

SPRING 2026

StarSkate Newsletter



A Message from Coach Michelle

As we finish the winter season and head into spring, we want to congratulate all of our PreStarSkate and StarSkate athletes on the progress they've made so far this year. It's been wonderful to see so much hard work paying off on the ice.

Over the past few months, our skaters have shown great dedication both on and off the ice. Many have reached important milestones—landing new jumps, improving spins, building stronger skating skills, and performing their programs with growing confidence. Watching this progress each week has been very rewarding.

This season also gave skaters the chance to take part in competitions, assessments, and performances. We're proud of everyone who stepped onto the ice, challenged themselves, and represented the club with determination and a positive attitude.

A big thank you goes out to our families and volunteers for your ongoing support. Your encouragement makes a huge difference for our skaters and for the program as a whole.

Looking ahead to the spring session, we encourage skaters to join as many off-ice classes as possible, even on non-skating days. Off-ice training helps improve on-ice performance and lowers the risk of injury. In May and June, Coach Candice will lead dryland sessions on "Positive Self Talk Scripts, What it Takes to be Golden" and "Maximizing Performance with your Food."

If a skater will miss any sessions during the week, please let me know so we can adjust lesson plans as needed.

We're excited for the spring session and can't wait to see everyone continue to grow, set new goals, and enjoy their time on the ice!

KEEP MOVING, KEEP GROWING



SPRING 2026

StarSkate

Newsletter



Important Dates

APRIL 2026

- 3-6 Easter Break. NO skating classes.
- 7 - Start of Spring PreSTARSkate Group On-Ice (weekly Tue & Thurs)
- 7 - Start of Spring STARSkate On-Ice (weekly Mon, Tue, Wed, Fri & Sun)
- 7 - Start of Spring Dryland (weekly Mon, Tue, Wed, Fri & Sun)
- 10 - Hockey Tournament. NO skating classes!
- 12 - Start of Spring Sunday PreCanSkate & CanSkate classes (weekly Sun)
- 15 - Start of Spring Wednesday Mornings STARSkate On-Ice (weekly Wed)
- 16 - Start of Spring Thursday PreCanSkate & CanSkate classes (weekly Thurs)
- 17 - Start of Spring Friday Mornings STARSkate On-Ice (weekly Fri)

MAY 2026

- 1-3 - Hockey Tournament. NO skating classes
- 15-18 - May Long Weekend. NO skating classes

JUNE 2026

- 11 - Last day of Spring Thursday PreCan & CanSkate classes
- 14 - Last day of Spring Sunday PreCan & CanSkate classes
- 21 - "Showcase of the Stars" Event and Year-End Awards
- 21 - IESC Annual General Meeting (AGM)
- 24 - Last day of Spring Wednesday AM Ice
- 25 - Last day of Spring PreStarSkate Group On-Ice Classes
- 26 - Last day of Spring Friday AM Ice
- 28 - Last day of Spring StarSkate On-Ice Classes
- 28 - Last day of Spring Dryland
- 29 - Start of Summer Break! See you in the summer camps in July and August!



SPRING 2026

StarSkate Newsletter



Spring Classes

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

12 - 1:45 pm Sun

Pre-StarSkate:

4:30 - 5:15 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 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.

**CONSISTENCY TURNS ORDINARY ACTIONS
INTO EXTRAORDINARY SUCCESS**



SPRING 2026

StarSkate

Newsletter



OFF-ICE TRAINING

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

5:30 – 6:15 pm Mon, Tue, Wed & Fri

10:45 – 11:45 am 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.

