



2015-2016 Newsletter #1, Fall

Hello everyone!

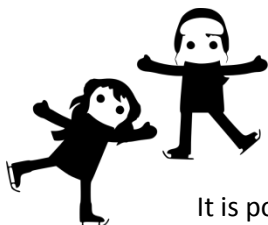


Welcome back to a new season at the **Valleyview Skating Club!!** We are so very excited you have all joined us!! We have started the year off running! So many things happening!!

This is our first time offering On-line registrations. It has, for the most part, worked very well. We will be fine tuning it as the season progresses so we thank you in advance for your patience while we work out the bugs. Our Winter Registration option will be ready soon. You will get an email when it is ready to go.

CanSkate / PreCanSkate

Welcome to all of our CanSkate/PreCanSkate skaters new and returning. We are glad you are here and we are looking forward to watching you all progress with each session. We love our new CanSkate program and how the skaters can progress so quickly while learning good solid foundation skills to take with them all through their lives and into whichever ice sport they choose.



Our program has **6 stages** with **3 foundations** per stage – **Agility, Balance and Control**. It is all circuit based with repeated skills needed to be done with more control and accuracy as they move up through the stages.

It is possible to pass one foundation thru a couple of stages and not keep up with the other foundations For example: a skater may pass Agility 1 and 2 but still be on Balance 1. Badges for each stage are achieved once all three foundation ribbons are passed.

Program Assistants

You may have noticed that our **PAs** have on red fleece coats – thank you to our board for the purchase. They keep our **PAs** warm while helping you to easily identify them.

Thank you to all of our **PAs** for all of your hard work – **you are all greatly appreciated!!**

Hallowe'en Our **Hallowe'en dress-up week** starts on **October 26**.

Please remember to wear your costume with safety in mind.

Come scary, come pretty, come however you want!!! **Treats will be given out.**



CanPowerSkate



Our pre-season CanPowerSkate session went very well. Our up and coming Hockey Stars are learning skills that will help them with their hockey this season. Our regular Fall PowerSkating Session is underway with strong numbers in both our Monday and Tuesday time slots. We are continuing to build on the skating fundamentals of power and agility within the world of the game of hockey. There is lots of fun during this 45 minute ice time, learning and building on skills with skating drills, circuits and games.

Junior Academy

Our enthusiastic skaters are learning all about the fundamentals of figure skating such as edges, turns, crossovers, bunny hops, spirals and more which will lead soon into jumps, spins and solos. All the skaters love skating to music during creative time, finding their own creativity through movement. This program is for boys and girls who are interested in figure skating that show talent and have passed most of our CanSkate program. For more information you can visit our website www.vvsc.ca or email Eva sk8.vvsc@gmail.com



Intermediates, Seniors and Masters

Our Private lesson skaters have been skating since the end of August and have been learning so much already!!

We had our first **Tech Seminar** on September 19th at The Sandman Center with **Ryan Sutherland**, a Skate Canada Technical Specialist. He taught us what they look for when we are skating at a competition. He had them do certain skills and told them what the judges would say was good and what they needed to work on in order to improve their marks. It was a great learning opportunity for the skaters!!

On October 7th we had **Dave Freeze**, a sports psychologist, come in and give a talk to the girls. He talked about how to deal with the pressures at competition – before, during and after. It was great advice that the skaters can use both at skating and in their daily lives.

He also did say **“figure skating is the most difficult sport there is.”**

Competition results

Our first competition of the season was **Autumn Leaves** in Chilliwack on October 16 – 18th

Ashlyn Wassing	Star 1 Group 2	Silver
Kathryn Held	Star 2 Group 4	Bronze
Courtney Killough	Star 2 Group 4	Bronze
Megan Barber	Star 3 Group 6	Bronze
Anastasia Chupik	Star 4 O13	3rd
Brenna Wassing	Star 5 U13 Group 3	12th
Brooklyn Castro	Star 5 U13 Group 3	9th
MacKenzie Sewell	Star 5 O13 Group 2	6th
Anastasia Chupik	Intro Interpretive	7th
Brenna Wassing	Bronze Interpretive G.2	5th
Brooklyn Castro	Bronze Interpretive G.2	1st
Chelsea Thur	Bronze Interpretive G.1	2nd
MacKenzie Sewell	Silver Interpretive	5th
Haley Barber	Silver Interpretive	4th

Great job to all of our skaters – you have done Valleyview Skating Club proud!!

Our next competitions will be:

The Okanagan Interclub

November 27th – 29th at Mt.

Boucherie for our Intermediate and Senior skaters

The BC/YK Open Synchro & Adult Competition

December 12th in South Surrey for our Master skaters



Adult CanSkate / CanPowerSkate



We have a great group of adults coming out on Thursday nights to learn to skate or to improve their hockey game. A few are very new at the sport and a few were with us last year. It is a great opportunity to learn new skills and to get some great exercise.

If you want to join in, contact Alice. vvsc.registar@gmail.com Fees will be pro-rated ☺

Volunteering

We are a club run by Volunteers. Our Volunteers are here for the skaters. Without them none of this would be possible. It takes a lot of time, energy and people to run a successful club. The more people helping – the less time and energy each person needs to spend. Volunteering is a great way to learn about your club and an opportunity to meet other skating parents

Katrina is our **Volunteer Coordinator**. ksewell@telus.net

Please contact her if you would like to help out.

CanSkate parents, you will see a volunteer sitting at the table in the lobby ready to help you out and answer your questions. Please don't hesitate to ask about anything you want to know about skating.

Once your child progresses into **Junior Academy** or **Private Lessons** we expect that you will be willing to help out if you are able. We charge a *refundable* volunteer fee so that parents who are not able to volunteer their time can still contribute to their club. Most volunteering can be done while your skater is on the ice. Volunteer opportunities will be advertised throughout the season.

Participating in fundraising will help satisfy some of your volunteer hours.

Joining our Board will take care of all your Volunteer hours ☺

Fundraising

We fundraise to help keep your costs down, so every little bit helps. Fundraising will also count towards some of your Volunteer hours.

Mmmm Cookies!

Our **Fall Fundraiser** will again be an annual favourite – **COOKIE DOUGH!**

Orders must be handed in by **November 12, 2015**.

Pick up will be **end of Nov. early Dec.** just in time to start on your Christmas baking.

We will have a top **Prize** for the most cookie dough sold plus a **Second Prize** for everyone selling 5 buckets or more. One ticket will be put into the draw for every 5 buckets sold.

You are also welcome to buy just enough for yourself – but remember –the cookies go fast so make sure you get enough ☺



Web Site www.vvsc.ca

You should find answers to most of your questions here. Check out our Policies, Information Packages, Registration Forms and Schedules.

Contacts

Registrar: Alice Munger – Phone: 250-573-2164 vvsc.registrar@gmail.com

Director of Skating: Eva Davies sk8.vvsc@gmail.com

Treasurer: Kim Thomas vvsc.treasurer@gmail.com

President: Alana Wassing vvsc.president@gmail.com

Happy Skating Everyone!