



April NEWSLETTER



2020

COACHES' CORNER



COACH JACKIE'S SELF-ISOLATION CIRCUIT!

Do each exercise for 45 seconds and then 45 seconds of rest before doing the next exercise - when you reach the end repeat the circuit 2 more times!

1. Plank
2. Push-up Plank
3. Glute Bridge
4. Forward Lunges
5. Squat
6. Side Plank (both sides)
7. Single Leg Glute Bridge (both legs)
8. Push ups

CLUB UPDATES

As the COVID-19 pandemic continues, Sungod Skating Club will continue to work hard to keep all our members in the loop about all updates regarding our closure and when we will return to the ice - hopefully sooner rather than later! For now, we hope all our members are staying safe, staying home if they can, and washing their hands!



PA of the Month:
February
Manheer Dhaliwal



PA of the Month:
March
Haley Urwin



Honourable Mention:
Extra Helpful
Peyton Reid

SUNGOD UNITES THEIR MEMBERS DURING COVID-19

During what is a truly challenging time for everyone on this planet, Sungod has temporarily moved off the ice and into the virtual world of online support for our members. Not missing a beat, we moved forward with online classes and activities to coincide with what would have been the start of our 2020 Spring season. It was the intent of the coaching staff that this challenge in social distancing would not affect the further development of the skaters.

The club is offering online classes in:

- Off-ice strength and conditioning,
- Technical dryland jumping sessions
- Weekly Theory Classes

Social activities where we are keeping the spirit of the club active.

At this time these sessions involve only the skaters from Junior to Elite levels but plans are in place to also include the Junior Stars Academy, StarSkate Academy and Pre-Star 1 programs in the coming weeks.

Stay tuned for further updates and get involved in this newest form of skating without ice!

VOLUNTEER OF THE MONTH

AND THE WINNER IS...



KARAMJIT MANN!

As an added thank you all our volunteers are added to a draw each month for the chance to win a \$5 gift card.



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Send a video to info@sungodskatingclub.com completing these challenges for a chance to be featured on our Instagram stories!

April 6 - 12: Most push-ups in 30 seconds

April 13 - 19: Longest unassisted handstand

April 20 - 26: Most burpees in 30 seconds

April 27 - May 2: Triple jump rope skip



UNDER THE SEA

The Sungod Skating Club was fortunate enough to be able to put on an amazing production on March 7 of "Under the Sea." A huge thank-you to everyone who made this possible - every single coach, volunteer, ice show committee & board member, and all our parents & skaters. This show would not have been possible without each and every one of you! And thank-you to all of our sponsors for their generous donations:

Arsalan Construction Ltd., BrokerLink Software, Crown Contracting Limited, Fraserview Meats, H2 Design Studio, Ipex Inc., Key-West Asphalt (333) Ltd., Randy Mann Homes, Skookum Scaffolding Ltd, Wood Projects Ltd.

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Cathy Cheng -Glossy Glam Vancouver, City of Delta, Newton Pizza, Pharmasave Nordel, Superstore Delta, Save On Foods Delta, London Drugs, Webber Natruals Ltd., Starbucks, Your Eyes Only Optical



Word Search: Figure Skating

Singles
Pairs
Ice Dance
Synchro

ICE SHOW VIDEO & USB

The video link for all Ice Show video orders will be sent out within the next week. For anyone who ordered a physical USB and/or DVD, these will be available upon our reopening and return to the rink. Ice Show video and USB orders are still being accepted, please email your orders to: president@sungodskatingclub.com

Download a professionally recorded copy of the Ice Show both 1pm and 6 pm - \$30.00

USB stick of both Shows - \$35.00

DVD of both Shows - \$35.00

Upon receiveing the order e-transfer directions will be provided.