



# November NEWSLETTER



2019

## Our Spook-tacular Halloween Skate!

October 5, 2019 was Sungod Skating Clubs Bottle and Clothing Drive. We raised a total of \$3572.25. This years clothing drive was our largest one yet at \$1039 compared to \$832 last year. The bottle drive raised \$2533.25! The reason this event was a tremendous success was due to the group of volunteers and the membership that donated bottles and clothing. Thank you everyone! And a special THANK YOU to SAVE ON FOODS and CALVIN'S FARM MARKET in Sunshine Hills for their donations to our Bottle Drive.

### Save the date:

November 3	Club Skate Sharpening
November 7-10	2020 Skate Canada BC/YK Sectionals Super Series Competition
November 11	Magic Monday Seminar/ Simulation
November 12	Ice Show Auditions
November 17	Family Pub Night
November 22-24	Jingle Blades Competition
November 29	Club Photo Day
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

Our skaters from Canskate all the way up to Senior had an awesome time dressing up in their fantastic costumes and showing off all thier Halloween spirit!



Our amazing group of volunteers for the event included:

Biliana Dukanovic, Erna Dukanovic, Michelle Hawthorne, Kennadie Hawthorne, Jen Howey, Kaylee Bennett, Aphelia Tang, Rosalie Tang, Belinda Ngor, Tasha Lai, Crystal Kandler, Abbie Kandler, Manjeet Dhanda, Avlyn Dhanda, Shelley Gelinis, Chloe Iverson, Jasmine Chang, Alson Chang, Julie-Anne Wang, Martin Wang, Fang Qian, Tabetha McManus, Gerald McManus, Leila McManus, Alan Zhang, Ryan Zhang, Nicole Zhang, Carlos Gastelum-Perez, Ada Gastelum-Perez, Ethan Gastelum-Perez, Mia Gastelum-Perez, Stacey Urwin, Hailey Urwin, Ron Lai, Isabella Lai, Natalie Decario, Pamela Decario, Winnie Cheng, Terry Cheng, Zoe Cheng, Kaylee Cheng, Ronnie Perkins, Mike Perkins, Dylan Perkins, Taylor Perkins, Huaying Xu, Katherine Kang, Jonathan Wu, Li Chen, David Wu, Harman Sidhu, Crystal Wong, Steev Wong, Bob Kao, Sandy Fang, Sandra Macedo, Ava Macedo, Tania Sallinen, Aubrey Sallinen, Julie Manner, Denise Reid, Peyton Reid, Mandy Tan, Elena Tan, Tristan Tan, William Bryan, Shelina Jamani, Kathryn Rektor, Bert Boucher, Charlotte Boucher, Mei Jie Han, Melissa Benzce, Saylor Benzce, Councillor Dan Copeland, Xiaobin Zhong

SUNGOD SKATING CLUB THANKS YOU!







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## Our Autumn Leaves medalists!

### SUNGOD ADDS TO THEIR MEDAL COUNT AT THE AUTUMN LEAVES SUPER SERIES EVENT

Sungod sent their largest team yet to the 2019 Autumn Leaves Super Series event held in Chilliwack from October 17th - 20th. It was a great competition and the coaching staff were extremely proud of all our skaters achievements and performances.

Sungod won the following medals:

The following skaters finished in the Top 6 of their categories:

- Bowen Yan Star 4 Boys Silver Medal
- Manheer Dhaliwal Star 5 Girls Over 13 Silver Medal
- Peyton Reid Pre-Juvenile Women U11 Bronze Medal
- Caden Chen Pre-Novice Men Bronze Medal
- Abbie Irwin Gold Women Gold Medal
- Diana Hong Senior Women Silver Medal

- Kaylee Cheng Star 4 Girls U10 6th
- Avlyn Dhanda Star 4 Girls U13 6th
- Leila McManus Pre-Juvenile Women U11 4th
- Taylor Perkins Pre-Juvenile Women U11 6th
- Nicole Zhang Juvenile Women U12 4th
- Julie Manner Juvenile Women U14 5th
- William Bryan Juvenile Men 5th
- Jonathan Wu Junior Men 5th

Other results obtained by Sungod Skaters:  
STARSKATE EVENTS

#### COMPETITIVE EVENTS

- Nicholas Lam Star 2 Boys Silver Assessment
- Phoebe Kao Star 3 Girls Silver Assessment
- Alysia Li Star 3 Girls Silver Assessment
- Caitlyn Zhang Star 3 Girls Bronze Assessment
- Chloe Iverson Star 3 Girls Bronze Assessment
- Tristan Tan Star 4 Boys 7th
- Ema Dukanovic Star 4 Girls U10 8th
- Elena Tan Star 4 Girls U10 9th
- Simreet Badhesha Star 4 Girls U10 10th
- Keira Deane Star 4 Girls U13 8th
- Haunnah Brynjolfson Star 4 Girls U13 8th
- Aubrey Sallinen Star 4 Girls U13 9th
- Ava Macedo Star 4 Girls U13 9th
- Charlotte Boucher Star 4 Girls U13 10th
- Julie Anne Wang Star 5 Girls U13 9th
- Sabrina Liou Star 6 Women 11th
- Tasha Lai Pre-Juvenile Women U13 12th
- Violet Iverson Pre-Juvenile Women U13 15th

