



We are so excited to have our harness back! Thanks to club president Heather Campbell and CJ for their work with Tri Innovations Consulting Ltd. to ensure that the harness was structurally sound and would meet the needs of the skaters. It is a valuable training tool and we know that both coaches and skaters are very happy to be able to utilize it once again!

## Important Dates

- Oct 31-Nov 3-- Sectionals
- Nov 11—Skating sessions as usual
- Nov 18-19—High Test Day
- Nov 25—CanSkate Mini Competition
- Nov 29—Skating Sharpening
- Dec 6-8—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 6 with estimated delivery to be the end of the month. Next up: Purdy's chocolate just in time for xmas!

### PA Profiles



**Kaydence Delon**  
Kaydence has been a PA for 1 year and skating for 10. Her favorite skater is Olympic champion Alina Zagitova. Kaydence likes jumping and the axel is her favorite jump. She also likes doing sit spins.



**Braya Carroll**  
Braya has been skating since she was 2 years old and she is now 11, coming back to her 2nd year as a PA. Her favorite spin is an upright change back. Braya says loves the kind environment at LBFSC!



**Raya Welch**  
Raya has been skating for 6 years and is happy to be returning as a PA for the 2nd year. Her favorite jump is the double toe. Raya says she loves skating because it's "an escape from real life!"



**Olivia Alcocer**  
Olivia has been skating for 7 years and is returning for her 2nd year as a PA. Her favorite skater is Kaetlyn Osmond. Olivia says she likes the friendly environment at the rink and also likes sleeping!

### Volunteer Opportunities

All STARSkate/CompetitiveSkate families are expected to volunteer 15 credits (7.5 hours) over the course of the year. The Mini-Competition is a great way to earn a number of volunteer credits! 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



Sectionals is underway this weekend right here in Calgary! We will be cheering on Olivia, Justin, Emerson, Erica, Reegan, Ethan, Emma and Erika and congratulate them for the hard work that got them to Sectionals this year!

The competition announcement has come out for the next competition to be held December 6-8. The Calgary Open will be held in Cochrane this year and includes skaters from Star 1 all the way up to the Gold level.

Skaters will be able to sport their new teamwear at both these competitions and show their LBFSC pride! The online ordering system we piloted this year was a great success and we look forward to offering another teamwear sale online later in the season. Thanks to Trish Power and Trish Tyson for their work in coordinating the teamwear sale!

Our first high test day is coming up on Nov 18-19! The test day will be hosted by the Calalta club and so it will be held at Rose Kohn arena. As you may be aware, the Skate Canada testing system is undergoing changes to bring it better in line with the STAR system and to allow coaches to take part in the evaluation process. Your coach will communicate with you if your skater will be participating in this particular assessment day.

### Reminders

You may have noticed that the coaches' room and the skater change rooms have moved to new rooms this season in order to accommodate the LBCA facility plans. Please remember that the change rooms remain gender specific. That means no dads in the girls' change room and no moms in the boys' change room. If you need to help tie skates, please do so in the common areas.

## CanSkate News



The Learn to Skate skaters are picking up skills and gaining confidence on the ice! They will have a chance to show off these skating skills at our upcoming Mini Competition to be held on Nov 25<sup>th</sup>. 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 watch your email for the registration details and check our website for the FAQ's about Mini-Competition.