

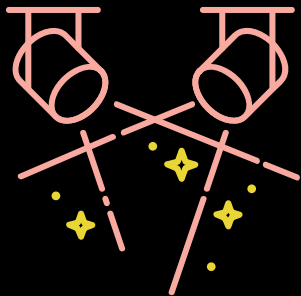


# February NEWSLETTER



-----2022-----

## CANSKATER SPOTLIGHT



Hello, Alayna and Emaan Premani!

Alayna is eight and Emaan is seven years old, and they are our spotlighted CanSkaters this month!

What is your favourite part of CanSkate?

Alayna: "Doing one foot skating!"

What is your favourite move on the ice?

Emaan: "A drag."

Amazing job out there, skaters!

### CANCELLATION CREDITS

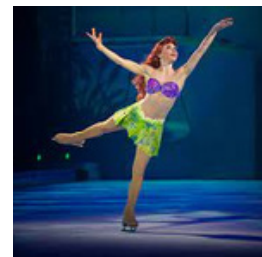
Cancellation credits for the closure week of January 09-15 have been uploaded to Uplifter



## Important Dates:

February 14-18	StarSkate Test Week
February 21	Family Day/Regular Skating
February 21-27	Parent Viewing Week

## SUNGOD SKATING CLUB ARTISTIC COMPETITION 2022



The Sungod Skating Club will be hosting their first ever Artistic Club Competition on Friday 11th March 2022.

This very exciting and new event will help skaters develop their performance skills, expand their creative capacity, provide an opportunity for team spirit building and close out the winter season with something fun and enjoyable for everyone.

Skaters will be able to compete in categories for solos, pairs and/or group events. There will be prizes and medals for the top 3 skaters in each event.

Skaters will be responsible for:

- Formulating their own group or pair if they choose to skate in those events.
- Selecting their own music.
- Creating their own choreography.
- Design and production of any costumes or props they may want to include.

The event will involve all skaters from Academy through to our Senior level skaters.

The event will be hosted live at the Sungod Arena with all parents, family and friends invited to watch and cheer on our skaters.

Full details and announcement to be sent out shortly. SO, SKATERS.....start to get your creative juices flowing and think up some potential ideas you might like to create and perform.

**THIS IS A SEASON END EVENT NOT TO BE MISSED!**



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## PARENT VIEWING WEEK



**FEBRUARY 21-27, 2022**

Parent viewing week will return for the month of February! Those who will be spectating will be required to provide their ID and proof of vaccination. All spectators are asked to view the sessions from the arena's upper level stadium; the upper foyer and lower lobby must be kept clear for off-ice purposes. All spectators should seat themselves apart from others, if possible, and must wear a mask at all times throughout the arena.

We are glad to welcome you all back!

## STARSKATE TEST WEEK

**FEBRUARY 14-18, 2022**

**IT IS ALMOST TIME  
FOR THE STAR 1-5  
TESTING THIS YEAR...**

**MORE DETAILS TO  
COME - KEEP AN EYE  
ON YOUR EMAILS!**

## NEW INITIATIVES FOR BRIDGE ICE

Full details and workshop descriptions to follow shortly.

Registration opens Friday 04th February and closes on Friday 04th March 2022.

Register early in order to get your place as spots are limited and there will be no late registrations accepted. Please note that Bridge Ice is for skaters Junior and above.

