

SPRING 2024

StarSkate Newsletter



A Message from Coach Candice

What a fantastic season it has been! The progress of each skater has been truly inspiring to witness and be a part of. Throughout the year, we've celebrated personal bests, successful new jumps and spins, achievements in gold tests, medals earned in competitions, emerging leaders as program assistants, memorable first competitions, and much more. We appreciate your commitment to enrolling your children and embracing the journey where they not only learn skating skills but also develop goal-setting abilities, independence, resilience, discipline, friendships, lasting memories, perseverance through challenges, teamwork, leadership, effective communication, mental strength, nutrition awareness, and so much more.

Our coaching team is eager to continue supporting your skaters, guiding them to strive for their skating aspirations and personal growth.

In this spring session, we encourage all skaters to participate in as many off-ice classes as possible, even on non-skating days. This not only enhances on-ice performance but also reduces the risk of injuries. And if a skater will be missing any skating sessions during the week, please inform us promptly so that we can adjust lesson plans accordingly.

So, get ready to lace up your skates and let's spring towards your skating goals with the Ice Edge Skating Club!

YOU DON'T HAVE TO BE GREAT TO START,
BUT YOU HAVE TO START
TO BE GREAT



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Important Dates

APRIL 2024

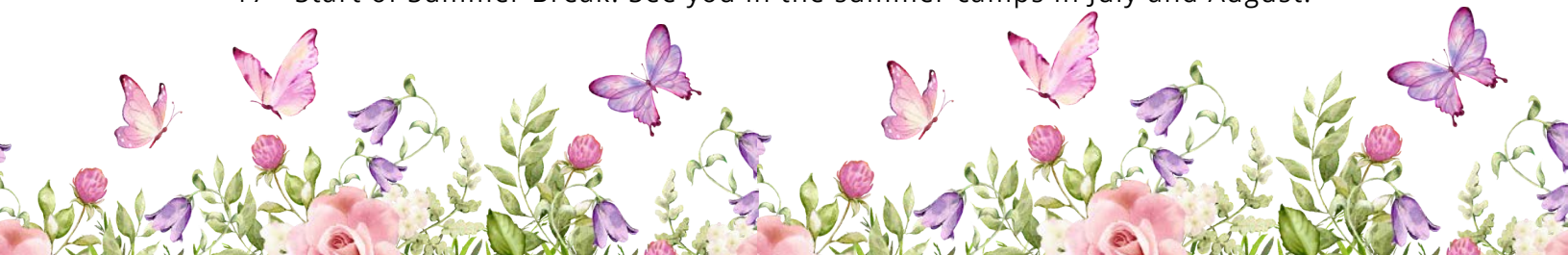
- 21 - Start of Sunday PreCan & CanSkate classes (weekly)
- 21 - Start of Spring PreStarSkate On-Ice (daily Tue, Thurs, Fri & Sun)
- 21 - Start of Spring PreStar Dryland (daily Mon, Tue, Wed, Fri, Sat & Sun)
- 22 - Start of Spring StarSkate On-Ice (daily Mon, Tue, Wed, Fri, Sat & Sun)
- 22 - Start of Spring StarSkate dryland (daily Mon, Tue, Wed, Fri, Sat & Sun)
- 24 - Start of Spring Wednesday AM Ice (weekly)
- 25 - Start of Thursday PreCan & CanSkate classes (weekly)
- 26 - Start of Spring Friday AM Ice (weekly)
- 27 - Start of Saturday PreCan & CanSkate classes (weekly)
- 27 - April Cheerleading Fun day at Perfect Storm Athletics

MAY 2024

- 4 - No Saturday skating classes
- 18-20 - May Long Weekend. NO skating classes on Saturday, Sunday and Monday

JUNE 2024

- TBD - High Test Day
- 8 - "Showcase of the Stars" event
- 8 - IESC Annual General Meeting (AGM)
- 8 - Last day of Spring Saturday PreCan & CanSkate classes
- 12 - Last day of Spring Wednesday AM Ice
- 13 - Last day of Spring Thursday PreCan & CanSkate classes
- 14 - Last day of Spring Friday AM Ice
- 16 - Last day of Spring Sunday PreCan & CanSkate classes
- 16 - Last day of Spring Dryland
- 16 - Last day of Spring StarSkate On-Ice Classes
- 16 - Last day of Spring PreStarSkate On-Ice Classes
- 17 - Start of Summer Break! See you in the summer camps in July and August!



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ON-ICE TRAINING

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

StarSkate:

4 – 5:15 pm Mon, Tue, Wed & Fri

11:15 – 12:30 pm Sat

12 – 1:30 pm Sun

Pre-StarSkate:

4 – 4:45 pm Tue & Thurs

4 – 5:15 pm Fri

2:30 – 3:30 pm Sun (2:45 - 3:45pm on April 21!)

Spring Classes

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 would not be able to run our CanSkate classes without the help of StarSkaters and Pre-StarSkaters who volunteer as Program Assistants! So thank you all to who step up and show up to train as future community leaders!

Please watch for an e-mail regarding PA rotation schedule and PA duties.

