



Congratulations to skaters who competed at the Fall Invitational earlier in October. There were some great performances reflecting a lot of hard work. Special congratulations to Justin Cheung who won the silver medal in the Juvenile Men's category. Due to pandemic accommodations, medals will be mailed to the club and we look forward to presenting Justin with his silver medal soon!

### Important Dates

Nov 3—Deadline for DeLong Wreaths fundraiser

Nov 4-7—Sectional Championships

Nov 19-21—Calgary Region STARSkate Invitational

Nov 29—LBFSC Mini-Competition for CanSkate

Dec 11—Last day of CanSkate fall programs

Dec 17—STARSkate xmas party

Dec 18—CanSkate xmas party

## Club News

### Fundraising

The air has that crisp, fall chill and the days are getting shorter. Before you know it, the holiday season will be upon us! Our first fundraiser is the DeLong wreath and centerpiece campaign. Grown and handcrafted in Nova Scotia, these will make a beautiful addition to your holiday décor. We have partnered with DeLong Farms for several seasons now and are always impressed with the quality and longevity of their products. Deadline to order: Nov 3.

All STARSkate families are expected to participate in fundraising. Funds are used to subsidize off ice programs and the awards banquet. If you aren't interested in the wreaths, stay tuned for information about our Purdy's chocolate fundraiser!

### Volunteer Opportunity

The LBFSC is fortunate to have the support of such wonderful skating families. Our entire board is made up of volunteers. Parents taking turns as rink chair to play music every session and we rely on volunteers for all our events.

Our first big event is coming up at the end of November—the annual CanSkate Mini-Competition! This is an exciting evening for all the little skaters, but it takes many helping hands to help it run smoothly. Please watch your email in the coming weeks for an opportunity to sign up as we will need change room parents, tally counters, announcers, and many other roles to fill.

Skaters aged 12+ and family members aged 14+ are eligible to volunteer. Each will earn volunteer credits that go towards your family's volunteer commitment for the year.

## STARSkate & CompetitiveSkate News



**Juvenile U12**



**Juvenile U15**



**Pre-Novice**

We are eagerly anticipating Skate Canada Alberta-NWT/Nunavut Sectionals which will be held in Edmonton this year. Due to training interruptions from the pandemic, the section removed the qualifying scores that are usually required for entry into this competition and adjusted the age eligibility. This means we have skaters who will be competing for the first time and others who are happy to make their return to Sectionals! We asked each of these skaters when they started skating, what they like about performing, their favorite element and a life skill that skating has taught them. If you've ever had anyone question why you would invest so much in a sport, their answers to that last question is confirmation that those early morning ice sessions are worth it!

Check out their answers on the following page and watch your email for the cheering guide so you can watch the competition online. Good luck to Justin, Reagan, Yachi, Kristen, Erica, Alexa, Ethan, Erika and Emma!

## CanSkate News

It's amazing how much progress young skaters can make in just a month! The best part of Skate Canada's Learn to Skate programs is that once a skater masters one set of skills, they can work on the next without having to wait for a new session. If a skater has progressed beyond the CanSkate skills, the coaches will recommend they move up to the STARSkate program on the big ice so that they are continuously challenged and having fun.

Speaking of which, we have a fun evening coming up for CanSkate! Your skater will be invited to participate in a Mini-Competition which will allow children to showcase new skills and come home with a medal. Our Program Assistants will be on hand to encourage them, act as judges and present medals.



## Meet our Sectional Skaters!

### Juvenile U12

		<b>Justin</b>	<b>Reegan</b>
1.	At what age did you start skating?	Canskate/Hockey – almost 5 Figure Skating – almost 6	Age 4
2.	What do you like about performing?	I like the rink all to myself.	I like skating to choreography and seeing my hard work pay off.
3.	Your favourite element (jump, spin, step sequence)?	Double Lutz	I like the jumps, my favourite is the Double Toe Loop + Double Toe Loop combo.
4.	What is a life skill that skating has taught you?	No Pain, no Gain!	That nothing comes easy, you have to work hard for what you want.

### Juvenile U15

		<b>Yachi</b>	<b>Kristen</b>	<b>Erica</b>	<b>Alexa</b>
1.	At what age did you start skating?	Age 6	Age 4	CanSkate age 4	Age 4
2.	What do you like about performing?	I love skating to my music.	Getting to show off my practice and hard work in front of an audience.	I enjoy the feeling of nerves getting ready to take the ice and like the feeling of being on the ice.	I like to show myself that all the practicing is worth it.
3.	Your favourite element (jump, spin, step sequence)?	Double Lutz or Double Toe Loop	Layback Spin	Double Loop	Flying Sit Spin
4.	What is a life skill that skating has taught you?	Learning how not to be nervous and never give up.	How to set and achieve goals.	Skating has taught me that even though things might not work right away, you should still keep trying.	There are many but I feel most important to me are commitment, perseverance and time management.

### Pre-Novice

		<b>Ethan</b>	<b>Erika</b>	<b>Emma</b>
1.	At what age did you start skating?	Canskate/Hockey – 6/7 Figure Skating – 7.5	Age 4	CanSkate age 6
2.	What do you like about performing?	I hope to achieve my personal best.	The fun and energy of a competition.	No one else is on the ice and you can smile at the judges.
3.	Your favourite element (jump, spin, step sequence)?	Double Flip	Double Salchow	Double Lutz
4.	What is a life skill that skating has taught you?	Perseverance will help moving forward. Achieve little goals to get to big goals.	Self-determination and the ability to work independently.	Time management and social skills.