been recognized for their work with the CanSkate program! Miranda is an amazing leader & great role model both to other Pas and to the skaters. She keeps skaters moving and having fun. Jocelyn has done a great job of adapting to the needs of different classes and pitching in where needed on the ice.

STARSkate & CompetitiveSkate News



Michael



James



Cooper

Congratulations to the boys who all came home from Sectionals with medals! Michael won Silver in Juvenile U14, James won Gold in Pre-Juvenile U11, and Cooper won Bronze in Juvenile U12.

Next up—the Calgary Open where we will have many skaters competing from Star 1 all the way up to Gold level! Please send photos from competition to communications@lbfscc.ca!

Most skaters are training hard for the Calgary Open and we're looking forward to simulations on Dec 4th. Don't under-estimate the importance of off ice training to a skater's development though. We are very lucky to have several options available to skaters. Stretch class, ballet and yoga all help improve flexibility and strength. If a regular weekly class doesn't work for you, Miss Julia offers a drop in class on Saturday mornings. Contact her at ballet4sports@gmail.com for more information.

We have a test day coming up! As explained in last month's newsletter, Stars 1-5 are assessed by coaches now. Therefore, the Test Day on Dec 13 will be for Senior Bronze level and up. Good luck to everyone testing!

Have you registered for the Grassroots to Champions workshop? This very special day of skating is heavily subsidized by our fundraising efforts so that STARSkate and CompetitiveSkate club members can benefit from a full day of instruction with respected world and Olympic level coaches! Register by Dec 8th to secure your spot!

See you back on the ice Jan 7th! If you want to do some skating over the holidays, ice is available Dec 27-29 (10am or 11am) & Jan 3-5 (11am or 12pm). There's off ice too!



CanSkate News

We are so excited for the Mini Competition coming up on Dec 4th! CanSkate, Pre-STAR and STAR 1 skaters will have the chance to show off their skating skills and take home a medal. Who knows—perhaps some of these little ones will love competing so much that they will want to continue on to our STARSkate program eventually!

The Fall session ends this month with the last day of classes being Dec 14th. Coaches will be busy assessing the skaters and will provide ribbons/badges & report cards to CanSkate at the end of the session.

We're sure skaters will want to celebrate the coming holidays with a family skating party on Saturday, Dec 16th from 11-12:45 on the small ice. Word is that Santa will make an appearance to skate with all the nice boys and girls! There will also be delicious treats, hot chocolate and crafts. We hope to see you there!



Register now for winter session of Pre-CanSkate, Canskate, Pre-Power and Power Skate. Winter session begins Jan 9th!