



November News

Well here we are already gearing up now for Winter- where does the time go??? The fall season started off with many brand new skaters, which is a challenge, but a wonderful challenge!!! It is so nice to see so many wee little ones wanting to learn to skate and who knows maybe in a few years we will be watching them compete in front of judges and a large crowd!!

CanSkate

CanSkate is moving along at a quick pace!! Our circuit-based program keeps the skaters moving and us coaches hopping!! It has been a lot of fun and so wonderful to watch the improvement the skaters make week to week.

We had our first theme day with skaters in their pyjamas!!! It is nice when we are warm and comfy on the ice!!

And of course we had our Halloween skate which the skaters will each got a small goodie bag and there were prizes for the coolest, prettiest or scariest costume.



Thanks!! Our Program Assistants are the ones on the ice leading your children around and keep the skaters on track!! Our PAs are: Alana, Anastasia, Brenna, BrieAnna, Brooklyn, Chelsea, Cheyenne, Dan, Jana, Janet, Leila, MacKenzie, Madison, Rhonda, Sarah, Savannah, and Scott.

We wish to send a heartfelt farewell to Jana – our PA that is always leading the blue group each session, as she has moved to Quatar. Jana you are greatly missed and you are irreplaceable!!! Jana loves the little ones and it shows in her dedication and her rapport with the skaters.

Time to register.....this is the last week for the Wednesday class and next week is the last one for the Monday, Tuesday and Thursday sessions. You can register at the CanSkate table during for the Winter Session or go to our website and print off a form and mail it in.

Congratulations.... to the following skaters who won the top 2 prize baskets:

- **Lane Beatty** (Monday night CanSkate) with 63 pails!!
- **Brady Douglas** (Tuesday night CanSkate) with 16 pails!

A special congratulations goes to **Cameron Giorio** (Thursday night CanSkate), who won the draw basket.

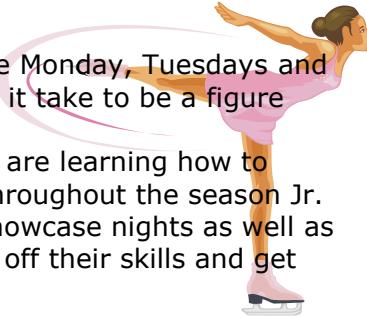


Please collect your prizes at your next CanSkate night or when you come pick up your cookie dough. Your cookie dough orders will be in **this Wednesday, November 26th between 5:30 and 6:30 at Valleyview Arena**. Please arrange for your order to be picked up on this date. If you have any questions regarding your order, please contact Marilyn Triggs at marilyntriggs@hotmail.com prior to pick up time.

Junior Academy

Our graduates from Canskate to the Jr Academy program who skate Monday, Tuesdays and Thursdays are doing fantastic learning all the fundamentals of what it take to be a figure skater.

Aside from learning edges, crossovers, turns, jumps and spins they are learning how to skate to different styles of music and express their creative side. Throughout the season Jr. Academy skaters will be able to participate in-group numbers for showcase nights as well as have their own little 'competition' days, which they will get to show off their skills and get them ready for Intermediate level.



Powerskating

We were thrilled for all who came to our Powerskating 'start up' sessions September 8th-Oct 1st. Our regular season started Oct 6th which run Mondays 430-515 pm and Wednesdays 345-430pm with levels Initiation/Novice and Peewee/Bantam/Midget. Aside from always improving techniques on forward/backwards stride, stopping etc, we are focusing on fast starts, crossovers, 180/360 pivot turns and agility through circuits, drills and repetition. We are already seeing a huge improvement in all the skater's skills!



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Intermediates/Seniors/Masters

Our private lesson skaters are working very hard at their skills – trying to reach their December goals they have set for themselves. It is wonderful to see their dedication and hard work is moving them quickly towards their goals!! It is a great bunch of skaters who get along tremendously and really encourage each other on and off the ice.

Our Intermediate and Senior Skaters had their first competition for the fall season here in Kamloops at the Autumn Leaves. Congratulations to all competitors!! Results were:

Hannah Steed -	Star 1 Bronze
Kate Zulinick	Star 2 Bronze
Leila Kheloutaiouti	Star 2 Bronze
Anastasia Chupik	Star 2 Silver
Madison DeFouw	Star 2 Bronze
Morgan Johnson	Star 3 Silver
Brenna Wassing	Star 4 1st Place
Brooklyn Castro	Star 4 4 th place
MacKenzie Sewell	Star 5 Ladies Group 1: 5 th place
Chelsea Thur	Star 5 Ladies Group 2: 6 th place
Jana deJong	Senior Bronze Women: 2nd place
BrieAnna Gibson	Pre-Novice Ladies U16: 17 th place



And thank you to all who donated for the raffle baskets that were won during the competition. A huge thanks you to all of the volunteers – it was a very well run competition by our group of volunteers from Valleyview Skating Club.

Now our skaters are working towards their next competition that will take place in West Kelowna on November 28 – 30th. Keep up the hard work skaters – you are doing a fantastic job!!



Christmas is Coming! We have a few events planned, stay tuned for further updates but here is a sneak peak for December activities:

December 9th- Our annual Santa Christmas skate party at Valley View 530-630pm.! This is where you can show off your skating you have all worked so hard on throughout the fall season followed by a skate with Santa!

December 13th- Sunpeaks performance! 530-630 on the outdoor rink in Sunpeaks village. Again all skaters are welcome to come.

