



It's wonderful when the whole club comes together, from those just beginning skating to those who have been involved in the sport for many years. Many Program Assistants volunteered their time to help out at mini-competition as judges, runners and medal presenters. We also want to thank all the parents who helped out as room/bench parents, in the count room, and at the registration desk. The LBFSC has such a great sense of community and we appreciate everyone's contribution to this event!

Important Dates

- Dec 6-8—Calgary Region Competition
- Dec 12—Last day Learn to Skate programs
- Dec 14—Pre/CanSkate xmas party
- Dec 18—Last day CanPowerSkate
- Dec 20—Last day StarSkate and xmas party
- Jan 2-3—xmas ice
- Jan 5—Skating resumes
- Jan 31—Club photo night/Skater Showcase

Club News

Clinic

We had a great clinic for skaters and parents last month. Jonathan Edwards, former Olympian, gave us insight into mental performance. Every athlete has 3 key abilities—physical, technical and tactical, but the mental side of sports should not be overlooked. Jonathan shared several interesting studies that demonstrate the power of belief—perfect timing as skaters prepare for the next competition!

PA Profiles



Morgan Jones
Morgan has been skating for 12 years and this is her 5th year as a Program Assistant. Her favorite skater is Alina Zagitova, jump is the double Loop and spin is the camel grab. When Morgan isn't skating, she is very musical and plays the piano, oboe and ukulele.



Ethan Cheung
Ethan has been skating for 7.5 years and this is his first year as a PA. Ethan used to play hockey, but now loves to do spins and jumps. His favorite jump is the double Salchow and he likes doing the hop sit spin. His favorite skaters are Patrick Chan and Shoma Uno.



Jane Askham
Jane has been skating for 12 years and this is her 2nd year as a PA. Her favorite jump is the double Salchow and she likes the camel sit back upright combo spin the most. Her favorite skaters are Patrick Chan and Starr Andrews. When she's not skating, she likes playing with her dog!



Ellie Chuang
This is Ellie's first year as a Program Assistant. She thinks skating is a great sport because she loves learning new elements such as Y spirals and crossovers. Her favorite jump is the Flip and her favorite spin is a Corkscrew. Ellie's favorite skater is Tessa Virtue.

STARSkate & CompetitiveSkate News



Congratulations to skaters who competed at Sectionals last month! It was the first visit to Sectionals for Olivia, Justin, Erica and Reagan making it extra exciting. Justin won the Silver medal in Pre-Juvenile Mens and Ethan won the Bronze medal in Juvenile Mens. Both boys came in 3rd in the Leading Edge series for their respective levels. Additionally, Alexander won the Silver medal in Pre-Juvenile Dance while Nick won the Bronze medal in Juvenile Dance. All four of these skaters will be on the Alberta Junior Development Team for the season thanks to their finishes at Sectionals!

Next up is the Calgary Region StarSkate Invitational the first weekend of December in Cochrane. We have many skaters competing at this competition so be sure to check out the cheering guide to see who else is skating when you are at the arena. The skaters appreciate the support of their clubmates cheering them on! Make sure you send any photos to communications@lbfsc.ca so we can share them on our Facebook and Instagram pages. We especially appreciate photos of the skaters together and with their coaches so that we can include them in the year end slideshow!

Many skaters signed up to skate at our first Skater Showcase—a great way to get in a simulation before the competition. We have several Showcases throughout the year with the next one scheduled at the end of January.

Reminders

Skater safety is a priority for us. The coaches ensure that new skaters learn the rules of the ice but everyone could use the occasional reminder. Looking both ways before stepping on the ice, doing spins in the center and giving right of way to the skater whose music is being played are important on any ice session. We also do not want skaters distracted because that can result in accidents and injury. That is why it is important that those in the stands wait until after the session to communicate with their skater and refrain from taking videos of other skaters. Thank you for helping us keep your children safe!

CanSkate News



We hope that everyone who participated in the mini-competition had fun! There were some very proud little faces that night. If your skater missed mini-competition or can't wait to do it again, we have another mini-competition for the winter session!

We invite everyone in the Learn to Skate programs (Pre-Canskate, CanSkate and Pre-Star) to join us on Saturday, Dec 14 for our xmas party. Skaters can take the ice with their families for some fun and enjoy refreshments and crafts in the multi-purpose room. **Please note that ALL family members must wear a CSA approved helmet to be allowed on the ice as this is a Skate Canada policy.** We have the ice from 11:00-12:45—see you there!

The winter session begins on January 7th—register now so your child can keep learning and having fun on the ice!