**TRAINING IS ABOUT BECOMING BETTER
THAN YOU USED TO BE**



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OFF-ICE TRAINING

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

5:30 – 6:15 pm Mon, Tue, Wed & Fri (StarSkaters & PreStarSkaters)

10 - 11 am Sat (StarSkaters & PreStarSkaters)

10:45 – 11:45 am Sun (StarSkaters)

3:45 – 4:15 pm Sun (PreStarSkaters)

About Off-ice

I cannot emphasize enough the significance of off-ice training. The attendees who consistently participate show noticeable improvements in their motor skills, strength, and movement patterns. It is crucial to allocate additional time for jumps and flexibility exercises, particularly for older skaters. This not only adds extra training hours in a technical sport, but also replicates the off-ice warm-up routine on competition or test days, helping the body to familiarize with these patterns and movements neurologically. Moreover, off-ice sessions focus on practicing the athletic demands of spin positions, such as camel grabs and upright spins with the leg above the shoulder, which should then be transferred and practiced on the ice.

The aim of off-ice training is to prevent injuries by maintaining muscle balance. While certain exercises may seem simple for children, the muscle activation is crucial, and incorporating specific stretches or strengthening exercises for muscle groups can decrease the risk of injuries.

by Coach Candice



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Remember to register to participate!

Free to attend for spectators!

YOU ARE INVITED TO

SHOWCASE OF THE STARS

PRESTAR GROUP • STAR 1, 2, 3, 4

SAT., JUNE 8TH, 2024 FROM 8:15AM - 11:15AM

SHOWCASE YOUR SKILLS FOR FRIENDS & FAMILY AT THE CHESTERMERE REC CENTER

ENTER \$40

WHY PARTICIPATE?

Work on performance, build confidence, prepare for competitions in future, hangout with friends, team bond, & show your family and friends what you have worked hard at. We want everyone in IESC to be a part of this fun event.

WE NEED OUR STAR 5+ TO GUEST SKATE!

If you are interested, please email Coach Candice. We also need you to help volunteer with warm-ups, dressing room monitoring, handing out flowers and metals, helping skaters on and off the ice. Special gift card to all-star skaters who sign up star 5 level +

The best part of performing is that through it, we discover what we are capable of - and how much more we can actually do than we believed was possible!

Registration is required for all skaters. The cost is \$40 for skaters up to Star level 4. Whether the skater has a Star 2, 3, 4 solo or whether the skater is at a Star 1 level, is in a PreStar group or has just moved up to StarSkate; they all have skills to do that they feel confident with! Everyone gets a medal, and it is their time to perform and show off what they have learned over the year!

The registration is free for guest skaters who have a solo Star 5 and higher because they will be volunteers the day of the event in the dressing room, music, handing out medals, etc.



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Summer Camps

**REGISTRATION OPENING SOON!
COST INCLUDES ICE AND
COACHING FEES!**

PRE-STAR SKATE

Dates:

- Week 1: July 8 - 11
- Week 2: July 15 - 18
- Week 3: July 22 - 25
- Week 4: July 29 - Aug 1
- Week 5: Aug 6 - 8

Times:

- 9:30AM - 12:15PM (Mon, Tue, Thurs)
- 9:30AM - 1:15PM (Wed only)

Pre-STAR Summer Camp is open to those skaters who are transitioning from CANSkate to the StarSkate Program and have been invited by a coach to the Star Program.

The camp will start with 1.5 hours of ice training including dance skills, free skate and spins followed by 1 hour of dryland training. Each Wednesday there will be an additional 1 hour lecture session with Coach Candice.

SUMMER CAMP THEMES:

- Week 1: Christmas in July!
- Week 2: PJ Day!
- Week 3: Crazy Hair Day!
- Week 4: Disney!
- Week 5: Crazy Colours!

STARSKATE

Dates:

- Week 1: July 8 - 11
- Week 2: July 15 - 18
- Week 3: July 22 - 25
- Week 4: July 29 - Aug 1
- Week 5: Aug 6 - 8

Times:

- 8 AM - 12:15PM (Mon, Tue, Thurs)
- 8 AM - 1:15PM (Wed only)

STAR Summer Camp is open to senior and junior StarSkaters.

The camp will start with a 15 minute warm-up, followed by a 15 minute break, 2.5 hours of ice training then 1 hour of dryland. Each Wednesday there will be an additional 1 hour lecture session with Coach Candice.

Receive a **Multi-Product Discount** of 10% when registering for 2 or more weeks of Summer Camps 2024, and 15% when registering for 3 or more weeks. To be eligible for the discount, make sure to register for all summer camps in one go, on a single invoice, by Monday, June 10th, 2024!



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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!)

*Spring
High Test
Day*

**DATE TO BE
ANNOUNCED!**

*Wildrose Summer Combined
Invitational Competition*

To be held in Leduc on August Long weekend, Aug 3-5, for Star 4+ level StarSkaters. This year the club is covering the cost of travel for the coaches in attendance.



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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 Candice
- Whenever possible, please direct questions or concerns regarding programming to Coach Candice, 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.



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Spring 2024 Coaching Team

Candice Campbell-Behm, ChPC Director of Skating and Head Coach	coaching@iceedgeskatingclub.com or candicesk8@gmail.com
Kerri Brauner StarSkate Coach	kerribrauner@outlook.com
Brenda Burger StarSkate Coach	bburgerskate@yahoo.ca
Annette Campbell StarSkate Coach	ancampbell@telus.net
Michelle Janzen StarSkate Coach	michellejanzen@me.com
Josh Brauner StarSkate Coach	braunerjosh@gmail.com
Grace Doren CanSkate Coach in Training	-
Justin Ma-Phan CanSkate Coach in Training	-
Neda Ljaljevic CanSkate Coach in Training	-
Harlowe Bren CanSkate Coach in Training	-

