



Competition Time



Important Dates

Nov 5-8—Sectionals

Nov 9-10—LBFSC Casino

Nov 20-22—Calgary Open Competition

Nov 30—CanSkate Mini Competition

Dec 12--CanSkate Christmas Party and last day of fall CanSkate session

Dec 20--Large Ice Skate with Santa

While some of our skaters have already participated in competitions this season, others might be eagerly anticipating their first competition this month! Healthy competition is a great way to build character. Skaters work hard to prepare for the big day. As competitors step out on the ice, they learn to manage their nerves and to focus while under pressure.

They learn to give it their all and try their best. Competitions are an excellent opportunity to demonstrate good sportsmanship and to set goals. So many positive lessons to be learned!

Last year, the club was able to offer a subsidy to all skaters who represented LBFSC at competitions. This subsidy has been returned in the form of a gift certificate in the skater's account and

may be used toward purchase of ice, off ice programs, test fees and pick up passes. You have one year to use your credit and can do so by clicking the option to apply your gift certificate at registration.

Subsidies are made possible due to the fundraising efforts of the club members. Any skater who has met the volunteer and fundraising commitment this season is eligible for a competition subsidy next season.

CanSkate Mini Competition

Competition is not just for our figure skaters on the big ice! Our annual mini-competition for our CanSkate program is coming up on Nov 30th. This is a great opportunity for our young skaters to get a taste of competition in a fun environment.

Skaters will demonstrate 4 skills that they have been practicing in class. They have no reason to be nervous since they will be on the ice with other skaters, their CanSkate coaches and some of the Program Assistants. All skaters will even win a medal and get to stand on the podium! Watch your email for more details and sign up this month!



Helping out at mini-competition fulfills some of your volunteer commitment! This is the event that requires the most number of volunteers so please consider helping out. Watch for an email requesting volunteers.

STARSkate & CompetitiveSkate News



Lake Bonavista skaters had a great time at the Sask Open last month. Congratulations to Kyla Sterna for coming in first in Pre-Juvenile U13 as well as to our other skaters who achieved personal best scores and met personal goals! There was a great sense of camaraderie and support as the girls cheered each other on.

Next up are the Skate Canada: AB/NWT sectionals which is a qualifying event. For our CompetitiveSkate skaters, this is the big competition of the season! Good luck to Brenna, Hannah, Jocelyn, Kyla, Rylan, Macy, Jada, Ali, Megan L, Juan David and Meghan who will represent LBFSC at Sectionals this year.

Of course any competition as large as Sectionals requires many volunteers from all skating clubs. Any Lake Bonavista families who volunteer at Sectionals will have those hours applied toward their volunteer commitment to the club.

Congratulations to Danielle Eagleson and Seema Mustaqeem who have been chosen as PA of the Month for October! Please check out our bulletin board or Facebook to learn more about these wonderful helpers in our CanSkate program!

Fundraisers



The club's first fundraiser is just wrapping up! Order beautiful wreaths and center pieces from DeLong farms in Nova Scotia. The order deadline is midnight Nov 2 and delivery is expected the first week of December. Order forms can be found in the coach's room or email waysandmeans@lbfsc.ca



Watch for information on our next fundraiser in December—Purdy's chocolates! These make great gifts for the holiday season!

Reminders

Ice Safety

Please remind skaters that when they are on the ice, they should avoid talking to parents in the stands or at the ice entrance. This is a matter of safety since a distracted skater is unaware of what is happening around him/her and could be involved in an on-ice collision. Instead, encourage your skater to make productive use of their ice time and save conversations for after the session.

Warming Up

Did you know that skaters can warm up in the fitness studio before they head out on the ice? This space has been made available for the 15 minutes prior to most ice session so that skaters can skip, stretch and prepare. When your body is properly warmed up, you are at a lesser risk of injury. At LBFSC, we recognize the importance of a good warm up and have used the Nicole Schiele fund to provide this space to our skaters.

Used Skates and Apparel

The new teamwear has arrived and the skaters look great wearing their club jackets! Perhaps you have gently worn team jackets that are now too small? You can post used team jackets, skating dresses and skates on our website. In particular, Jr Prep skaters might be interested in buying dresses for mini-competition this month. To see what is available, go to the *Members* tab on our website and check out the *Buy and Sell* section. To sell an item, email details & photos to info@lbfsc.ca