



November is an exciting and busy month for Lake Bonavista skaters! At the beginning of the month we have the AB-NWT/Nunavut Skate Canada Sectionals. We will be wishing several of our CompetitiveSkate skaters luck as they head up to Edmonton to compete against skaters from throughout the province and section. It will be especially special for skaters who had to achieve minimum qualifying points in order to gain entry to the competition. Best of luck to Erika, James, Brenna, Ali, Macy, Megan, Kyla, Rylan, Cooper, Michael, Meghan and Juan David! The competition is streamed so visit the section website (<http://skateabnwtun.ca>) to cheer on our skaters!

## Important Dates

Nov 3-6 AB/NWT Sectionals

Nov 7 Wreath orders due

Nov 28 CanSkate Mini Competition

Dec 2-4 Edmonton Region Open Competition

Dec 17 CanSkate xmas party/Skate with Santa

Dec 18 STARSkate xmas party/Skate with Santa



## Program Assistant of the Month



Each month, the CanSkate coaches select a Program Assistant to recognize for her contribution to the CanSkate program. Congratulations to Miranda Wilson who continues to impress Coach Barb with her willingness to help out, her ability to step in where needed and her great encouragement to beginning skaters. Miranda has been a PA for a number of years now and her experience working with the CanSkate program shows!

## Fundraising

Two of our main fundraising campaigns get underway during the month of November. We have lovely wreaths and centerpieces from DeLong farms again, after the rave reviews from last year. Please turn your order forms in to the coaches' room by Nov 7<sup>th</sup> and expect delivery by the end of November.

We will also be taking orders for Purdy's chocolates. The prices are the same as at the store, but the club receives a generous portion of the proceeds if you purchase through us! Perfect for gifts!

## STARSkate & CompetitiveSkate News



### Pick Up Passes

Our skaters work hard as it is, but sometimes they might want to pick up an additional ice session. Perhaps it is to prepare for an upcoming competition or test day? A pick up pass is a great option as it gives skaters the flexibility to do just that. Pick up passes can be purchased online under Other Products. They never expire and can be carried forward to subsequent years. There is a pink notebook for skaters to sign in when they are picking up so that this time can be deducted from your pick up pass. Some ice sessions such as the Sunday dance time is already at maximum skater capacity so in those cases, skaters need to sign up on the sheet in the visitor's bench area. It is first come, first allowed on the ice should a regular skater be absent and room is available for pick up.

With several new skaters on the large ice surface in Pre-STARSkate and STARSkate, it is important for everyone to review ice safety. It is dangerous if skaters are focusing on the stands instead of what is happening on the ice. We ask parents to allow their child to work independently on the ice and to wait until after the session is over to communicate any pressing messages. Skaters should not be getting off the ice and walking on the rubber mat at the gate since there is the possibility of accidents when skaters get back on the ice without looking for oncoming traffic. While it is human nature to want to help and offer suggestions if a new skater looks lost on the ice, it is important to refrain from doing so. Your coach will ensure that your child is working and provide guidance. Skaters know they should see their coach if they need help, have a skate issue or sustain an injury. This is an important part of the learning curve in this sport because skaters have to be able to make decisions if there are ever any issues during a test or competition—independence is important in figure skating!

### Volunteer Opportunity—Mini Competition

We are fortunate to have dedicated parents volunteer to help out with our events and test days throughout the year. One of our biggest events is the CanSkate mini-competition which requires many volunteers before, during and after the competition. The event is scheduled for Monday, November 28<sup>th</sup> from 6-8pm. Volunteers are needed to help with set up, supervision, registration, results and clean up just to name a few. Your help at this event will count towards your volunteer hours so if you are available to help or have questions about how you can be involved, please contact [canskate@lbfscc.ca](mailto:canskate@lbfscc.ca).

## CanSkate and PowerSkate News

Skaters in Pre-CanSkate, CanSkate and Pre-STARSkate were invited to wear their Halloween costumes to class during the last week of October! Hard to believe skating can be even more fun, but costumes do the trick!

The CanSkate & Pre-STARSkate skaters are now going to start preparing for our annual mini-competition scheduled for Nov 28<sup>th</sup>. This is such an exciting night for skaters—especially when they get the opportunity to stand on the podium! Skaters will get to dress up and demonstrate their skating skills to an appreciative audience of family and friends. Watch your email as Coach Barb will be sending information on how to register.

We have had great reviews for the CanPowerSkate program! Hockey coaches have observed a noticeable improvement in the skating skills of those who are in the program—and that is just after 2 months! Registration is ongoing so if you know a hockey or ringette player who would like to kick things up a notch, please let them know about the CanPowerSkate program!

