



Good luck to our skaters heading off to the Skate AB/NWT-Nunavut Sectionals Championship Oct 31-Nov 4 in Red Deer! Representing the LBFSC this year: Olivia Alcocer, Ethan Cheung, Alexander Ermeev-Raykhert, Emerson Flanagan, Emma Liew, Cooper Feser, Alexa Saeger-Billing, Rylan Vaselenak and Erika West. Check our Facebook page for updates!

Important Dates

Oct 31-Nov 4-- Sectionals

Nov 11—Skating sessions as usual

Nov 17—High Test Day

Nov 18—Foam Rolling Clinic
(1:40-2:30 during off ice time)

Nov 26—CanSkate Mini Competition

Nov 30—Skating Sharpening

Dec 7-9—Calgary Open Competition



Club News

Fundraising

Our first fundraising campaign is underway! The holiday wreaths and centerpieces from Nova Scotia are stunning and make great gifts as well. Orders should be submitted to the coaches room by Nov 5 with estimated delivery to be the end of the month. Next up: Purdy's chocolate just in time for xmas!

Display Case

Have you seen our new display case in the lobby? The community association challenged both the LBFSC and the Breakers hockey association to create a historical, informative and aesthetically pleasing display to celebrate our respective clubs. Our case includes the names of all our Gold level skaters going back two decades! Special thank you to Goose and Boo Designs for making the adorable mini skating outfit!



Volunteer Opportunities

All STARSkate/CompetitiveSkate families are expected to volunteer 12 hours over the course of the year. Many families have already signed up to work the casino which will fulfill their entire volunteer and fundraising commitment! It is great to have so many of those positions filled already. Our other major event is the CanSkate Mini Competition because it also requires many helping hands. We will need parents to supervise and help tie skates in the change room, to calculate scores in the count room and to help with set up/clean up. Please consider volunteering at Mini Competition and contributing to what is a special night for our young skaters!

STARSkate & CompetitiveSkate News



Last month, we had nutritionist Christina James come for a couple of presentations. She spoke to parents about the nutritional requirements of growing athletes. She recommended carbohydrates before training sessions and advised that too much protein immediately before the session could be counter-productive. Hydration is crucial and since sports drinks are often heavy on sugar, she suggested making your own electrolyte drink by combining water, juice and a little salt. Christina also worked with skaters to help them understand the role good nutrition plays in their development. She also discussed good choices for recovery after a workout. Hopefully skaters will be more aware of their food choices after this informative workshop!

This month, we have a foam rolling clinic so that skaters can learn more about how to maximize muscle function and relieve tight muscles after a tough workout. There is no cost to this workshop, so we encourage all skaters to take advantage of it! Register by Nov 15 to reserve your spot.

Our first high test day is coming up on Sat, Nov 17! The test day will be held at Great Plains Arena and coaches will ensure that the skater music is ready. This test day is for Sr Bronze level tests and higher. The Star 1-5 tests are evaluated by your coach and take place throughout the year. Skaters are working hard to prepare for the tests and we wish everyone luck!

Program Assistant Reminder

Make sure you RSVP to Kristin your availability to judge at Mini Competition on. Please arrive at 5:40 on Nov 26 for instructions. A light dinner will be provided at this time and your family will receive 3 volunteer credits for your help on this night.

CanSkate News

Thanks to all skaters who got into the Halloween spirit by wearing costumes to class. There were even Halloween inspired circuits with pumpkins drawn on the ice! The coaches are impressed with the great progress the children are making with their skating skills!

Skaters will have a chance to show off these skating skills at our upcoming Mini Competition to be held on Nov 26th. We encourage everyone in CanSkate, Pre-Star and STAR 1 to register for this fun event. All participants will demonstrate skills for their level and the Program Assistants will act as judges. All skaters will have the opportunity to stand on the podium for medal presentations. It is a very exciting night for the young skaters and we hope to see you there! Please register by Nov 12 and check our website for the FAQ's about Mini-Competition.

