



MARCH 2022 EDITION

Information Bulletin

- Feb 28- Mar 4, 22: CanSkate Pajama Day Skate Week
- March 1, 22: Spring registration opens
- Mar 4-6, 22: BC/YK Section StarSkate Competition-Live, Capital News Center, Kelowna BC
- Mar 10, 22: Photo Shoot ~ Star 1 and up
- **Mon Mar 14, 22: 6:00 - 7:30 p.m.: Valleyview Skate Club "Let's Celebrate" Showcase,** McArthur Island Sport and Event Centre, Olympic rink
- Mar 16th, 22: **Last Day to purchase 50/50:**
- **Mar 17th, 50/50 Draw 5:00 p.m. PDT**
- To attend Board Meetings please email Danya Leduc, Club President at: presidentvsc@gmail.com

MARCH @ THE RINK

March is going to be a whirlwind of events and fun! We start the month off with a fun Pajama skate week at the CanSkate sessions (Feb 28 – Mar 04).

We then, roll into the first weekend with the BC/YK Section StarSkate Live Competition, (March 4-6) at the Capital News Center in Kelowna BC. Competitors will be representing the club from Star 2 and up with an outstanding 32 entries in the live event! We wish everyone their best performance yet.

The event can be viewed live at <https://www.skatinginbc.com/>

BC/YK StarSkate Live – Kelowna, March 4 - 6th, Capital News Centre **Friday, March 4:**

Rink #1	Rink # 2
11:30 a.m. /12:50 p.m.~ Star 9 Women: Kolbi	12:45 p.m.: Star 2, Group 6: Hailey
05:20 p.m. ~ Star 5 13 & Over: Libby & Hayley	01:20 p.m.: Star 2, Group 7: Morgan
	03:20 p.m.: Star 2, Group 10: Tenley
	03:55 p.m.: Star 2, Group 11: Anne
	06:45 p.m.: Star 3, Group 2: Marti-Jayne

Saturday, March 5:

Rink #1	Rink #2
9:00 a.m.: Star 6 Women: Keira	09:35 a.m.: Star 3, Group 5: Mira
3:20 p.m.: Juvenile U15: Ashlyn & Kolbi	11:10 a.m.: Star 3, Group 7: Aliya
5:30 p.m.: Adult Bronze Interpretive: Amanda	12:20 p.m.: Star 3, Group 9: Desiree
6:05 p.m.: Adult Gold Interpretive: Cheyenne	01:50 p.m.: Star 4 U10: Sydney
6:25 p.m.: Star 9 Artistic: Ashlyn	02:40 p.m.: Star 4 U13, Group 1: Brooklyn & Lacey
7:35 p.m.: Gold Artistic: Brenna	03:50 p.m.: Star 4 U13, Group 2: Claire & Nina
	06:40 p.m.: Star 4 13 & Over: Justine



*Monday
March 14th
6:00 - 7:30
p.m.*

*McArthur
Island Sport
& Event
Centre,
Olympic Ice*

Sunday, March 6

Rink #1
09:00 a.m.: Star 5 Artistic, Group 1: Sydnie & Lacey
09:45 a.m.: Star 5 Artistic, Group 2: Brooklyn, Claire & Nina
11:30 a.m.: Star 5 Artistic, Group 4: Libby
12:20 p.m.: Star 7 Artistic: Hayley, Keira

Following the competition our skaters will be finish up the winter sessions, ending the week of March 18th. *PreCan and CanSkate report cards will be ready for pick up after the lesson on the last week starting March 14th.*

******Please Note: Mon Mar 14, 2022: Monday's final CanSkate will be held @ McArthur Island, Olympic Ice, 5:15-5:45 p.m.******

Our Skaters will also be working on putting together our Spring Showcase! The ***Let's Celebrate Showcase*** will be held on **Monday March 14th 6:00 - 7:30 p.m.** @ McArthur Island Sport & Event Centre, Olympic Rink. We are so looking forward to being able to host a long overdue IN-Person event for all our friends and families to come and enjoy. We hope to see you all there.

March 14, 2022 Timeline

4:30 - 4:50 p.m.	Star 5+/Masters warm up
4:50 - 5:10 p.m.	Star 3 & 4 warm up
5:15 - 5:45 p.m.	Monday CanSkaters do their final session
FLOOD	
6:00 - 7:30 p.m.	Showcase featuring all of the club's skaters!

Further details regarding when to arrive, dressing rooms, etc., are still being developed and will be communicated to each group via their base coach and Alice for the CanSkaters as soon as possible.

