



September 1, 2023 Edition



## Information Bulletin

- Aug 29-31, 2023 pre-season seminars @ McArthur
- Sept 6 – 28, 2023 pre-season BootBreaker @ Valleyview
- **Sept 6, 2023** Autumn Leaves **Registration Deadline**
- Sept 11, 2023 Regular Fall STARSkate & Masters/Competitive Skaters begins
- Sept 14 & 19, 2023 PA (Program Assistant) Training
- **Sept 15, 2023** VVSC Fall CanSkate Bursary **Application Deadline**
- Sept 27, 2023 Simulations @ VVSC
- Sept 29, 2023 No Skating ~ **National Day of Truth and Reconciliation**
- Sept 30, 2023 2023 Learn to Train & Singles Seminar, Kelowna BC
- Oct 2, 2023: Fall CanSkate & Pre-CanSkate programs begin
- 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](mailto:vvsc.president@gmail.com)

## *Welcome Back!!!*

The Valleyview Skating Club (VVSC) would like to welcome back to all our existing skating families and extend a very warm welcome to our new family members!

We started the 2023/24 skating season with 3 pre-season seminars (Aug 29-31<sup>st</sup>) & a pre-season BootBreaker for STARSkate and Competitive Skaters running September 6- 28<sup>th</sup>. The first week will be held at McArthur Island Park with all consecutive weeks on home ice, Valleyview Arena. Skaters that are attending the BootBreaker may also be skating multiple sessions a day as the regular season overlaps with the BootBreaker. All CanSkate/ Pre-CanSkate and regular STARSkate/Masters & Competitive fall programs will be in full swing starting September 11<sup>th</sup>.

Some of our STARSkater's will be headed to Kelowna on September 30 for a Learn to Train & Singles seminar hosted at the Kelowna Skating Club featuring Patrick Chan and Elizabeth Putnam as presenters. Seminars are amazing opportunities for skaters to learn both on the ice and off the ice what it takes to move up in our beloved sport! Not to mention, the opportunity to learn from some of Skate Canada's higher-ranking coaches and some of Canada's most highly accomplished and decorated athletes.

**Friday October 13<sup>th</sup> - Sunday 15<sup>th</sup>, 2023 is the *Super Series Autumn Leaves* in Chilliwack, BC.**

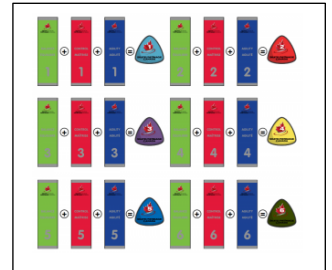
Autumn Leaves is a wonderful opportunity for our newer STARSkaters to compete on a smaller scale and break into the competitive field. While, it's also a great opportunity for our seasoned STARSkaters & Competitive Skaters to get back into the swing of things.

To register your skater, go to <https://www.skatinginbc.com/>

**Note:** The **Wednesday September 6, 2023 (11:45 PM) registration deadline** is fast approaching. Please reach out to your base coach if you need any help registering

## CanSkate Ribbons & Badges

Ribbons correspond with each skill a skater achieves (balance, control, agility). Once all skill ribbons have been achieved the skater earns a badge for the completed level. There are 6 levels in CanSkate. Once all CanSkate level 5 skill ribbons have been achieved skaters are invited to our STARSkate program and into Star 1, where they will complete Stage 6.



## PRE-SEASON TIPS

Not sure what your skater needs? Please check out our website <https://vpsc.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 and 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 base coach and have them check you blades.

**HARD GUARD =  
WALKING GUARD**



**SOFT GUARD/ SOAKER/ BLADE SAVER  
STORAGE GAURD**

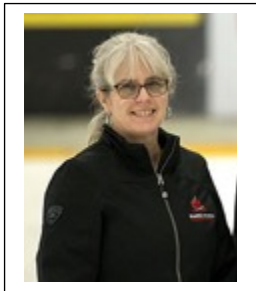


## CanSkate Bursary

The VVSC awards a CanSkate Bursary for both the Fall and Winter sessions that is award to a CanSkate family in need of financial support. (In the amount of the current CanSkate registration fee)

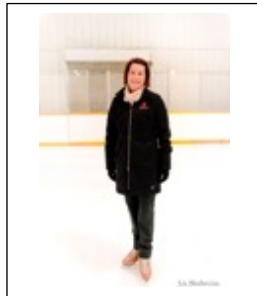
- **September 15th deadline** for consideration for the Fall session
- For more information please visit our website <https://vvsc.ca/canskate/> and look under the CanSkate Bursary heading.

