



Important Dates

- Feb 4-Grassroots to Champions workshop
- Feb 9-11—Central Alberta Open Competition
- Feb 16—Skater Showcase
- Feb 22—AGM
- Feb 24—High Test Day @ Glencoe
- Mar 9-11 Calgary Winter Invitational Competition
- March 19—High Test Day
- Mar 31—Last day CanSkate
- Apr 26—High Test Day

February will be a big month for the Lake Bonavista Figure Skating Club! We are very excited to be hosting the Grassroots to Champions Seminar on Feb 4th. Led by Olympic coach Audrey Weisiger and her team, skaters will have a very memorable day. With a combination of on and off ice exercises, group discussion and a focus on technique, we are confident skaters will gain so much from this experience. This seminar was made possible due to the fund raising efforts of the club members so thanks to everyone who has bought chocolates, wreaths or Spolumbos over the past couple years! Speaking of fundraising, our newest fundraiser is now running for the month of Feb! Simple Plate is great on those busy nights—check your email for details and submit forms to the Ways and Means mailbox in the coaches' room.

Club News

PA of the Month

Congratulations to Natalie Schell who has been chosen as PA of the Month! She has demonstrated real leadership, especially with the older CanSkaters and the adult skaters. Natalie helps them feel comfortable by finding out what skills they want to learn and working with them.

Natalie is currently working on her CanSkate coach certification and will be preparing videos demonstrating her instructing abilities. She is going to make a fabulous CanSkate Coach some day!



Alberta Winter Games

The Alberta Winter Games is a multisport event for developing athletes that is held every other year. Figure skating is one of the sports represented at the winter games and skaters from each zone are selected based on scores at AWG qualifying events. Big congratulations to Macy Hynes who was chosen as an alternate for Zone 3 (Calgary area) based on her strong performance at Sectionals! Whether she competes in Fort McMurray this February or not, we are so proud of Macy for being recognized at this level!



STARSkate & CompetitiveSkate News



What a great Skater Showcase on Jan 26th! It is always beneficial for the skaters to have a simulation experience—the chance to perform alone on the ice just as they would at a competition or during a freeskate test. This gives skaters a chance to develop a confidence that will definitely carry over to real competition or testing situations.

We were super-efficient with time! The photo night ran smoothly and the showcase finished right on time. We had about an extra half hour of ice free at the end of the evening as a result. Many skaters put their skates back on and happily ended off the very busy day with some more skating just for fun—that is some serious love for the ice! Thanks to the volunteers who helped out with photos and at the showcase!

Good luck to the skaters who will be competing at the Central Alberta Open in Sylvan Lake on Feb 9-11! The high test day that was originally scheduled for Feb 11 was cancelled by the hosting club so we have arranged for a new testing day on Feb 24th. The tests will be held at Glencoe so that we do not have to give up any of our ice sessions leading up to a busy spring. Please see page 3 for the testing results from our last Test Day where we enjoyed a high success rate!

Annual General Meeting

Each year, the club holds an AGM to share information with members. We encourage you to come learn more about how the club is run on Feb 22 at 6:15pm. The meeting is usually not very long, often completed in under an hour. It is very important that we have enough members present to achieve quorum as that allow us to go forward with plans for next year. See you there!

Save the Date!

As you make plans for spring and summer, please keep these dates in mind! Spring School will be May 22-June 22 and Summer School will be July 2-August 2.

CanSkate News

A fantastic start to the Winter session of CanSkate, Pre-CanSkate and PowerSkate! We saw increased numbers in several of our classes as many skaters decided to continue on from the fall and new skaters registered. Unlike other programs where you are placed in a certain level and stay there for the entire term, CanSkate focuses on skill acquisition. If a skater masters certain skills, they simply move on to the next skill rather than have to wait for a new session to begin. This also means that it is easy for skaters to jump in after the session has started or to add an additional day of skating.

Learning to skate can happen at any age! We have several older children registered in our CanSkate program this session and even some adults. The structure of the program allows skaters to work on skills at their level and show that it's never too late to pick up this great winter activity!



Dec High Test Day Results

<p><u>Sr Bronze Skating Skills</u> Angelica Bathory-Frota Raine Wierstra</p>	<p><u>Ten Fox</u> Ethan Cheung Raya Welch</p>	<p><u>Paso Doble</u> Dena Gorbach Miranda Wilson</p>
<p><u>Sr Silver Skating Skills</u> Morgan Jones</p>	<p><u>Fourteen Step</u> Katrina Ebuenga Kaydence Delon</p>	<p><u>Killian</u> Katerina Murashko Raine Wierstra</p>
<p><u>Gold Skating Skills</u> Alexandra Hallett</p>	<p><u>European</u> Masato Aoyama Kaitlynn Carver Elizabeth Murashko</p>	<p><u>Blues</u> Erika West Miranda Wilson</p>
<p><u>Sr Bronze Freeskate Part 1</u> Angelica Bathory-Frota</p>	<p><u>Keats Foxtrot</u> Olivia Alcocer Emerson Flanagan Alexa Saeger-Billing Tara Yang Brooklyn Zavisha</p>	<p><u>Starlight</u> Jocelyn McKnight</p>
<p><u>Sr Bronze Freeskate Part 2</u> Cooper Feser</p>	<p><u>Harris Tango</u> Veronica Yuffa</p>	<p><u>Viennese Waltz</u> Rylan Vaselenak</p>
<p><u>Jr Silver Freeskate Pt2</u> Jocelyn McKnight Miranda Wilson</p>	<p><u>American Waltz</u> Jane Askham Angelica Bathory-Frota</p>	<p><u>Quickstep</u> Morgan Jones</p>
<p><u>Sr Silver Freeskate Pt2</u> Brenna Campbell Rylan Vaselenak</p>	<p><u>Rocker Foxtrot</u> Cooper Feser Natalie Ma</p>	<p><u>Argentine Tango</u> Brenna Campbell Rylan Vaselenak</p>
<p><u>Gold Freeskate Pt 1</u> Dena Gorbach Rylan Vaselenak</p>		<p><u>Silver Interpretive</u> Brenna Campbell</p>