

FALL 2025

StarSkate Newsletter



A Message from Coach Michelle

What an incredible summer training experience we had! The themed weeks—Stampede, Beach Week, Super Hero, and Movie Star Magic—made all the hard work enjoyable and creative! A highlight was preparing our Star 1-3 skaters for our inaugural club competition, charmingly named Summer Skate by the Lake! With our very own beach backdrop, a selfie station, and a lemonade stand, everyone had a great time, and the on-ice performances were a hit!

As we look ahead, the new fall season kicks off in September with a Boot Breaker, where skaters will set their goals for the year and learn a fun performance themed "Circus Sparkle." We also have a PA training session planned for our new and returning CanSkate Program Assistants.

Dryland /Off Ice Sessions remain mandatory for all PreStarSkate Group and Star Skaters. Dryland sessions are designed to progress in areas of strength, endurance and flexibility. This increased fitness supports all areas of your skaters on-ice learning and helps reduce the risk of injuries. We also practice proper jump techniques and spin positions, work through goal setting and the skating journal.

We will continue using the skating journal workbook written by Candice Behm, MSc that each StarSkaters received as a club-sponsored gift. This journal is a great tool for the skaters to stay organized throughout the season. It will cost \$20.00 to replace, so please ensure to keep it with your skate bag and equipment at all times.

Coach Candice has also developed a Mental Skills training workbook for athletes called "Control your Mind". This is a helpful resource for parents to support their skaters in their learning and preparing for sport. This book will be for sale at price of \$30.00 and can be ordered via email to Coach Candice or by clicking on this link:

<https://www.candicebehmpowerskating.com/category/all-products>

IN LIFE AND ON THE ICE, MOMENTUM BUILDS SUCCESS



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A Message from Coach Michelle Cont'd

Coach Candice ran two spring seminars focused on Nutrition and Peak Performance, and she also provided valuable mental skills information and handouts for our summer programming. When a skater is mentally prepared to perform, their on ice performance becomes clean, confident and enjoyable for both the skater and the audience! In the event of mistakes, recovery is quicker and the skaters understand how to handle their anxiety. Learning to "control your mind" is a key part to successfully achieving your skating goals!

Star Skaters benefit immensely from the collaborative efforts of our dedicated team of professional coaches, which includes Candice Behm, Brenda Burger, Kerri Brauner, Justin St. Cyr, Annette Campbell, Lisa Nahorniak, Josh Brauner and Grace Doren. Whether it is morning ice sessions, simulations, choreography, new jumps, dance partnering or lessons in Skills, Freeskate and Dance, our coaches work together to provide the skaters with top quality instruction.

The Canskate team coaches Harlowe, Katlynn, Michelle F, Jocelyn M, and Neda, are also ready for the upcoming Fall Canskate program.

The Coaching team continues to encourage our **skaters to become the best version of themselves** while training towards their future skating aspirations. Achieving skating goals is a collective effort; It requires a supportive club along with family encouragement and consistent facility access. It also demands experienced coaching and a positive training environment. Then it takes many hours of practice and repetition to perform under pressure. Be sure to consult the LTAD guidelines for the training hours recommended for your level so you can achieve your skating goals!!

As we train through the season, we will participate in competitions and assessments and finish the year with a performance opportunity at the Showcase of the Stars year-end event, followed by the Club awards. A heartfelt thank you goes out to all the volunteers and board members for their invaluable assistance in organizing this season. It truly takes an entire club to help every skater reach their goals, and we deeply appreciate every hour contributed by our volunteers.

On behalf of our Entire Coaching team, welcome to a great season!

*Coach Michelle Janzen, Bsc
National Coach
IESC Skating Director*

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SEPTEMBER 2025

- 6 - Chestermere Country Fair Parade starting at 9am (remember to register to join us!)
- 8 - Start of Fall StarSkate On-Ice (weekly Mon, Tue, Wed, Fri & Sun)
- 8 - Start of Fall Dryland for StarSkate & PreStarSkate Group (weekly Mon, Tue, Wed, Fri & Sun)
- 9 - Start of Fall PreStarSkate Group On-Ice (weekly Tue & Thurs)
- 10 - Energizer Night 6:30 - 8:30pm (for community to learn about our club's programs)
- 14 - BootBreaker 12 - 4pm, including on-ice performance of "Circus Sparkle" at 3:45pm
- 21 - Program Assistant Training 3 - 5:15pm
- 28 - Start of Sunday PreCan & CanSkate classes (weekly Sun)

OCTOBER 2025

- 1 - Start of Fall Wednesday AM Ice (weekly Wed)
- 2 - Start of Thursday PreCan & CanSkate classes (weekly Thurs)
- 3 - Start of Fall Friday AM Ice (weekly Fri)
- 12-13 - Thanksgiving Long Weekend. NO skating classes!
- 31 - Halloween Day. **All skating classes running as regularly scheduled!**

NOVEMBER 2025

- 11 - Remembrance Day. NO skating classes!
- 14 - 16 Hockey Tournament at the Chestermere Rec Centre. NO skating classes!