## COACHES CORNER



**Tammy Cadwell**

CanSkate Coordinator & Masters Base Coach.  
[dagdud@yahoo.com](mailto:dagdud@yahoo.com)



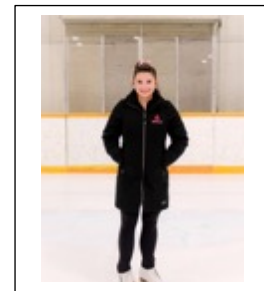
**Lis(a) Skubovius**

STAR 5 & Up Base Coach  
[skatecoachlisa@gmail.com](mailto:skatecoachlisa@gmail.com)



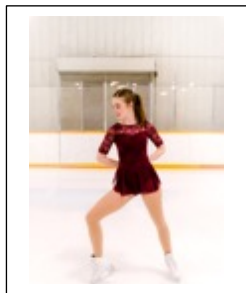
**Candice Behm**

STAR 3 & 4 Base Coach  
[candicesk8@gmail.com](mailto:candicesk8@gmail.com)



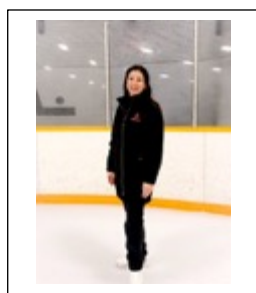
**Coach Sarah Falk**

STAR 2 Base Coach  
[sarah.falk.pivotpoint@gmail.com](mailto:sarah.falk.pivotpoint@gmail.com)



**Kathryn Held**

STAR 1 Base Coach  
[katieheld2005@icloud.com](mailto:katieheld2005@icloud.com)



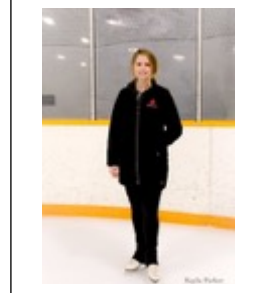
**Lisa Nahorniak**

Club Coach



**Nicole Orford**

Club Coach



**Kayla Parker**

Club Coach

## 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. Allowing STARSkaters to put their used good condition skates on consignment for other skaters to purchase. 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](mailto:vvsc.president@gmail.com)

## VOLUNTEERS NEEDED

We are always in need of volunteers throughout the season to help coordinate different skating events such as help running the front door for our CanSkate Sessions. Your help is greatly needed and appreciated as these volunteer positions help keep our club running smoothly.

*Stay tuned for upcoming volunteer positions.*

## FUNDRAISING

Alisa Coquet has taken on the task of organizing our fundraising endeavours this year. Kim Tucker will still be ever present but has passed on the torch this year. We can't thank Kim enough for all her tremendous efforts and time spent over the last several years.

We would like to extend an advanced thank to everyone for the time and generosity needed from our skaters, parents and supporters to help make our club flourish! Fundraising helps keep your costs down, so every little bit helps!

Stay tuned for further fundraising opportunities!

### Valleyview Skate Club Board Members

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

### Volunteer Positions

Fundraising Chair:	Alisa Coquet	
Competition Chair:	Danya Leduc	
Test Chair:	Heather McKim	
Competition Hosting Chair (interclub 2024):	Heather McKim	
Recognition Chair:	Ev Pochay	
Communications Chairs:	Alana Wassing, Alice Munger, Leea Hillis	
Advertisement & Media Chairs:	Heather McKim, Ev Pochay	
Apparel Coordinator	Leea Hillis	
Volunteer Coordinator:	Alana Wassing	
Skate Shop Coordinator:	Alana Wassing	
Social Coordinator:	Danya Leduc	
Social Media Coordinator	Shannon Martin	<a href="mailto:vpsc.media@gmail.com">vpsc.media@gmail.com</a>
Club Recognition Points Chair	TBA	