



Newsletter October 2013



Welcome everyone to another wonderful year of skating here at the Valleyview Skating Club!!
We are so excited to see you all here and to learn new skills and have fun with each and every one of you!

CanSkate

As you have noticed we have embarked on a new CanSkate program this year that keeps the skaters moving thru circuits and a fast track. The coaches are loving the new program and how it gets all the skaters learning through circuits and keeping them on the move. With all the new props on the ice it is looking very colorful!! It has been a learning curve for coaches and our Program Assistants. The Program Assistants are very valuable to the program so please thank them when you see them. Our PA's are: Abi, Aly, Alyssa, Brenna, Bryan, Cheyenne, Chika, Erica, Holly, Jana, Jazmin, Leila, Lisa, Madison, MacKenzie, Morgan, Olivia, Staci and Scott.

If you have any questions or concerns our CanSkate board member contact is *Erin Khelouiati* emcnamee@fastmail.fm

Junior Academy

This program is to bridge the gap between CanSkate and the STARSkate / Competition levels.

In order to participate in this program the skater will have to be invited by a coach. However, if you are interested in learning more about Junior Academy for your skater, please speak to your child's coach. The focus of the Junior Academy is perfecting the basic skating skills, such as edge control, balance, body positioning, dance skills, and music interpretation skills.

Our Junior Academy skaters – you are continually impressing and wowing us with all your talent. In such a short time we have already seen a HUGE improvement in all your skating skills.

Intermediate/Senior/Master Skaters

Our Intermediate skaters are working hard learning new skills and improving on the skills they already have. They will be off to their first competition towards the end of November either in Vancouver at Jingle Blades or in Winfield at the Okanagan Inter Club. Keep up the hard work skaters!



Our Senior skaters are also working very hard for the 2 competitions in November working on their skills and elements. We have 5 of our skaters that competed in Autumn Leaves in Chilliwack October 18 – 20th. Below is how the girls did this weekend. Great job girls!

- Cassandra Labermeyer competed in the Junior Silver Ladies event and placed 10th.
- Jana DeJong competed in the Pre-Juvenile Ladies event and placed 8th.
- BrieAnna Gibson competed in the Senior Bronze Ladies event and placed 7th.
- Haley Barber competed in the STAR 5 Girls event and placed 11th.
- MacKenzie Sewell competed in the STAR 4 Girls event and placed 5th.

CanPowerSkate

This is a high energy, skill based power skating course geared towards minor hockey players of all ages. The program exposes players to the fundamentals of balance, agility, and stride, with 6 level progressions. All material is taught to apply to game-like situations, and each session covers new movements and skills. We hope to grow and inspire hockey players and anyone who wants to get into hockey.

Ice Fit

Dry land training is a very important aspect of skating. **Ice fit** training will help with endurance, strength, flexibility and agility to help make you a better performer on the ice.

Tammy conducts Senior/Master and Intermediate ice fit sessions Mondays 7-7:30 pm.

On Tuesday we have a professional trainer **Robert Petrie BA, NSCA-CSCS** that coaches the Senior/Masters from 4:30 – 5:05 and Intermediates from 5:10-5:45. The cost for this is already included in your skate fees so come give it a try!

Important Dates

Oct 28, 29, 30

Halloween Dress Up so dress up in your costumes.
Who will be the scariest, the prettiest?

Prizes will be handed out so come have some **spooktacular** fun!



Oct 22

Assessments start to determine how the CanSkaters are progressing

Nov 6

Fundraising cookie dough will be ready for pick up.

Nov 26, 27, 28

Last week of Fall CanSkate sessions for Tuesday, Wednesday and Thursday Skaters

Dec 9

Last day of Fall Session for Monday CanSkaters.

Jan 6

This is the first week of the CanSkate, CanPower and Junior Academy Winter Session. Registration is ongoing for winter so please contact our registrar Alice Munger at 250-573-2164 or vvsc.registrar@gmail.com Forms and info are on our web site WWW.VVSC.CA

Important Notes

CanSkaters, it has been noticed that some of you are walking on the concrete with bare skate blades. This is NOT good for your blades. Use plastic skate guards at all times when wearing your skates off the ice. Better yet, protect them with soft blade covers when you are not using them, keeping them dry and protected. A variety of blade covers are sold at the CanSkate table for \$10 a pair.



CanSkate and CanPowerSkate **Children's Fitness Tax Credit Receipts** are ready to pick up at the CanSkate table.

Coming Soon

Just in time for Christmas, Valleyview Skating Club will once again be participating in the **Fundscrip Gift Card program**. This is a great way to do your Christmas shopping and support your skating club at the same time. Your skating club receives a percentage of all the gift cards purchased. Order forms will be available soon by email, at the CanSkate table and on our website. Orders will be due in mid November and available for pick-up the last week in November.

For more information contact Erin at ekhelouiati@gmail.com or go to the **fundscrip website** http://www.fundscrip.com/Retailers/retailer_list.aspx to see a list of participating retailers.

And we once again will be having a club Christmas Party – skating with Santa!! Stay tuned for more details to come.

Happy Skating Everyone!

