



December 2015

Evaluations

Team Wear

Want a Lake Bonavista FSC team jacket but didn't get a chance to purchase one in the fall? Good news! We have another teamwear sale coming up in January! Great for the next test day!



Skaters across all our programs have worked so hard these last few months! While CanSkaters may have worked on skating with greater power and improving their balance, skaters on the big ice have worked on mastering new jumps, spins and dances. This month, skaters will get a chance to demonstrate what they've learned.

In CanSkate, evaluation has been on-going. The coaches have been observing and assessing the skaters according to the official CanSkate curriculum. On the last day of the fall session, skaters will receive badges and ribbons according to the skills they've achieved. As well, parents can expect a report card listing the outcomes for the level and information about which skills have been met.

On the big ice, an evaluator comes to the rink on our scheduled test day. Coaches submit names of skaters who are ready to test in dance, skills, or freeskate. Once a skater's name has been submitted, the skater is obligated to test and to pay the Skate Canada testing fee online. All tests are evaluated to the Skate Canada standard. They are an important milestone for the skaters and a great way to recognize the progress made! Good luck to all our skaters on test day!

Do's and Don'ts for Test Day!

- Arrive 45 minutes prior to your scheduled skate time in case tests are running early.
- Don't talk in the stands while others are testing as that is distracting.
- Talk to your coach about appropriate testing attire and hair.
- Don't panic—coaches only submit the name when they are confident the skater is ready.

Important Dates

- Dec 2, 6 & 8—Test Days
- Dec 10 Last day fall CanSkate
- Dec 12 CanSkate Party
- Dec 20 Large ice last Day & Party (note modified times)
- Dec 28-30th xmas ice
- Jan 4—First day back—large ice!
- Jan 22 STARSkate Photo Night

Modified Skate Times

Change of skate times on Dec 20.
Junior off ice 8:30-9:15, Junior Ice 9:30-10:15, Int/Sr Ice 10:15-11:15, Sr Ice 11:30-12:15. Party 12:15-1:15.

Save the Date!



LBFSK is proud to announce that we have Olympic Bronze Medallist Joannie Rochette coming to the club! This exciting seminar will include on ice sessions, as well as off ice fitness, dance and nutrition sessions. Mark Feb 28th on your calendar and watch for more details about how your skater can participate in this special event.

STARSkate & CompetitiveSkate News



November was an exciting month! Competitive skaters had an opportunity to skate at Sectionals at the beginning of the month while STARSkate participated in the Calgary Open. Several of our skaters had podium finishes at the Calgary competition! Special congratulations to Jane A for a gold medal in Star 4 U13, Erika for first place in Star 5 U10, Cooper for a silver medal in Star 5, Morgan for winning a bronze medal in Star 4 U13 and Veronica for bronze in Star 4 U10! As well, we are proud of all our skaters who represented us so well, with great performance assessments and ribbons to show for it!

CanSkate Highlights

Check us out on Facebook to see some more photos from Mini-Competition, Sectionals & Calgary Open!



There was a lot of excitement at our annual mini-competition on Nov 30th when the skaters in our CanSkate, Jr Prep and Star 1 STARSkate programs showed off their skills! It's amazing to see the progress these skaters have made over the past few months!

With the end of the fall session approaching, some parents may have questions about what is next for your skater. CanSkate students will receive a report card with recommendations and coaches will let you know if your child is ready for a greater challenge such as moving into Jr Prep or onto the large ice after Christmas.

If you haven't registered yet for the next session, it's not too late! Watch your child continue to develop his or her skating skills this winter!

Calgary Open Participants

Star 1: Sofie, Kaitlynn, Ethan, Kenzie, Katrina, Kate, Keara, Alina, Julia, Elizabeth, Noa, Alexa, Tara

Star 2: Masato, Nick, Raya, Brooklyn

Star 3: Kaydence, Rayne, Jordan

Star 4: Olivia, Jane A, Emerson, Kailie, Morgan, Emma, Natalie M, Allegra, Oksana, Veronica

Star 5: Cooper, Jane M, Carly, Erika

Sr Bronze: Brenna, Hannah, Katerina, Sydney

Jr Silver: Natalie S

Special Olympics: JorDen

Volunteer Thank You

Our club is run by volunteers like you! A big thank you to those who worked our recent casino and mini competition! Several of our PA's volunteered to be judges and runners at the mini-competition too!

Congratulations to Natalie Schell and Miranda Wilson who were named Program Assistants of the month for November. Check out our bulletin board, website or Facebook this month to learn more about these fabulous helpers!