### SUNGOD SKATING CLUB - MARCH BRIDGE ICE

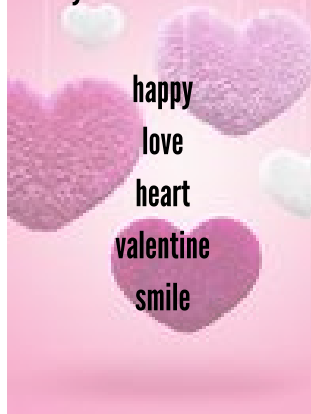
Monday 21st to Friday 25th March 2022

Tilbury Arena

MONDAY 21ST	TUESDAY 22ND	WEDNESDAY 23RD	THURSDAY 24TH	FRIDAY 25TH
9:00 - 10:00 am Senior Freeskat	9:00 - 10:00 am Senior Freeskat	9:00 - 10:00 am Senior Freeskat	9:00 - 10:00 am Senior Freeskat	9:00 - 10:00 am Senior Freeskat
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
10:15 - 11:15 am Senior Workshop <i>Getting the Levels Up in Your Step Sequences</i>	10:15 - 11:15 am OPEN Session	10:15 - 11:15 am Senior Workshop <i>Russian Jump &amp; Rotational Exercises</i>	10:15 - 11:15 am OPEN Session	10:15 - 11:15 am Senior Workshop <i>Increase your GOE on Jumps and Spins</i>
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
11:30 am - 12:30 pm Intermediate Workshop <i>Power, Speed &amp; Depth of Edge</i>	11:30 am - 12:30 pm Intermediate Freeskat	11:30 am - 12:30 pm Intermediate Workshop <i>Advancing your Double Jumps</i>	11:30 am - 12:30 pm Intermediate Freeskat	11:30 am - 12:30 pm Intermediate Workshop <i>Developing Transitions &amp; Variations</i>
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
12:45 - 1:45 pm Junior Workshop <i>Skating Skills</i>	12:45 - 1:45 pm Junior Freeskat	12:45 - 1:45 pm Junior Workshop <i>Jumping Skills</i>	12:45 - 1:45 pm Junior Freeskat	12:45 - 1:45 pm Junior Workshop <i>Spins &amp; Field Move Skills</i>



Can you find these words?



G	F	P	E	V	R	K	S	G	C
I	T	M	N	D	X	D	I	G	I
M	Z	R	I	C	D	I	A	O	X
M	Q	K	T	K	B	O	I	L	N
N	M	D	N	Y	P	P	A	H	U
Y	I	R	E	K	G	T	U	E	M
X	L	Q	L	B	U	K	B	A	G
T	O	T	A	I	H	I	Z	R	V
A	V	O	V	T	Z	J	T	T	J
T	E	L	I	M	S	Q	S	P	Q



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## PROGRAM ASSISTANT OF THE MONTH: JANUARY 2022



We could not run CanSkate with out the help of all our amazing Program Assistants! We want to recognize one PA each month who has done an exceptional job. This month goes to Aubrey Sallinen! Aubrey is always proactive and find ways to help before, during, and after sessions. She has good time management and is always on time. Great work, Aubrey!



## THANK YOU VOLUNTEERS!

" VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY JUST HAVE THE HEART."  
- ELIZABETH ANDREW

### VOLUNTEER OF THE MONTH:

#### WINNER OF THE STARBUCKS GIFT CARD

January has been a busy month for volunteering at Sungod with the added duty of scanning vaccination passports for all Canskate sessions. I'd like to spotlight TWO members this month, whom from the initial request for volunteers have signed up for countless positions each. These members are Olivia Ling Yan and Michelle Boucher. A huge THANK YOU to both of you for all your time and for answering my questions on how to make this new process for the club run as smoothly as possible. From all of us at Sungod, THANK YOU BOTH and congratulations on your Starbucks Gift Cards.



#### EQUIPMENT ROOM CLEAN-UP

Senior skaters stepped up and had a fun evening of cleaning and organizing with Coach Jackie and the equipment room at Sungod. Thank you to the following Senior skaters for hanging around after last Wednesday's dryland class to help organize the room and the large equipment bin. Thank you Pareena, Julie, Alisa, Peyton, Taylor, Caden, Leila and Haley. I'm super impressed with the job you all did and hope you enjoyed the pizza party afterwards. You've each earned your parents volunteer credits for your time.

#### UPCOMING VOLUNTEER OPPORTUNITIES

-February dates have been added to Uplifter for Canskate Passport scans. Please login and see if you can do a Sunday or Tuesday session. Lots to choose from.

-Storage rooms clean out and organization. Watch for upcoming dates to be announced for the cleaning and organization of the downstairs storage rooms at Sungod with Coach Hana and Coach Jackie.

#### HUGE THANK YOU TO ALL OUR JANUARY VOLUNTEERS

Olivia Ling Yan, Michelle Boucher, Tabetha McManus, Erika Lu, Melissa Bencze, Ronnie Perkins, Kim Manner, Yuhang Du, Bob Kao, Tania Sallinen, Harman Sidhu, Sungod Board Members, Skaters: Pareena Sidhu, Julie Manner, Alisa Goncharova, Peyton Reid, Taylor Perkins, Caden Chen, Leila McManus and Haley Urwin.

Tania Sallinen

Volunteer Coordinator

FEBRUARY 14  
HAPPY  
VALENTINE'S DAY!

