



September 1, 2022 Edition

Information Bulletin

- Sept 6 ~ Dec 15, 2022: Fall Session STARSkate & Competitive Skaters
- **Sept 9, 2022:** Autumn Leaves **Registration Deadline**
- PA (Program Assistant) Training: Sept 12 & 15, 2022
- **Sept 20, 2022:** VVSC CanSkate Bursary **Application Deadline**
- Sept 24 ~ Learn to Train & Singles Seminar, Kelowna BC
- Sept 25 ~ Simulations McArthur Island @ 5:45pm
- Sept 26 ~ Dec 12, 2022: Fall Session CanSkate, Pre-CanSkate & Adult CanSkate
- Parent info night: TBA
- Sept 30, 2022 No Skating ~ National Day of Truth and Reconciliation
- All members are welcome to attend Board Meetings. If you would like to attend please email Alana Wassing, Club President at: vvsc.president@gmail.com

Welcome Back to the Rink!

The 2022-23 skating season is upon us! Welcome back to all our existing skating families and a very warm welcome to our new family members!

We started the 2022-23 skating season with a special pre-season workshop geared towards our STAR level skaters and featuring Graeme Gordon. The pre-season workshop was a free bonus for the STAR level skaters who registered for the current regular season. Graeme is a former member of the VVSC, former National singles competitor, Canadian Novice Ice Dance silver medalist and has spent the past 9 years performing professionally for ice shows around the world. We are honoured and fortunate to have had Graeme lend his 13 years of coaching and choreographing experience with our STAR level skaters in the August pre-season workshop. Throughout the season the STAR level skaters will continue to practice the group choreography learned at the workshop and then present it at the Holiday show!



October 13-16, 2022 the VVSC will be hosting the Skate Canada *Autumn Leaves Competition*.

Autumn Leaves is a wonderful opportunity for our STAR and Competitive Skaters to compete on hometown ice and represent our strong spirit and pride in our sport and our city. The 4-day Skate Canada event is expected to receive over 700 skaters and their families. Hosting an event to this magnitude is not only a fantastic honour but one that requires a great deal of hard work, time and effort. As such, we will be calling on all our skaters and skating families to help make this event successful. We want to extend a huge thank you in advance.

- **Stay tuned as an email will go out shortly with a detailed list of volunteer positions**
- To register your skater, go to <https://www.skatinginbc.com/> under events.
- Note: Sept 9, 2022 (11:45 PM) registration deadline is approaching quickly.

CanSkate Bursary

The VVSC offers a \$150 CanSkate Bursary for both the Fall and Winter sessions that is award to a CanSkate family in need of financial support.

- September 20th deadline for consideration for the Fall session
- December 20th deadline for consideration for the Winter Session.
- For more information please visit our website <https://vvsc.ca/canskate/> and look under the CanSkate Bursary heading.



PRE-SEASON TIPS

Not sure what your skater needs? Please check out our website <https://vvsc.ca/canskate> for a detailed outline of *what to wear* and short clips explaining *what to look for* when purchasing and fitting your skater with skates. For further questions or concerns please reach out to your base coach.

Skate Guards & Sharpening

There are **2 types of guards** Both guards come in a variety of colors and designs. Both are strongly recommended to help keep your blades in optimal shape.

Hard Guard:

Hard Guards are used when walking to and from the ice in your skates. While a soft towel can be used to dry your skates before putting hard guards on, they are not recommended for storage as moisture can collect in the grooves and lead to rusting. Rusted skate blades can lead to falls on the ice. Hard guards help in preventing nicks and chips in your blades from concrete, dirt and gravel. They also help keep dirt, gravel and debris off the ice. It only takes a small bit of debris carried onto the ice to cause a skater to fall and potentially hurt themselves.

Soft Guard/Soaker/Blade Saver:

Soft guards are meant to keep your blades dry and rust free when you are not using your skates. Before putting your soft guards on your skates, you should always take a soft cloth and wipe away any excess water, ice or moisture from your blades so that while in storage the blades are not sitting in soggy covers that could lead to rusting.

Skate Sharpening

Skate sharpening is recommended every 15 to 20 hours. For CanSkate and Leisure skaters we highly recommend Consignor Sports here in Kamloops. For higher level (Star 1 and up) professional figure skate sharpening, Skaters' Edge in Coquitlam, BC or Blade Runner in Coldstream/Vernon, BC are commonly used by our skaters. Please watch for emails from your coach as we occasionally have a coach or skate family do a sharpening run. If you are unsure if your skates need sharpening, please don't hesitate to reach out to your coach and have them check you blades.