March 16th at 9 p.m. PDT is the **last day for the online club 50/50** so make sure to get your tickets. The Draw will be **March 17, 2022 at 5:00 p.m. PDT** at the Valleyview Arena on the Facebook Live stream. Good Luck to All!

Please Share the 50/50 Link:

<https://valleyviewskatingclub.rafflenexus.com>

Presidents Note:

Join the Valleyview Figure Skating Club's Board of Directors!

Are you interested in becoming more involved with your child's skating career? We are looking for new members of every skating level to join us! The following positions will be up for election at this year's AGM in early May:

- President
- Treasurer
- Director at Large (2 positions)

If you are interested, please contact Danya Leduc to learn more!

Danya Leduc
Valleyview Skating Club
presidentvpsc@gmail.com

COACHES CORNER



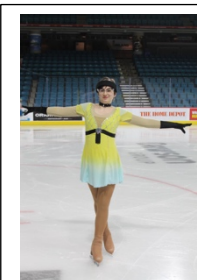
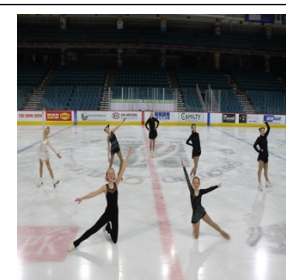
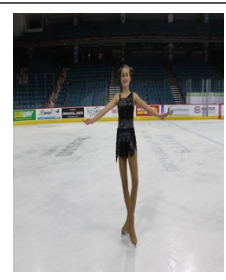
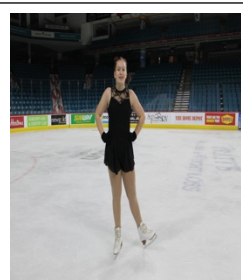
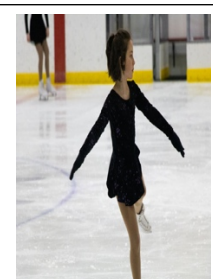
PHOTO SHOOT

Coach Brenna and Alana have been working with a Photographer, Suzanne Oates, and have put together a package to update our Star and Upper Level Skater photos.

Yes, we will be getting some new photos for our arenas front entrance!!!! The photos will also be presented as a year-end Club's gift to be shared, free of cost, with each Star and Upper Level Skater.

- The Photo Shoot will take place on March 10th, 2022.
- Skaters should come dressed for photos at their regular Thursday skating time.
- If skaters do not usually skate on Thursdays, they should come during their Star level session with skates on & dressed for pictures
- Each skater will have still, and action shots taken
- *Please stay tuned for an email on how the photos will be shared once the final photos have been received by the club.*

****WE ARE LOOKING to find an Amateur photographer who can volunteer their time and camera work to take photos on March 14th of the CanSkaters. Please Contact Coach Lis @ skatecoachlisa@gmail.com if you can help. ****



Coach Sarah Falk



This month we are welcoming back one of our previous coaches, Sarah Falk. Sarah is originally from Vancouver, but she moved to Kamloops in 2014 to pursue a Master of Education degree in Counselling at Thompson Rivers University. Sarah joined Valleyview Skating Club when she moved in 2014 and has coached on and off with us since then. Sarah also works as a Counsellor and Regional Manager at Pivot Point Family Growth Centre and specializes in working with kids with Autism Spectrum Disorder and other Diverse Abilities. In her free time, Sarah is part of the Adult Synchronized Skating team in Vernon; she also enjoys hiking, skiing, travelling, reading, and spending time with friends and family.

The Top 10 reasons to Skate

by Coach Lis(a) Skubovius

Confucius says: Our greatest glory is not in never falling, but in rising every time we fall...

This is perhaps the most literal way the sport of figure skating teaches its participants valuable life lessons. Here's my top ten list of skating's attributes that I believe make it such an amazing sport-art to embrace for life and for learning life's lessons:

