



Welcome to the 2019/20 Skating Season!



It seems like just yesterday that we were celebrating the completion of another great skating season at the banquet. Yet here we are welcoming in another season of growing, learning, skating and having fun with our rink friends. There will be many new skaters hitting the ice this September and their enthusiasm will be infectious. We are also happy to have many returning skaters who will be excellent role models and examples of what you can accomplish with hard work. Our parent meeting will be held on Sept 14—it's a great chance for new skating parents to learn a bit more about what to expect. If you are looking for teamwear, we are selling it online this year! Watch for more details to come.

Important Dates

Sept 2—First Day
STARSkate (note 7am start for Sr morning session)

Sept 4—CanPowerSkate first day

Sept 14 -Parent Meeting (starts at 9am)

Sept 14—PA clinic (from 9-12:15)

Sept 21—CanSkate and Pre-CanSkate start

Sept 24—Pre-StarSkate starts

Sept 27-29—Fall Invitational Competition

Oct 31-Nov 3-- Sectionals



Our annual summer picnic was a lot of fun with many skaters coming out to join us at the park. It is such a great chance for skaters to socialize away from the rink. Thanks to Coach Leigh for all her work organizing the picnic!

Reminders

Your volunteer and fundraising cheque is due. Please turn these into the coaches' room. Make out the cheques to Lake Bonavista Figure Skating Club (must be spelled out in its entirety) and dated April 1, 2020. The volunteer cheque is for \$225, but will not be cashed if you volunteer for 7.5 hours (15 credits) during the season. The fundraising cheque is for \$150, but will not be cashed if you participate in one of the fundraising campaigns. You also have the option to opt out of fundraising by paying the amount via credit card now.

Note Time Changes

Session times on Sept 8 and 15th due to hockey evaluations.

7-7:45am Jr Off Ice
8-8:15am Jr Stroking
8:15-9am Jr Freeskate
9-9:30am Dance
9:30-10:30 Int/Sr Freeskate
10:30-10:45 Int/Sr Stroking
11-12 Sr/Comp Freeskate
12:15-1:15 Sr Off Ice

STARSkate & CompetitiveSkate News



It takes commitment to spend 5 weeks of your summer at the rink! Many of our skaters trained hard in preparation for the Wildrose Skating competition on the August long weekend. It can be daunting to skate at a new level but we were proud of everyone's focus and effort. Special congratulations go out to Erika West who came in 3rd place in the Star 9 Short Program and Megan Myslicki who came in 1st place in the Star 10 Long Program. What a great finish to our summer program at LBFSC!

Those who attended the year end banquet probably noticed that we had a very impressive number of skaters reach Quad Gold last season! Miranda Wilson, Meghan Wilcox, Rylan Vaselenak and Brenna Campbell all celebrated this huge accomplishment. Well we are on a roll with skaters achieving Gold level during our spring and summer test days. Congratulations to Morgan Jones and Emma Liew who both completed their first Gold in Dances. Congratulations to Jocelyn McKnight on her second Gold, also in Dances. And special congratulations to Megan Myslicki who passed both her Gold Skills and Dances, combined with her Gold Freeskiate passed earlier—that makes her Triple Gold!



CanSkate News

As students head back to school, many parents will be making arrangements for extra-curricular activities. If you know someone who is looking for quality skating lessons, please direct them to our website where they can learn about our Learn to Skate programs including: PreCanSkate, Pre-Power and CanSkate.

In addition to this, we are continuing to offer Power Skating on Wednesday mornings for those who want to take their hockey or ringette skills to the next level. Registration is ongoing, but the first day of our Learn to Skate programs is Sept 21. We also have special discounts for those who register in both seasons or skate more than once a week.

We are happy to welcome back our wonderful team of CanSkate coaches—Kristin, Kristy and Emily! They will be looking for program assistants to help out with the Learn to Skate programs this year. If you are 10 years old or older and would like to be a PA, please sign up for the PA training session to be held on Sept 14th from 9-12:15.