HARD GUARD = WALKING GUARD



SOFT GUARD/ SOAKER/ BLADE SAVER = STORAGE GAURD

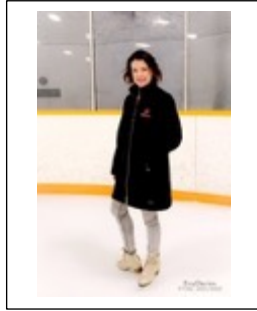


COACHES CORNER



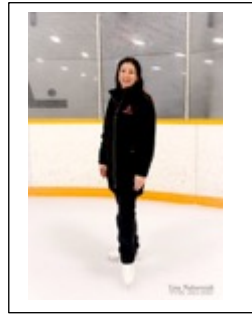
Coach Tammy Cadwell

CanSkate Coordinator &
Masters Lead Coach
dagduf@yahoo.com



Coach Eva Davies

STAR 1/2 Lead Coach
sk8.vvsc@gmail.com



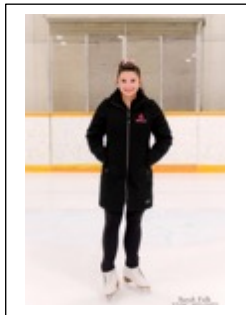
Coach Lisa Nahorniak

STAR 3 Lead Coach
lisadh75@gmail.com

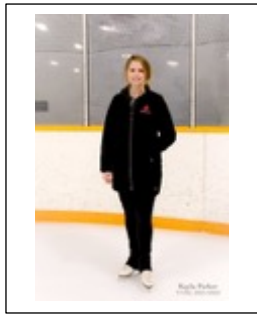


Coach Lis(a) Skubovius

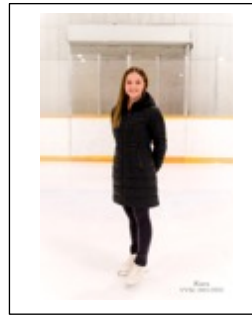
STAR 4 & up Lead Coach
skatecoachlisa@gmail.com



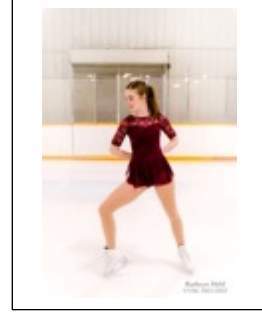
Coach Sarah Falk



Coach Kayla Parker



Coach Kiara Lenart



Coach Kathryn Held

Valleyview Skate Shop

Rentals:

The rental shop focuses on CanSkater needs. Carrying good condition quality previously loved lace up Figure Skates (such as Jacksons) with solid ankle support (child/youth sizes 8 - 3).

Consignment:

Consignment is geared towards STARSkater needs. Allow STARSkaters to put their good condition skates on consignment for other skaters to buy. The seller receives 90% from the sale and the VVSC receive 10%.

If you would like to rent, buy, or sell figure skates for the coming season, please contact Alana at vvsc.president@gmail.com



VOLUNTEER OPPORTUNITIES

We are still in need of some volunteers to help run the front door for our CanSkate Sessions & help put together our Autumn Leaves Competition. Your help is greatly needed and appreciated as these volunteer positions help keep our club running smoothly. ***Stay tuned as an email will go out shortly with a detailed list of volunteer positions.***

FUNDRAISING

Kim Tucker has once again taken on the task of organizing our fundraising endeavours. Kim's efforts and experience along with the time and generosity from our skaters, parents and supporters help make our club possible. Fundraising helps keep your costs down, so every little bit helps! Stay tuned for further fundraising opportunities.

Reverse Bottle Drive:

General Grants in Sahali will take bottle drop offs in Valleyview Skating Clubs name

- Please reference our ***Account number: 604-309-4307***
- OR reach out to Kim for bag Labels. vsconfundraising@gmail.com

Valleyview Skate Club Board Members

President:	Alana Wassing	vpsc.president@gmail.com
Vice President:	Heather McKim	
Past President:	Danya Leduc	
Secretary:	Lori Wells	
Treasurer:	Shannon Martin	vpsc.treasurer@gmail.com
Skate Canada Registrar/Director at Large:	Alice Munger	vpsc.registrar@gmail.com
Pro Liaison/Director at Large:	Cheyenne Irvine	
Coaches Representative:	Tammy Cadwell	dagdud@yahoo.com
Director at Large:	Ev Pochay	
Director at Large:	Leea Hillis	
Director at Large:	Kim Sanders	

Volunteer Positions

Fundraising Chair:	Kim Tucker
Competition Chair:	Danya Leduc
Test Chair:	Heather McKim
Autumn Leaves Chair:	Heather McKim
Recognition Chair:	Ev Pochay
Communications Chair:	Ev Pochay & Leea Hillis
Advertisement & Media Chair:	Heather McKim & Ev Pochay
Volunteer Coordinator:	Kim Sanders & Alana Wassing
Skate Shop Coordinator:	Alana Wassing
Social Coordinator:	Danya Leduc



COVID 19 Protocols

- Please Stay Home if you are feeling unwell or experiencing symptoms consistent with COVID-19