



October NEWSLETTER



2019

Meet Our 2020 Sectional team!

Say hello to Sungod's 2020 sectional team!

These skaters will be competing at the 2020 Skate Canada BC/YK Sectionals Super Series competition from November 7 - 10, 2019 in Kelowna, BC. This is the largest team Sungod Skating Club has ever had at a provincial championship! Be sure to watch the livestream online at www.skatinginbc.com and cheer them on!



From top left: Diana Hong - Senior, Jonathan Wu - Junior, Caden Chen - Pre-Novice, Pareena Sidhu - Pre-Novice, Natalie Decario - Pre-Novice, Haley Urwin - Juvenile U12, Kaylee Bennett - Juvenile U12, Nicole Zhang - Juvenile U12, Julie Manner - Juvenile U14, Isabella Lai - Juvenile U14, William Bryan - Juvenile U14, Alison Chang - Juvenile U14, Leila McManus - Pre-Juvenile U11, Peyton Reid - Pre-Juvenile U11, Kennadie Hawthorne - Pre-Juvenile U11, Zoe Cheng - Pre-Juvenile U11, Taylor Perkins - Pre-Juvenile U11

On Sunday, September 15 Sungod Skating Club participated in the Terry Fox run to help raise cancer awareness and give back to their community. Next year is the 40th annual Terry Fox Run and will be held on September 20, 2020. Mark your calendars so you can be part of this amazing event!



CLOTHING & BOTTLE DRIVE

SATURDAY, OCTOBER 5 will be the annual Sungod skating Club Clothing and Bottle Drive. Please drop off your bags and containers at Sungod Recreation Centre 7815 112 St, Delta, BC from 9am - 12 pm. It is a great way to clear out your closet and make room for all your back-to-school items. All items will be donated to The Developmental Disabilities. All proceeds go directly to Sungod Skating Club!

VOLUNTEER OF THE MONTH

AND THE WINNER IS...



FANG QIAN!

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

Save the date:

October 5	Club Bottle & Clothing Drive
October 6	Community Event - Come Try Learn-to-Skate
October 13	Club Skate Sharpening
October 18-20	Autumn Leaves Competition
October 25	Club Dinner Night/Halloween Party
October 27	Canskate Halloween Skate - Wear your costume
October 29	Canskate Halloween Skate - Wear your Costume
November 7-10	2020 Skate Canada BC/YK Sectionals Super Series Competition
November 11	Magic Monday Seminar/ Simulation
November 22-24	Jingle Blades Competition
November 29	Club Photo Day

COME JOIN US!

Sungod Skating Club supports the community!

Sunday, October 6, 2019

We invite everyone to come join us for this fun community event with our

special guests!

9:15 - 10:45 am

Sungod Recreation Centre

Free skate rentals will be available!

CANSKATE HAS ONGOING REGISTRATION YEAR ROUND



ONLY THE BEST can bring out their best



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COACHES' CORNER



Why do we practice the splits?

Figure skating is a mix of athleticism and artistry. With this being said, having a good range of flexibility as a figure skater is incredibly important for our sport. For the artistry aspect, we must make sure that we have the flexibility to be able to hit different spin positions such as Y spins and skills such as split jumps. As for athleticism, we as figure skaters are asked to rotate in the air for two to three rotations in the air and land on one-foot gliding. As you can guess, we are not always successful in all our attempts. Being able to do the splits and having a good range of motion in general is important for injury prevention so that if we do fall in a funny position, our muscles and joints are pliable enough to take that impact without becoming injured!

Coach Jackie
Integrated Physical Conditioning
Manager



FAMILY PUB NIGHT

SATURDAY, NOVEMBER 17 is Family Pub Night. Bring your entire family (kids included) to the ONE20 Pub #120 - 8037 120 St, Delta, BC starting at 5 pm! We will have \$20 gift cards available for sale; ticket forms are at the rink! Gift cards may be used at any time and can also be used at the ONE20 Liquor Store. You may purchase as many gift cards as you need and \$5 of every gift card sold goes directly towards supporting Sungod Skating Club. No gift cards will be sold the day of the event so make sure to get your forms in early! The gift card deadline is WEDNESDAY, November 13.



#ThanksCoach
SEPTEMBER 21 - 29, 2019

The coaches would like to say a big thank you to all the parents, skaters, and board for the lovely sweets and treats they received during coaches week!

Congratulations are in order for Abbie Irwin, Natalie Decario, Jonathon Wu, and Pareena Sidhu! These four fantastic senior skaters challenged their Gold Freeskate test this month and passed. We are so proud of them!

CONGRATULATIONS



Word Search:
Spiral
Back Catch
Y-Frame
Ina Bauer
Charlotte

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