



October 2023 Edition

Information Bulletin

- Monday Oct 9, 2023: **NO skating** as per **Thanksgiving**
- **Wednesday Oct 19, 2023 Recipe Deadline**
- Oct 13-15, 2023 Autumn Leaves Competition, Chilliwack, BC
- **Oct 17, 2023 Apparel Order deadline**
- **Friday Oct 20, 2023 (11:45 PM):** Okanagan Interclub, Chase BC **Registration Deadline**
- Tuesday Oct 31, 2023: **NO Pre or CanSkate** as per **Halloween**
- All members are welcome to attend Board Meetings. If you would like to attend please email Alanna Wassing, Club President at: awassing@sweetwater.ca

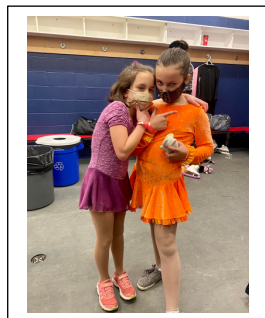
OCTOBER @ THE RINK

As Halloween approaches, we want to encourage skaters to extend that spirit to the ice! Halloween at the rink will run on sessions running Tuesday Oct 25th through Monday Oct 30, 2023. Skaters will be celebrating Halloween with fun activities implemented in our regular CanSkate and StarSkate lessons. Skaters are encouraged to wear SKATEABLE costumes/makeup (no masks over eyes as they reduce vision; no long skirts, scarves or dangling fabric as they can get caught in skates) Be creative while keeping skating attire and safety in mind.

Please Note that there will be NO PreCan or CanSkate sessions on Tues October 31, 2023 so that your skaters can enjoy a night of trick or treating.

Autumn Leaves

With the upcoming Autumn Leaves competition in Chilliwack, BC, October 13th–15th, 2023, we would like to extend our best wishes and good luck to all our VVSC competitors. Special mention this year goes to best-friend duo **Hailey Traynor & Morgan Wells**, who will be competing together as our First Ever Same Gender Team Pre-Juvenile Dance partners!!



If you can't make it in person, the event will be *livestreamed*, tune in at skatinginbc.com

COACHES CORNER

Coach Candice

Star 3&4 Base Coach



Coach Candice is a Chartered Professional Coach and National Certified Coach. Candice was a competitive quad gold skater and works with skaters from grassroots to competitive level, with 25 years of coaching experience. Candice also coaches PowerSkating and personal fitness training as she holds several fitness certifications and a Bachelor of Science majoring in exercise science and sports administration. In December she will graduate with her Masters of Science, majoring in sport psychology. Most recently she sat on the committee of practice for Anti-Racism in sport with Coaching Canada and Safe Sport Canada. Candice's passion is helping athletes become the best version of themselves.

Program Assistants (PA's)

Once again coach Tammy has put together a fantastic group of PA's to help out with the CanSkate program. For those of you who are unfamiliar with the PA Program, it is comprised of Star 3 and up skaters who are 10 years of age or older. PA-ing is a component of each Star 3 and above skaters program requirements. Without the dedication of the coaches and the PA's the CanSkate program would not be possible. And a huge thank you to Tammy for organizing the training & running the PA program each year.

VVSC APPAREL ORDER

Once again, we will be putting in a VVSC Club Apparel order. This year we will be offering Club Jackets, Hoodies, Crewneck Sweatshirts and Toques for skaters and their fans!

Note: Personal Names can be added locally after items arrive. Information to follow.

1. Order forms & sizing information will be sent out via email or available @ CanSkate table
2. All orders forms are to be handed in to Leea Hillis or emailed to leeacswank@hotmail.com by Tuesday, October 17 (before midnight).
3. Payments must be made online through Uplifter no later than Tuesday, October 17 (before midnight).
Look in "Purchase Products" (where you purchase your assessment tickets).

*****For each item 2XL or larger, please add extra payment on Uplifter (\$5 per item)**

Sample sizes of jackets and sweatshirts will be available

in the VVSC lobby:

- Wed Oct 11th 4:00-5:30PM
- Thurs Oct 12th 4:00-6:30PM

***Order Due Date Oct 17th, 2023
(before midnight)***

Purchase Online @ <https://register.vvsc.ca>



SOCIAL MEDIA COVERAGE

Have you checked out the VVSC Facebook feed?



Our social media correspondent, Shannon Martin (Sydney Westran's mom) creates some wonderful media coverage of practice and events throughout the season. So please take some time and check it out!

Throughout the season if you have any photos of your skaters **PLEASE SHARE** them so that more of our skaters can shine on the VVSC Facebook feed.

Please email your photos to vvsc.media@gmail.com.

FUNDRAISING



We have some exciting fundraising events in the works this year! To start we will be putting together a VVSC cookbook!

The cookbook will feature recipes provided by our skaters (CanSkate through Masters) and of course snapshots of our VVSC skaters doing what they Love!

First, we need to get your recipes!

We are looking for your favourites! They can be seasonal or year-round treats, meals or pre/post skating snacks that you enjoy making and eating. If you have a photo of your recipe or your skater hard at work in the kitchen or on the ice, please feel to submit them along with your recipe! (for hand submitted recipes please paperclip or staple your photos with your submission)

Submissions will be collected by email or handed in on the sheets provided at the CanSkate table.

All Recipes Must be Received by:

Wednesday Oct 19th 5:30 PM at the CanSkate table

OR by email no later than 8 PM

Please email your recipes to leeacswank@hotmail.com

Alisa Coquet, Casey Kinna's mom, we will also be organizing our Holiday Growing Smiles plant fundraiser again this year. Please stay tuned for further details. Plant delivery is tentatively set for the end of November.

If you have any questions regarding fundraising, please email Alisa @ vvscfundraising@gmail.com

NAME of Skater	
Skating Level (CanSkate, Star, Masters)	
Recipe Name	
Ingredients	
Cooking Temp (if required)	
Instructions	