DECEMBER 2025

- 4 - Last day of Fall Thursday PreCan & CanSkate classes
- 10 - Last day of Fall Wednesday AM Ice
- 12 - Last day of Fall Friday AM Ice
- 14 - Last day of Fall Sunday PreCan & CanSkate classes
- 14 - High Test Day (TBC)
- 16 - Last day of Fall PreStarSkate On-Ice Classes
- 17 - Last day of Fall StarSkate On-Ice Classes
- 17 - Last day of Fall Dryland
- 18 - Start of Winter Break! See you in the New Year! Winter 2026 classes start on Jan 5!

Important Dates



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Fall Classes

ON-ICE TRAINING

For training in all 4 areas of figure skating - skating skills, dance, free skate and artistic.

StarSkate:

4 – 5:30 pm Mon, Tue, Wed

3:45 – 5:15 pm Fri

1:30 – 3:00 pm Sun

Pre-StarSkate:

4 – 4:45 pm Tue & Thurs

EXTRA MORNING ICE TRAINING

For StarSkaters who desire extra training in edges, jumps and spins. Each class consists of 30 min Annie's Edges and a 30 min jump and spin session.

Registration includes ice time and coaching fees!

6:30 – 7:30 am Wed

6:30 – 7:30 am Fri

CANSKATE PROGRAM ASSISTANTS (PA)

We could not successfully run our CanSkate classes without the invaluable support of our StarSkaters and Pre-StarSkaters who volunteer as Program Assistants! A heartfelt thank you to everyone who steps up and dedicates their time to train as future community leaders!

Please keep an eye out for an email detailing the PA rotation schedule and the responsibilities of Program Assistants.

FALL, RISE, REPEAT — THAT IS HOW THE
CHAMPIONS ARE MADE.

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OFF-ICE TRAINING

Build muscle strength, endurance, balance, agility, flexibility and core stability.

5:45 – 6:15 pm Mon, Tue, Wed

5:30 - 6:00 pm Fri

12:00 – 1:00 pm Sun

About Off-ice

We cannot emphasize enough how crucial off-ice training is. The enhancement in motor skills, strength, and movement patterns among those who participate regularly is quite evident. Additionally, it's vital to allocate extra time for jumps and flexibility exercises for older skaters. This not only provides additional training hours in a technical sport but also simulates the warm-up process for competitions or test days, allowing the body to neurologically recognize these patterns and movements. Practicing the athletic demands of spin positions off the ice, such as camel grabs and upright spins with the leg raised above the shoulder, is essential for effective transfer to on-ice performance.

Off-ice training is specifically designed to help prevent injuries by promoting muscle balance. While some exercises may appear easy for the child, activating the right muscles is crucial. Engaging in specific stretches or strengthening certain muscle groups can significantly lower the risk of injury.

**GREAT SKATERS ARE NOT BORN.
THEY ARE BUILT ONE PRACTICE AT A TIME.**



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New StarSkate Fee Structure for Fall 2025 & Winter 2026