**GREATNESS IS EARNED, NOT GIVEN.
EVERY DAY YOU SHOW UP, YOU GET CLOSER**



SPRING 2026

StarSkate Newsletter



Special Off-ice Sessions with Coach Candice

A vertical poster for 'MENTAL performance' by Candice Behm. The background is a blue sky with white clouds. At the top, the name 'Candice Behm' is in a small oval, with 'MSc, BSc, CFP, NCCP level 3' below it. To the right is a small black square with a white trophy icon and the name 'Candice Behm'. The word 'MENTAL' is in large, bold, yellow capital letters, and 'performance' is in a yellow cursive font below it. A silver roller holds a white scroll that features a black silhouette of a skater in a jump. Below the silhouette, it says '4 LECTURES IN MAY AND JUNE'. Underneath that, it lists 'SPRING APRIL-JUNE' followed by 'POSITIVE SELF TALK SCRIPTS, WHAT IT TAKES TO BE GOLDEN' and 'MAXIMIZING PERFORMANCE WITH YOUR FOOD'. At the bottom of the scroll is a barcode. The email address 'Candicesk8@gmail.com' is at the very bottom of the poster.

Parents are invited to attend with their skater!



SPRING 2026

StarSkate Newsletter



StarSkate Classes Fee Structure

For StarSkate, registration fees include 1.5 hours of ice time and 1 hour per session of coaching fees. Skaters will receive group lessons in dance, skills, freeskate, 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.

Parent Volunteering Opportunities

Our club is run by a dedicated board of parent volunteers. Like many community skating clubs, our programs thrive because of the time, energy, and support of our skating families. To continue offering great opportunities for our athletes, we rely on parents and guardians to get involved and lend a hand throughout the season. There are many ways to help—big or small—and volunteering is a great way to support your skater and our club community.

Please keep an eye out for sign-up opportunities, including helping with music during daily sessions, assisting at our upcoming year-end "Showcase of the Stars", and our "Summer Skate by the Lake" Star 1-3 figure skating competition that IESC is hosting this July.

Your involvement makes a real difference in creating memorable experiences for all of our skaters. Thank you for helping keep our club strong!



SPRING 2026

StarSkate Newsletter



PreStarGroup and StarSkate

SHOWCASE OF THE STARS

SUNDAY, JUNE 21, 2026

Join us at the rink as skaters in the PreStarSkate Group and StarSkate showcase their skills for friends and family!
All Ice Edge Skaters are encouraged to attend this fun year-end event!

Location: Chestermere Rec Centre
Time: 12:15 - 3:30pm
Includes performances and
Year-End Awards

\$40

Remember to register!

Registration is now open for PreStarGroup and StarSkate skaters participating in this event! The registration fee is \$40.

All skaters, whether performing a solo, just starting in PreStarSkate or beginning StarSkate, have skills they can feel proud of! Every skater receives a medal, and this is their special moment to perform and showcase everything they've learned over the year.

Free to attend for spectators!



SPRING 2026

Starskate Newsletter



Important to attend!

Both the "Showcase of the Stars" event and the AGM will take place on Sunday, June 21, 2026.

We will have the AGM from 11:00 - 12:00pm, in Meeting Room 1 while the skaters are in the Fitness Room for off-ice prep.

After the AGM, parents are invited to join us for the on-ice performances and year-end skater awards and PA gifts.

Ice Edge Skating Club

ANNUAL GENERAL MEETING

We will reflect on the year and discuss the club's plans for the upcoming season. Attendance for the members is essential for the club to operate effectively!

AGENDA
E-mailed to members prior to the event

SUNDAY
June 21, 2026

START AT
11 AM - 12 PM

MEETING ROOM #1
CHESTERMERE REC CENTRE

Followed by the "Showcase of the Stars" and Year-End Skater Awards
12:15 - 3:30pm
in the Blue Rink

JOIN US!

For more information visit
iceedgeskatingclub.com



SPRING 2026

StarSkate Newsletter



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!)

**THE PERSON YOU BECOME
IS SHAPED BY THE CHOICES YOU MAKE EVERY DAY.**



SPRING 2026

StarSkate Newsletter



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.



SPRING 2026

StarSkate Newsletter



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.





Spring 2026 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
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	-
Candice Campbell-Behm, ChPC Mentoring Consultant	candicesk8@gmail.com

