



March NEWSLETTER



2020-

COACHES' CORNER

Backspins are an important fundamental skill for both spinning and jumping. For spinning, the backspin is one of the spins skaters first learn and is essential for progressing onto back entrance spin variations as well as to use in combination spins. For jumping, the backspin allows the skater to understand what having all your weight over the right feels like because the backspin position is the same position needed for more difficult jumps like an axel and the doubles. So having a strong backspin can help with having strong spins and strong jumps!

Save the date:

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
March 23 - 27	Spring Bridge
March 30	First day of Spring Season - Skating Begins
April 18	Clothing Drive



SUNGOD SKATER WINS GOLD AT BC WINTER GAMES

Congratulations are in order for all four Sungod skaters who participated in the 2020 BC Winter Games! Special commendation for Caden Chen for winning a gold medal in Pre-Novice Men category! Alson Chang and William Bryant took 4th and 5th placing in Juvenile Men. In the Pre-Novice Women, Natalie Decario placed 14th. Amazing work, skaters!



VOLUNTEER OF THE MONTH

AND THE WINNER IS...



NANCY YUEN!

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



Sabrina Boyal
Regional Coach,
Certified





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Spring Bridge registration is now open on Uplifter! Bridge Ice will be running from March 23 - 27, 2020.

Spring 2020 registration is also live on Uplifter! All Spring sessions will be held at Tilbury Ice (7187 Vantage Way, Delta, BC) from March 30 - June 12, 2020.

Registration NOW OPEN!

Canskate registration for Spring can be found in it's new home on Uplifter in the "CanSkate" season. Come Learn to skate with the Sungod Skating Club. CanSkate is Skate Canada's national learn to skate program. The program teaches fundamental skating skills to beginners interested in ice sports including hockey, ringette, and figure skating.

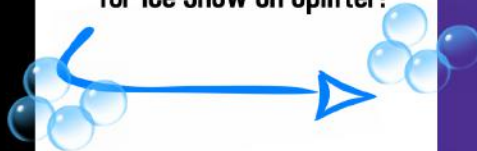
CanSkate is taught by NCCP-trained professional coaches using a nationally-tested and proven curriculum guaranteeing skater success.

Join CanSkate today!



ONLY THE BEST
can bring out their best

Sungod needs YOUR help!
WE STILL NEED VOLUNTEERS!
Sign up for available positions
for Ice Show on Uplifter!



Don't forget to bring cash for our 50/50, raffle, and more!
Tickets to the show will be available at the door and are now available online! Go to our website:

www.sungodskatingclub.com
for more information!



THANK-YOU!

A huge thank-you to everyone who bought out baked goods and donations to our bake sale fundraiser for Juliana Wang! As a community, we were able to raise a total of \$2575! Special thanks Vijay Kapoor from Print Elements for all the flyers and generous donations. Thank you again to the coaches, parents and skaters for bringing the delicious baked goods.

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

Word Search:
Under the Sea

- Mermaid
- Seahorse
- Crab
- Fish
- Bubbles

SUNGOD SKATING CLUB Presents
UNDER THE SEA ICE SHOW

Saturday March 7, 2020 | 1pm & 6pm | Sungod Arena
Tickets: \$10 Adults | \$5 Children, Students & Seniors



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ICE SHOW NON-DRESS & DRESS REHEARSALS

Wednesday, March 4th is Non-Dress Rehearsal for the Under the Sea Ice Show. Non-Dress Rehearsal does not require skaters to come in full costume and make-up! Dress Rehearsal requires full costume and make-up and will be taking place on Friday, March 6th! The rehearsals as well as the show will follow the listed Running Order. Arrival & Pick up times will be posted on the bulletin board in the Sungod Arena lobby! Parents will not be permitted to wait with their skaters for the Dress Rehearsal or Shows. Skaters who participate in only one half of the show will be permitted up to watch the remainder of the performance without a ticket as long as they are signed out by a parent/guardian.



Sungod Ice Show Running Order

First half

Name	Group
Sungod Girls	Senior A
Deck Hands 1	Senior A & Senior B
Prince Eric - Solo	Caden Chen
Deck Hands 2	Intermediate
Pre-Canskate - Bubbles	Pre-Canskate Purple
King Triton - Solo	Jonathan Wu
Canskate - Turtles	Canskate - Turtle
Canskate - Starfish	Canskate - Pink
Tritons Daughters	Senior B
Fish Pool	JSA
Flounder - Solo	Tasha Lai
Scuttle Friends	Junior
Scuttle Solo	Aubrey Sallinen
Ariel Solo	Natalie Decario
Canskate - Sharks	Canskate - Orange
Eels - Solo	Zoe Cheng and Taylor Perkins

SECOND HALF

Name	Group
Gold Feet	Natalie Decario, Pareena Sidhu, Jonathan Wu, Abbie Irwin
BC Section Gold Medalist	Leila McManus
Mermaid/Tritons	Senior A
Ursula Solo	Abbie Irwin
Canskate- Fish and Seahorses	Can Skate - Blue Green
Jelly Fish	Junior
Villagers	SSA
Chef Louis - Solo	Isabella Lai
Chefs	Intermediate
Fish are friends not food	PA's
Sebastian Solo	Julie Manner
Crabs	Pre Star
Canskate - Fireflies	Canskate - Red

Wedding Guests Finale

Do you have any of the props we are looking for?

Small boat?

Oar?

Email:

info@sungodskatingclub.com