



# Lake Bonavista FSC

October 2018



It was exciting to see some new Program Assistants join our returning PA's this year! These skaters will be working with the CanSkate coaches and supporting the Learn to Skate programs. PA's attended a training clinic last month and learned some new techniques to help beginners master basic skating skills. It is wonderful to see how eager the PA's are to pass on their love of skating to the next generation of skaters!

## Club News

Good nutrition is important to all athletes since they need the proper food to fuel their bodies for sports. We will be holding a special nutrition seminar on Oct 21 this month so that skaters can learn more about making appropriate food choices and parents can benefit from some guidance. Parents will meet in the Multipurpose room 12:30-1:30. The skater session will be 1:40-2:40. Registration will open soon so watch your email for more info!

We had a great turnout for the parent meeting last month. It is a good opportunity to familiarize yourself with club policies. New this year is the increase of volunteer commitment to 12 hours (24 credits) and the option to cash the fundraising cheque in lieu of participating in fundraisers. This will leave your account in good standing and qualify your skater for any competitive subsidies that may be offered by the club.

Our next casino will be on Feb 22-23. Volunteering at the casino fulfills both your volunteer and fundraising obligation for the year! You can sign up on our website under the Member Obligations tab. We receive substantial funds from the casino which is put towards subsidizing off ice, providing all skaters with a club photo and hosting the year end banquet. As well, casino funds allow us to offer a special skating seminar every second year.

## Important Dates

Oct 8—skating as usual on Thanksgiving (am session 7-9)

Oct 25- 31 CanSkate may dress up in Halloween costumes

Oct 21—Nutrition Seminar

Oct 31-Nov 4 Alberta Sectionals

Nov 11—skating as usual on Remembrance Day

Dec 3—CanSkate Mini Competition

**Reminder:** Change rooms are gender specific. This means no dads in the girls' change room nor moms in the boys' room.

## Program Assistants 2018-19

Brenna Campbell  
Elizabeth Murashko  
Erika West  
Jane Ashkham  
Jocelyn McKnight  
Kaydence Delon  
Keara Forbes  
Keyana Willard  
Morgan Jones  
Natalie Ma  
Natalie Schell  
Olivia Alcocer  
Raya Welch  
Rylan Vaselenak

## STARSkate & CompetitiveSkate News



We were lucky to have a special visit from alumni Kate Gibson on a break from touring with Disney on Ice! Kate performed her Elsa routine from Frozen for the senior skaters.

The competition season is already underway! CompetitiveSkate skaters were in Lethbridge for the Fall Invitational on Sept 28-30. There were some great skates and camaraderie as skaters cheered each other on. Special congratulations to Rylan who earned over 18 technical points to qualify for sectionals in Pre-Novice this weekend!

Coming up, we have the Skate Canada Alberta-NWT/Nunavut Sectionals held in Red Deer on Oct 31-Nov 4. Skaters must earn certain minimum technical points to be eligible to compete. Congrats to all our skaters who have achieved these qualifying points at competitions during the past year. We are proud to have you represent the club!

### Skaters competing @ Sectionals

**Pre-Juvenile U11:** Ethan Cheung, Emerson Flanagan, Emma Liew, Alexa Saeger-Bililing

**Pre-Juvenile Dance:** Alexander Eremeev-Raykhert

**Juvenile U12:** Olivia Alcocer

**Juvenile U14:** Cooper Feser , Erika West

**Juvenile Dance:** Nick Rasskazov

**Pre-Novice:** Rylan Vaselenak

## Learn to Skate News

Our recreational programs are well underway! The coaches have placed skaters into groups so that they are with children working on similar skills. The Skate Canada programs are designed to keep skaters moving and having fun. With Halloween approaching, skaters are invited to wear their costumes to class during the week of Oct 25-31 because it is always extra fun skating as a superhero or princess! Keep in mind that skaters need full visibility (no masks) and that movement should not be restricted. Please leave very long outfits and props at home for safety reasons!

Did you know we offer discounts for anyone skating twice a week or in both fall and winter sessions? If your child is really enjoying their skating class, consider adding the second session by Nov 30 to get the discount. As an extra bonus, you will see even faster progress in acquiring skating skills and increased confidence with the extra practice!

