



# January NEWSLETTER



2020

## COACHES' CORNER

What requires strength, balance, and flexibility? Spirals! Spirals are a difficult task on the ice since a skate blade is so thin and hard to balance on. That is why practicing them off the ice is so important for optimal improvement. Spirals require a fair amount of range of motion as well as muscular strength. When skaters practice them on the floor, they are able to work on the strength and flexibility aspects of the spirals while balancing on an easier surface than the ice. Having good a good spiral position is not only important for spiral sequences but can also help the development of other positions such as camel spins and other field moves! The more you practice off the ice, the easier it is to get a spiral position like Sasha Cohen on the ice!

Jacqueline Chan,  
NSCA-CPT  
Integrated Physical  
Conditioning Manager



**VOLUNTEER OF THE MONTH**

AND THE WINNER IS...



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

### Save the date:

January 6	First day back to Winter season skating
January 7	First day back to Tuesday Winter CanSkate
January 12	First day back to Sunday Winter CanSkate
January 21	Winterskate Simulation 8:00 - 9:00pm
January 24	Simulation 6:45 - 8:30pm (JSA/SSA/Pre-Star adjusted schedule - No Junior or Intermediate)
January 31 - February 2	2020 Winterskate & BC Regional Championships
February 15	Ice Show Photos
February 17	No Daytime Ice (1:15 pm & 2:30 pm sessions cancelled)
March 1	Last day of Sunday Winter CanSkate
March 4	Non-Dress Rehearsal
March 6	Ice show dress rehearsal
March 7	Ice Show - 1:00pm & 6:00pm
March 8	No Skating
March 10	Last day of Tuesday Winter CanSkate
March 14	Spring Break Begins



Word Search: Holiday

- Decorate
- Lights
- Snow Globe
- Holly
- Treat

**THANK YOU!**  
Sungod Skating Club would like to thank the following businesses for their kind donations to our potluck! Thank you to:



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

Liquor Discounter  
Delta, Choices  
Market, Superstore  
Delta,  
Save on Foods  
Delta, Shoppers  
Drug Mart Nordel,  
Starbucks 64th/  
72nd and Nordel on  
Scott Road, Cobs  
Bread North Delta!

Thank you to Delta city Councillor Jeannie Kanakas, Delta City Councillor Dan Copeland, and Delta School Trustee Nick Kanakas for coming out to be with us for Christmas Show!

### ANNUAL X-MAS RECITAL AND PARTY

On December 20th, 2019 Sungod hosted our annual X-Mas recital and party and it was one of our best ever! Thank you to everyone who contributed to the potluck dinner and brought out many friends and family to enjoy the show and share in our community experience! We had visits from elves, reindeer, snowmen, and even the Big Guy all the way from the North Pole!

# UNDER THE SEA ICE SHOW



## Ice Show Details

Date: March 7, 2020

Times: 1 pm + 6 pm

Location: Sungod Arena

Tickets: \$10 Adults, \$5 Children, Students & Seniors

**WE NEED YOUR HELP...**

Can you sew  
(machine or  
needle and  
thread)?

Are you able  
to help with  
fundraising  
for Ice Show?

Can you help  
with the Ticket  
Sales?

Do you have  
experience with  
IT - specifically  
with projector  
operation?

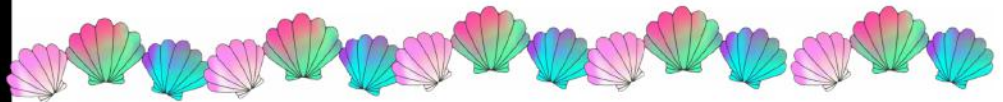


PRESENTS

# "UNDER THE SEA" ICE SHOW 2020

Sungod skaters will be starting to prepare for the Ice Show "Under the Sea" which will follow a Mermaid's journey from Land to Sea and all her friends and sea animals will be featured along the way.

The costumes are being organized and props are being sourced. To put on a show of this caliber it takes a lot of hours and resources. If you would like to help and become involved, please reach out to the club.



## IMPORTANT DATES:

PHOTO DAY: February 15, 2020\*

NON-DRESS REHEARSAL: March 4, 2020

DRESS REHEARSAL: March 6, 2020



\*All Skaters will be asked to be available for the Group Picture. Schedule, times and details will be sent closer to the date.

## PRACTICE SCHEDULE

Practices will start in February beginning in the Enrichment sessions for all groups. Starting the week of March 1, 2020 all sessions after 3:30 will be dedicated for Ice Show practices. The expectation is that the skater will attend all assigned practices for their lines. If your skater will be missing numerous sessions, please email the club and/or speak to a coach to advise.

Please email [info@sungodskatingclub.com](mailto:info@sungodskatingclub.com) with your contact info and what position you are able to help with and one of our volunteers will be in touch.