- Zoe Cheng Pre-Juvenile Women U11 7th
- Kennadie Hawthorne Pre-Juvenile Women U11 10th
- Kaylee Bennett Juvenile Women U12 8th
- Haley Urwin Juvenile Women U12 9th
- Isabella Lai Juvenile Women U14 12th
- Alson Chang Juvenile Men 7th
- Natalie Decario Pre-Novice Women 8th
- Pareena Sidhu Pre-Novice Women 15th



The club is extremely proud of all of our skaters and we wish them continued success as they move forward in their preparations for the 2020 BC/YT Sectional Championships being held in Kelowna, November 07th - 10th and the Jingle Blades Competition being held November 22nd - 24th in Surrey.

GO SUNGOD!





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## COACHES' CORNER

One of the most important muscles for a figure skater is the glute muscle. But first, what is a glute muscle? The glute muscle (also known as the gluteal muscle group - made up of three different glute muscles) is a hip extensor. This means that our glutes are one of the muscles that extends our hips in order for our upper and lower body to be in one straight line. With this being said, having strong glute muscles can help us in many different aspects of our skating! Our exercise of the month is the glute bridge. This is an excellent exercise that can be modified and adapted to fit the needs of all different levels of skaters. As we strengthen our glute muscles, we will be able to jump higher, lift our leg up into a higher spiral position, and have a nice straight H-position in order to have a strong axis in jumps.

Jacqueline Chan  
NSCA-CPT  
Integrated Physical  
Conditioning Manager  
Sungod Skating Club



## MAGIC MONDAY

Monday, November 11, 2019 is this years Magic Monday Seminar and Jingle Blades Simulation! This event is open to all Star 1 - Juvenile skaters and will be taking place at North Delata Recreation Centre from 3:30 - 8:30 pm. Don't miss out on this fun, exciting and valuable opportunity for skaters to enhance their preparations for Jingle Blades 2019 and develop their competitive game. Registration is now available on Uplifter under Workshops and Simulations.



## PUB NIGHT

November 17, 2019 is Family Pub Night at the ONE20 Pub #120-8037 120 Street, Delta, BC V4C 6P7. This is a fun night for families to come out and socialize with other families in our skating community! Bring the entire family, kids included, to this super fun event. bring your friends! There are \$20 gift cards for sale, which can be used at any time and can also be used at the ONE20 Liquor store. The deadline fore the gift card purchase is: WEDNESDAY, NOVEMBER 13, 2019. No gift cards will be sold the day of the event. Gift cards will be distributed by Friday, November 15. \$5 of all gift card proceeds go directly towards supporting Sungod Skating Club!

## FlipGive

Calling all online shoppers. When you Shop online with popular brands like Amazon.ca, Lululemon, Walmart, Apple, Under Armour, Sport Chek, Nike or buy eGift cards to restaurants and Sungod Skating Club will earn cash back! The club has earned \$1500 since starting in Fall 2018. To get started all you have to do is join the team and shop. Earn \$5 when you make your first purchase!  
Contact Ronnie Perkins at [ronnie.perkins@shaw.ca](mailto:ronnie.perkins@shaw.ca) if you have any questions

## VOLUNTEER OF THE MONTH

AND THE WINNER IS...



STEEV WONG

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



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## COACHES' CORNER

The importance of a straight axis on your backspin

The backspin position is the most important position a skater can master in their founding years. This position is used in all of the jumps from singles to doubles to triples and even quadruple jumps. Having a strong and still core, a very straight skating leg and an awareness of the "sweet spot" on your blade is paramount to good technique in this skill.

During the back spin, skaters should feel the full extension of their skating leg from their toes all the way through their locked knee, up into a straight hip alignment and a strong core above that. Upon attainment of the final closed position, skaters should feel their glutes are activated, their elbows are in tight to the front sides of their core and their head is anchored still.

Skaters who master this skill in the early part of their skating development tend to have a faster progression through the double and triple jumps. Failure to attain a good back spin position can delay the progress of future jump skills.



Kevin Bursey  
World Level Coach,  
Director of Programs, SSC

### ANNUAL X-MAS RECITAL & PARTY

FRIDAY, DECEMBER 20, 2019

6:00 - 7:00 pm - RECITAL

7:00 - 8:30 PM - X-MAS PARTY

A Wonderful 1 hour Xmas Spectacular show-casing the skaters of the Sungod Skating Club.

Refreshments and Pot Luck

Family & Friends Skate

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



Mark your calendar for this date and time and don't miss out on what is sure to be an evening of fun filled Xmas Cheer!

Members, invite your friends and family to watch the recital and join in the family and friend skate and party afterwards. Skate Hire available. The more people the merrier!

#### Word Search: Jumps

- Salchow
- Triple Flip
- Double Toe
- Axel
- Lutz

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