



July NEWSLETTER



2020



EAT LIKE A CHAMPION WITH KELSEY MOORE

On June 3rd Fortius nutritionist, Kelsey Moore, visited Sungod Skating Club virtually to teach our skaters how to make delicious healthy snacks and how to eat like a champion. The event was a great way to have everyone continue to connect while awaiting the great news that arenas would be allowed to open last month. The skaters worked diligently creating energy bites, roasted chick peas, and a white bean yam dip all within the hour long cooking class. Kelsey also had some really great information about fuelling your body; when you should eat around training, what types of foods to eat, and how important it is to fuel your body for activity properly. Leaving the class with some delicious snacks and some great food for thought, it is safe to say the kids' hunger was satisfied!



WE ARE BACK!

A large portion of our skaters were fortunate to start back on the ice on June 15 at Tilbury Arena. Everyone did an amazing job adapting to the new guidelines and regulations put in place to make sure that it was a safe environment for the coaches, skaters, and arena staff!



All the skaters put their skates on at home or in their cars in the arena parking lot. Remaining at a 2-metre distance all the skaters line up outside the building with a designated number on the cone they stand beside in the line. Each person receives a temperature scan and a verbal screening from the check-in coach at the entrance door and is then allowed to move to their numbered space in the lobby once they have sanitized their hands at the sanitizing station. Skaters then line up again in their numbered order and make their way into the rink going to their numbered place in or near the bench. Even when they enter the ice, the skaters and coaches all have a door specific to their number and space to help keep everyone safe! A coach is designated to open and close all the doors on each session so that only they are touching those surfaces. On the ice everyone remains very mindful of their distancing while they train and receive their lessons. When a session concludes the skaters use their designated door and return to their numbered spot to collect the few items they are allowed to bring inside: a water bottle, guards, tissues, personal hand sanitizer, and an inhaler if they require one. Then they follow the check-in coach out to the lobby maintaining their distance and the very last person out of the arena is the last coach after all the doors are closed. Everyone sanitizes their hands one last time and leaves the building using the designated exit door. Practice has made these skaters have this system down nearly perfect!



Although we are not able to run the CanSkate program under the current guidelines, the Summer skating season at Sungod Skating Club has now officially begun as of June 29th and even more of our skaters are returning to the ice! Time to get back to training and learning how to navigate the new normal!



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NO ICE...NO PROBLEM VIRTUAL CLUB COMPETITION

June 19 - 21 was the NO ICE...NO PROBLEM Virtual Club Competition which took place entirely through Zoom conferencing. The competitors engaged in a decathlon-style series of events spread out over three days, ending in an awards ceremony. Each evening after a long day of competition the scores for each group were posted so skaters could see how their points had changed their overall placing.



In the end our Junior champion was Sophie Liu with 90 points! She was followed by Isabel Wang with 84 points and Yvonne Li with 77 points. Our Intermediate champion was Kaylee Cheng with a whopping 93 points, followed by Tristan Tan with 83 points and Bowen Yan with 78 points total.



The Senior A & B category was won by Tasha Lai with 76 points, second place went to Zoe Cheng with 60 points and then following closely Taylor Perkins came third with 59 points! Leila McManus won the Elite competition with a total of 64 points, followed by Alson Chang with 58 points and then Julie Manner garnered third place with 47 points.



Some events had physical feats that were truly a spectacle to behold. All the competitors worked extremely hard and deserve a huge congratulations on their accomplishments!



DANCING KING

The third and final day of the NO ICE...NO PROBLEM Virtual Club Competition brought with it the 30 second freestyle dance event.

Out of every single group the judges crowned one winner who had rhythm, style, and a lot of fun dancing. Jonas Chua performed a hip hop routine to the song "High Hopes" that had all the spectators dancing along! Congratulations on the Best Overall Dance Routine award!





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DON'T FORGET TO WASH YOUR HANDS

While hand sanitizer is great, the best way to keep hands clean is washing them! Here is a quick reminder of the correct hand washing protocol:

Step 1: Wet hands with warm water. While hand sanitizer is great, the best way to keep hands clean is washing them!

Step 2: Apply soap.

Step 3: Wash hands for at least 20 seconds (including your palms, back of each hand, between fingers, thumbs and under nails).

Step 4: Rinse well.

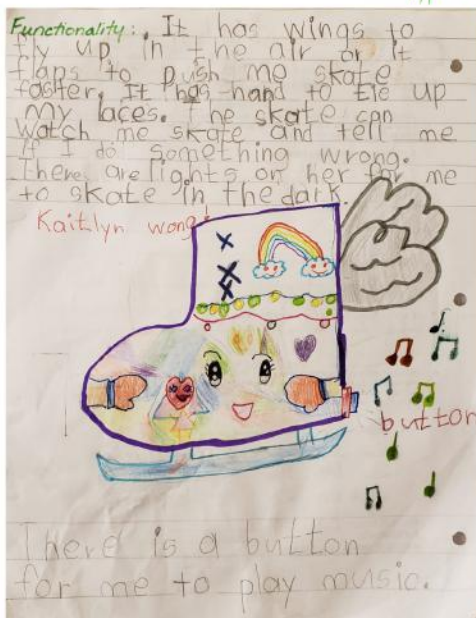
Step 5: Dry hands well with paper towel.

Step 6: Turn off tap using paper towel.



SUPER-POWERED SKATES

The Junior Stars Academy skaters were given the assignment of creating their very own figure skate! Check out these designs from our two winners, Kaitlyn Wong and Stephanie Lynch, and read about their super special features!



By: Kaitlyn Wong, 5



Name of design: "The Competition Skate"
 Functionality: Uses feet, glides in the dark, has fashion.
 Any other details I want to list:
 - red button - to go fast
 - pink button - changes to roller skates
 - blue button - lights up gems
 - white button - glides in dark
 purple button - shoots out chocolate
 yellow button - instant costume change to match skate

By: Stephanie Lynch, 6



Down:

- liquid that helps kill germs on our hands when we cannot wash them
- something we use with water to help clean our hands
- worn on the ice to keep warm and off the ice to help clean

Across:

- a covering over the mouth and nose to keep germs away
- a sport we are really excited to get back to know we know how to keep everyone safe!

