



# December NEWSLETTER



2019

## Congratulations Leila!



Congratulations to our very own Leila McManus for achieving a provincial title at the 2020 Skate Canada BC/YK Sectional Championships in Kelowna this November! Leila received the first place medal in Pre-Juvenile U11 - Group 1. Sungod Skating Club is extremely proud of Leila for achieving the championship title and especially since it has been over 2 decades since Sungod has had a provincial champion!

Check out the article all about Leila in THE NORTH DELTA REPORTER!

## Sungod's 2020 Skate Canada BC/YK Sectional Championships Results:

### Pre-Juvenile Women U11 - Group 1

Leila McManus - Champion  
Zoe Cheng - 10th

### Pre-Juvenile Women U11 - Group 2

Taylor Perkins - 6th  
Peyton Reid - 10th  
Kennadie Hawthorne - 12th

### Juvenile Women U12

Nicole Zhang - 9th  
Kaylee Bennett - 24th

### Juvenile Women U14

Julie Manner - 8th  
Isabella Lai - 23rd

### Juvenile Men

William Bryan - 5th  
Alson Chang - 6th

### Pre-Novice Women

Natalie Decario - 27th  
Pareena Sidhu - 40th

### Pre-Novice Men

Caden Chen - Pewter Medal

### Novice Men

Jonathan Wu - Pewter Medal

## Save the date:

December 1	Canskate Bring-A-Friend Day
December 3	Canskate Bring-A-Friend Day
December 20	X-Mas Recital & Party
December 21	Winter Break begins
December 27, 30, 31, January 2, 3	Holiday Bridge
January 6	First day back to Winter season skating
January 31 - February 2	2020 Winterskate & BC Regional Championships
February 17	No Daytime Ice
March 6	Ice show dress rehearsal
March 7	Ice Show - 1:00pm & 6:00pm
March 8	No Skating
March 14	Spring Break Begins

## Magic Monday

On Monday, November 11, Sungod Skating Club put on the annual Magic Monday Seminar to prep skaters for the upcoming Jingle Blades Competition. Skaters got to participate in a dance class, competition prep, relay team race, create arts and crafts flags to cheer on Team Sungod, and so much more!







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## Jingle Blades 2019 results

**COLD WOMEN**  
Abbie Irwin - 1st

**STAR 4 BOYS**  
Tristan Tan - 5th

**STAR 6 WOMEN**  
Sabrina Liou - 6th

**STAR 2 BOYS**  
Nicholas Lam - Silver

**JUVENILE MEN**  
William Bryan - 3rd

**STAR 1**  
Sayler Bencze - Silver  
Isabel Wang - Silver

**JUVENILE WOMEN U12**  
Kaylee Bennett - 7th  
Haley Urwin - 8th

Japnoor Nagra - Silver  
Lucia Sedgewick - Silver  
Charlene Chan - Bronze  
Yvonne Li - Bronze

**PRE-JUVENILE WOMEN U13**  
Violet Iverson - 7th  
Tasha Lai - 11th

Abby Kandler - Bronze  
Sophie Liu - Bronze  
Emma Price - Bronze

**PRE-JUVENILE WOMEN U11**  
Taylor Perkins - 5th  
Peyton Reid - 9th  
Zoe Cheng - 9th  
Kennadie Hawthorne - 10th



**STAR 5 WOMEN OVER 13**  
Manheer Dhaliwal - 8th

**STAR 4 WOMEN U13**  
Haunnah Brynjolfson - 6th  
Ava Macedo - 11th  
Aubrey Sallinen - 11th  
Avlyn Dhanda - 11th  
Charlotte Boucher - 12th  
Keira Deane - 12th



**STAR 4 WOMEN U10**  
Kaylee Cheng - 4th  
Simreet Badhesha - 6th  
Ema Dukanovic - 9th  
Elena Tan - 9th



YOU ARE INVITED TO...

## Sungod Skating Club's Annual Winter Recital & Holiday Party 2019



**Friday, December 20, 2019 at Sungod Arena**  
**6:00 - 7:00 pm Recital**  
**7:00 - 8:30 pm Party**

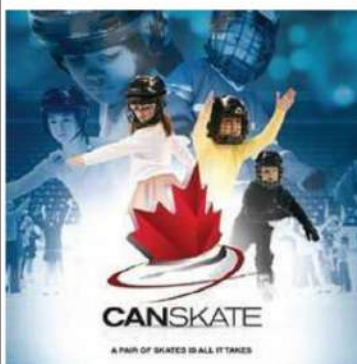
A wonderful 1 hour Holiday Spectacular show, featuring Sungod Skaters!  
Refreshments, Desserts, Potluck  
Free skate rentals

Friends and Family WELCOME! Watch our Holiday recital and stay for free skating and party afterwards  
A great way to try skating for the first time!

**AND... A VERY SPECIAL GUEST APPEARANCE ALL THE WAY FROM THE NORTH POLE!**



**Winter Canskate Registration is now OPEN!**



**Canskate Bring a Friend Day (free rentals) - Sunday December 1 & Tuesday December 3**

On site Registration table from December 1 - 17, 2019 at these times:

Pre-Canskate 8:30-9:15am Sunday  
Canskate 9:15-10:00am & 10:00-10:45am Sunday  
Canskate 5:15-6:00pm & 6:00-6:45 pm Sunday  
Online Registration can be found on Uplifter at [sungodsc.uplifterinc.com](http://sungodsc.uplifterinc.com)





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## COACHES' CORNER

Why are field moves important?

Field move positions taught in dryland and done on the ice as warm up or cool down from all levels of skaters. They are used to develop balance over the blade and flexibility training. These usually start as standing exercises on the floor or as glides straight down the line at the Junior level. Eventually, when a skater moves into a higher level, these moves will be placed on to curves and done with increased speeds. They also become helpful when trying to work on difficult variations in spins to create levels.



Hana Haraga  
Provincial level coach  
Ice Show Creative Director

## VOLUNTEER OF THE MONTH

AND THE WINNER IS...



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



Sungod Skating Club's Ice Show auditions took place on November 12, and what a great turnout there was! It definitely was no easy task for the Ice Show Creative Director and special guest judges to pick the soloists. The finalized list of roles is as follows:



- Scuttle - AUBREY SALLINEN / Ava Macedo (understudy)
- Flotsam & Jetsam - TAYLOR PERKINS & ZOE CHENG / Bowen Yan & Tristan Tan (U)
- Chef Louis - ISABELLA LAI / Crystal Wong (U)
- Sebastian - JULIE MANNER/ Peyton Reid (U)
- Flounder - TASHA LAI / Leila McManus (U)
- Ursula - ABBIE IRWIN / Pareena Sidhu (U)
- King Triton - JONATHAN WU / William Bryan (U)
- Ariel - NATALIE DECARIO / Diana Hong (U)
- Prince Eric - CADEN CHEN

Congratulations to all the skaters and great job everyone!

Sungod Skating Club presents

## Under the Sea

Saturday March 7, 2019 | 1:00pm & 6:00pm

Word Search: Spins

- Camel
- Layback
- Sit
- Upright
- A-Frame

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