



Happy New Year



Welcome back skaters! The new year is about fresh starts and looking ahead. It's also a great time to reflect and set new goals. Most athletes set goals for themselves because it's an effective motivational tool that boosts skill learning and performance. Athletes are more focused when they know what they are working toward. The best goals are realistic, yet challenging. All the best in 2016 and accomplishing whatever goals you set for yourself!

Club News

The club is busy preparing for our skating clinic with Olympic bronze medallist Joannie Rochette! This full day clinic on Feb 28th for our STARSkate and CompetitiveSkate skaters is heavily subsidized by the fundraising efforts of our club members. Thanks to your participation in our wreath and chocolate sales, as well as the casino, we are able to offer our skaters this once in a lifetime opportunity to work with a Canadian skating legend for only \$25 each. The day will include time on ice, off ice training, and a nutrition seminar as well as a commemorative t-shirt and healthy lunch. This is sure to be a memorable day for all our skaters!

Important Dates

Jan 4th—first day back STARSkate & Competitive

Jan 5th---Winter session of CanSkate, Learn to Skate and Jr Prep begin

Jan 22—Photo Night for STARSkate/Competitive

Feb 26-28--STARSkate Championship

Feb 28—Joannie Rochette clinic



Come dressed in your competition best for the club photo night on Friday, Jan 22nd. All skaters receive a club photo. You may also sign up for individual photos or photos with your friends!



STARSkate & CompetitiveSkate News



What a successful set of test days for LBFSC skaters last month! We had a 95% pass rate on low tests held at the club and 70% on the high tests held at Glencoe and Calalta. See the great results on page 3! Judges even remarked on how well prepared our skaters were. Congratulations to all who tested!

Congratulations also go out to Kyla Sterna who was recognized as the Duso's Skater of the month! The criteria for this award include skaters who: work hard, help out, love what they do, and are great ambassadors for figure skating. Kyla received a cash prize and will be recognized in the Skate Canada newsletter!

Skaters celebrated the season with a skating party on the last day of lessons. Spirits were high and there were plenty of smiles—what a great way to end 2015!



CanSkate News



We had a fantastic turnout at the CanSkate xmas party—even Santa found time to drop by for a skate! Many of our Program Assistants attended as well, and it was cute to see the little skaters warmly greet and play with the PA's they had gotten to know so well over the fall session. Everyone enjoyed the snacks and crafts—thanks to the volunteers who provided these treats! Check out our Facebook page for dozens of photos of this fun day and we hope to see everyone back for the winter session!

Reminders—Playing Music

Some of our ice sessions are quite full and it can be a challenge to get through all the solos. On these busier sessions, please start solo music right after the 5 minutes of warm up. You will find a roster in the binder on the desk. Start names at the letter assigned to the week and check off skaters who have had their solos played. Skaters know that if they refuse their music, it will not be played again during that session unless the coach requests it during their lesson. Your time as rink chair is much appreciated!

December Test Results

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| <u>Dutch Waltz</u> Evelyn Bayda Katrina Ebuenga Kate Feser Julia Len Elizabeth Murashko Alexa Saeger-Billing JorDen Tyson <u>Canasta Tango</u> Tara Yang <u>Baby Blues</u> Raya Welch Tara Yang <u>Swing</u> Emma Liew Deacon Sterna <u>Fiesta Tango</u> Olivia Alcocer Emerson Flanagan Allegra Panara Willow Waltz Jane Askham Nick Rasskazov Raine Wierstra | <u>Ten Fox</u> Cooper Feser Raine Wierstra <u>European Waltz</u> Morgan Jones Natalie Ma Erika West Veronica Yuffa <u>Harris Tango</u> Miranda Wilson <u>Keats Foxtrot</u> Kailie Gudnason <u>Killian</u> Macy Hynes Meghan Wilcox <u>Paso Doble</u> Alexandra Hallett Jada Hynes <u>Rocker Foxtrot</u> Brenna Campbell Dena Gorbach <u>Viennese Waltz</u> Juan-David Castillo | <u>Silver Samba</u> Megan Lye <u>Intro Interpretive</u> Kailie Gudnason Joanne Phillips <u>Bronze Interpretive</u> Katrina Jordan <u>Prelim Skating Skills</u> Jane Askham Jordan Zavisha <u>Jr Bronze Skating Skills</u> Veronica Yuffa <u>Jr Silver Skating Skills</u> Alexandra Hallett Jada Hynes Hannah Johnson | <u>Preliminary Freeskate Pt 1&2</u> Olivia Alcocer Emma Liew <u>Jr Bronze Freeskate Pt 1&2</u> Cooper Feser Erika West Veronica Yuffa <u>Sr Bronze Freeskate Pt 2</u> Sydney Zorn <u>Jr Silver FreeSkate Pt 1</u> Alexandra Hallett Jada Hynes Seema Mustaqeem <u>Jr Silver Freeskate Pt 2</u> Jada Hynes <u>Sr Silver Freeskate Pt 1</u> Nicole Kraft Meghan Wilcox <u>Sr Silver Freeskate Pt 1</u> Nicole Kraft |
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