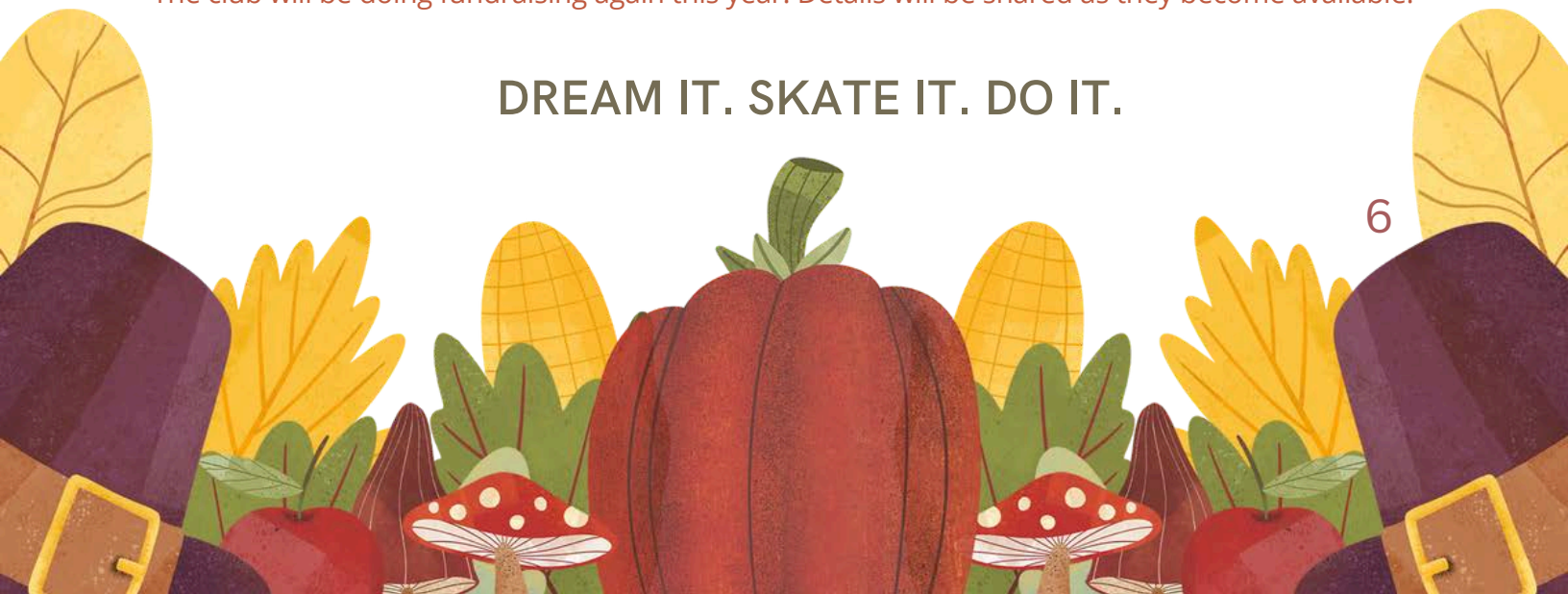
For StarSkate, registration fees now include 1.5 hours of ice time and 1 hour per session of coaching fees. Skaters will receive group lessons in dance, skills, freestyle, and stroking. Note that additional coaching fees will be charged to skaters receiving extra private lessons as needed for choreography, assessments, High Test Days, dance partnering and competitions. These additional coaching fees will be invoiced to each skater directly by the coach(es) via email invoice and are due upon receipt. Please speak directly with our Director of Skating, Michelle Janzen to set a monthly lesson budget for your skater that works for your family. Michelle's email is michellejanzen@me.com.

For the Pre-StarSkate Group, the fee structure is the same as in previous years: the program registration cost includes 45 minutes of ice time and coaching fees. There are no additional lesson fees, aside from additional costs for skaters who sign-up to participate in competitions.

Fundraising

The club will be doing fundraising again this year. Details will be shared as they become available.

DREAM IT. SKATE IT. DO IT.



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Special Start-of-Season Events



Get ready to **Shine**
AND SPARKLE on Ice!



Sunday, September 14, 2025

BootBreaker: 12 - 4pm at Chestermere Rec Centre

12:00 - 1:15 pm Goal Setting & Parent Meeting/ Off-ice Preparation
in Upstairs Fitness Centre

1:15 - 3:45 pm On-Ice at Blue Rink

3:45 - 4:00 pm On-Ice Performance of "Circus Sparkle"

PA TRAINING

Sunday, September 21, 2025

3:00- 4:30 pm on-ice
4:30-5:15 pm off-ice

at Chestermere Rec Centre

for all StarSkaters &
PreStarSkaters
registered as PAs for the
2025-2026 season



Parents are invited to attend Goal Setting with their skater
and watch on-ice performance of Circus Sparkle!

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*Remember to
register!*

Our club is excited to participate in the Chestermere County Fair Parade.

We welcome skaters from all programs to join us as we walk the parade route while handing out candy to the spectators.

At the end of the route we will have bags of candy for all participants who register.

The parade starts at 9:30am at 333 West Creek Drive (in front of the Family Bike Park) and Rainbow Creek Elementary.

All parade participants should be at the parade starting location between 8:30 and 9:00 am. The parade will start promptly at 9:30 am.



**All PreCANSkaters, CANSkaters,
PreSTARSkaters and STARSkaters!**

Join us as we walk the always popular
**Chestermere
Fall Parade!**

**Saturday,
September 6th**

Meet at the Chestermere Family
Bike Park at 9am

Please register at
www.iceedgeskatingclub.com



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The Alberta Figure Skating Foundation

Figure skaters are encouraged to register as members of the Alberta Figure Skating Foundation (AFSF). There are numerous benefits to holding an AFSF membership, including discounted rates at AFSF sponsored clinics, access to sponsorships and clinics, summer skating assistance opportunity, discounted fees for the Junior Development Team, access to the Wildrose Competition and Triple/Quadruple Achievement Awards.