1. **Mental and Physical Health**: There is something special about this high level of physical exertion combined with individual artistic expression that floods the body with great feelings and provides an excellent mind-body balance.
2. **Constant Challenge**: You can skate your entire life and still have new things to learn every day and new skills to conquer.
3. **Hard Work = Reward**: There are no shortcuts in mastering the skills of skating; they require a strong work ethic — end of story!!
4. **Perseverance and Resilience**: In the pursuit of acquiring new skills, you will fall down and 'fail' many times, and you learn to try, try, and try again.... this is perhaps the greatest life lesson skating teaches! I will always be grateful that skating allowed me to 'fail' and learn how to reframe 'failures' as steppingstones to eventual success.
5. **Reasonable risk-taking = Reward**: In order to acquire new skills, you will have to go outside of your comfort zone and try things that initially feel scary...and there's no way around it to advance. Continually challenging yourself a little more every day is the best way to take reasonable risks and become more comfortable with them. Baby steps add up and become leaps.
6. **Commitment and Self-Discipline**: Showing up on time, every time, ready to go with all you've got for days, months, and years on end is an incredible feat — thankfully skating is so much fun and feels so good that it makes these valuable life skills much easier to acquire.
7. **Artistic Development**: The artistic aspect of this sport provides an incredible opportunity for personal expression and development of yourself as an artist as well as an athlete.
8. **Performance Under Pressure**: This is a terrific sport to develop the essential skills of 'trusting your training' and performing well under pressure. A job interview, for example, feels like a cakewalk compared to performing alone on the ice in front of a panel of judges, your loved ones, and your peers:))!!
9. **Other Sports Come Easier**: The full-body awareness and incredible athleticism that figure skating requires means skaters have great coordination and core strength and can easily transition into other sports. Not to mention that skating combines the aerobic and anaerobic (short bursts of energy) systems to produce a sport that requires the body to learn to efficiently use oxygen at a rate higher than most other sports require. In short: we're fit!!
10. **Friends and Relationships**: Last, but certainly not least, skating provides an excellent opportunity to build lifelong friendships that can be very fulfilling. The large amount of time you spend together on and off the ice, and the fun events you experience together, provide wonderful opportunities to create deep and meaningful connections and friendships.

FUNDRAISING

50/50 DRAW

We are excited to announce our first online 50/50 raffle. Please help support the club & skaters and purchase a 50/50 ticket. If all 500 tickets are sold the winner will go home with a \$2500 Cash Prize!!! The 50/50 will run till March 16, 2022 at 9:00:00 p.m. PDT. With the prize to be drawn on March 17, 2022 at 5:00 p.m. PDT at the Valleyview Arena on Facebook Live stream.

Spread the Word and SHARE the Link!!!

Raffle Link: <https://valleyviewskatingclub.rafflenexus.com>

MAY THE LUCK OF THE IRISH BE ON YOUR SIDE!!



ONLY \$10 PER TICKET!!!

Live Draw Link: <https://www.facebook.com/valleyviewskatingclub/>

Please read the rules prior to ordering tickets as the raffle is only open for British Columbia Residents. The winner will be contacted by phone by the Valleyview Skating Club. Winners consent to release of their names by licensee. Staff and Board Members are not eligible to participate.

Contest Rules: <https://valleyviewskatingclub.rafflenexus.com/rules-of-play>

Please share on Social media with friends and family to support our skaters!!

(when you go to the raffle link you will see small shareable social media icons. Just hit and share!)

Thank you for supporting Valleyview Skating Club.

- **Reverse Bottle Drive:** *General Grants in Sahali:* Valleyview Skating Clubs name, **Account number: 604-309-4307.** OR reach out to Kim for bag Labels @ vvscfundraising@gmail.com Bag labels can also be picked up at the CanSkate table



COVID 19 Protocols

Most importantly - If you are sick or feel unwell, Stay Home!

- We will continue to follow all Provincial Health Orders.
- To determine if you need to self-isolate please refer to the guidelines outlined by the BCCDC: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

As of December 31/2021, Scanned Proof of Full Vaccination/QR codes are MANDATORY for all spectators, coaches, officials, parents and volunteers supporting youth sport

Volunteers will be required to scan all spectators ProfV/QR codes and see corresponding Picture ID at all sessions.

- a) Youth sport **Participants (Skaters)** (21 years and under) are exempt from proof of vaccination
 - b) **Spectators 18+** must show **ID & proof of vaccination**
 - c) **Spectators 12+** must show **proof of vaccination**
- **Ages 5 and up Masks are required in All Off-Ice Areas for all visitors and participants**
 - In response to British Columbia's provincial health officer easing COVID-19 restrictions, we are no longer limiting spectator access

Please Be Kind

Parents, family members and friends in supporting positions at the rink are volunteering their time and must comply with Provincial and Municipal restrictions and guidelines. The rules are out of their hands.

In the long and short of it, we all just want to keep our kids safe and ensure they get to continue participating in the Sport They Love!!

We truly appreciate everyone's continued support and understanding with the ever-changing rules and regulations.