Registration is online. Visit AFSF website for more information and to register.

The membership year runs from January 1 to December 31 of each year. To access Triple /Quadruple Gold awards or the summer skating assistance, skaters must be members in the year they apply for and receive benefits, as well as the year prior.

ANNUAL MEMBERSHIP FEES

\$40 Individual Membership

\$65 Family Membership (Families with 2 or more skaters can join for a discounted rate. After the second skater, the rest of the siblings are free!)

*Fall High
Test Day*

**DECEMBER 14, 2025
(TBC)**

Fall Competitions

Star Series #1 hosted by CalAlta in Calgary on Nov 21-23, for Star 4+ level StarSkaters.

Holly Jolly hosted by CalAlta in Calgary in December (date TBC) for Star 1-3 level Skaters.

**TRAIN WITH PURPOSE. SKATE WITH HEART.
SUCCESS WILL FOLLOW.**

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Club embroidery on your skater's jacket or clothing



Ice Edge Skating Club has set up embroidery services with Angela Embroidery, a local Chestermere business:

Website: www.sewsen.com

Email: sales@sewsen.com

Telephone: 403-399-6555

Address: 233 Kinniburgh Way, Chestermere, AB

Warm up Jacket standard embroidery includes front left Ice Edge logo, right sleeve Skate Canada logo and large Ice Edge logo on the back. A name bar on the left sleeve if you wish can be added for an additional cost.

In addition, Angela Embroidery has our club logo in silk screen, approx. 8.5"W x 7.5" H that can be applied to hoodies, t-shirts or sweaters. Colour of the logo can be adjusted to show up on what ever colour of clothing.

Skates and Skate Sharpening

Skates should only be sharpened at professional skate shops. In Calgary, there are two reputable options: Professional Skate Service and Skate Lab. Figure skate blades feature a crucial part called a "rocker" that aids in spinning. If sharpened elsewhere, this rocker can be inadvertently removed. Some places might also unintentionally round the back of the blade during sharpening, whereas you want it to remain straight.

Professional skate shops also offer a wide selection of used inventory. If purchasing used skates, check the remaining thickness of the blade and ensure they are not excessively rusty. To determine the right fit, have your child step on the insole, ensuring there is approximately a thumb's width of space in front of their toe. This should indicate a suitable fit for the season, taking into account your child's growth. If you're unsure, feel free to reach out to us for assistance.



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Club Policies

- If your skater will be away or is sick, please contact Coach Michelle
- Whenever possible, please direct questions or concerns regarding programming to Coach Michelle, the Director of Skating at contact information below.
- IESC has a zero-tolerance policy for bullying. Profanity, harassment, or otherwise inappropriate behaviour towards skaters, coaches, board members and arena staff will not be tolerated and may result in suspension or expulsion.
- Due to insurance restrictions, parents cannot step onto the ice.
- Ice Edge Skating Club is not responsible for lost or stolen items.

**FOLLOW US ON SOCIAL MEDIA
AND STAY SUBSCRIBED TO OUR E-MAILS!**

Did you know?

We are SkateCanada sanctioned skating club with over 25 years of operation in the City of Chestermere. The club is also a member of TrueSports and Responsible Coaching Movement organizations! Visit their websites to learn more about these initiatives.



Fall 2025 Coaching Team

Michelle Janzen Director of Skating and Head Coach	coaching@iceedgeskatingclub.com or michellejanzen@me.com
Brenda Burger StarSkate Coach	bburgerskate@yahoo.ca
Kerry Brauner StarSkate Coach	kerribrauner@outlook.com
Annette Campbell StarSkate Coach	ancampbell@telus.net
Lisa Nahorniak StarSkate Coach	lisadh75@gmail.com
Justin St. Cyr StarSkate Coach	junglejustin@gmail.com
Josh Brauner StarSkate Coach	braunerjosh@gmail.com
Grace Doren Regional Coach in Training	
Neda Ljaljevic CanSkate Coach	
Harlowe Bren CanSkate Coach in Training	
Michelle Fawcett CanSkate Coach in Training	
Katlynn Murray CanSkate Coach in Training	
Jocelyn McCutcheon CanSkate Coach in Training	
Candice Campbell-Behm, ChPC Mentoring Consultant	candicesk8@gmail.com