

WINTER 2024

StarSkate Newsletter



A Message from Coach Candice

We are half way through the 2023/ 2024 training season and we have already seen personal bests and additional gold tests achieved. The coaches are so proud of all the skaters accomplishments and look forward to building on the training and successes of previous months! The coaching team is looking forward to continue working with your skaters so that they can become the best version of themselves and reach their skating goals.

Again this session, we encourage all skaters to attend as many off ice classes as possible even if not skating on those days. It helps to improve performance on the ice and also helps to reduce the risk of injuries, so be sure to schedule these sessions into your week. If a skater will be missing any of their skating during the week please let me know as soon as possible so that the lesson plans can be adjusted.

So lace up your skates and let's continue reaching your Mountain Top Goals with the Ice Edge Skating Club!

YOU WILL NEVER KNOW YOUR LIMITS
UNLESS YOU PUSH YOURSELF
TOWARDS THEM



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Important Dates

JANUARY 2024

- 8 - Start of Winter StarSkate On-Ice (daily Mon, Tue, Wed, Fri & Sun)
- 8 - Start of Winter Pre-Star & Star Dryland (daily Mon, Tue, Wed, Fri & Sun)
- 9 - Start of Winter Pre-StarSkate On-Ice (daily Tue, Thurs, Fri & Sun)
- 10 - Start of Winter Wednesday AM Ice (weekly)
- 12 - Start of Winter Friday AM Ice (weekly)
- 14 - Start of Sunday PreCan & CanSkate classes (weekly)
- 18 - Start of Thursday PreCan & CanSkate classes (weekly)
- 26 - CRCA Free Ice for Figure Skaters 2:15 - 3:15pm
- 28 - Skate Lab Zoom Call at 6:45pm on Skates and How to Take Care of Them

FEBRUARY 2024

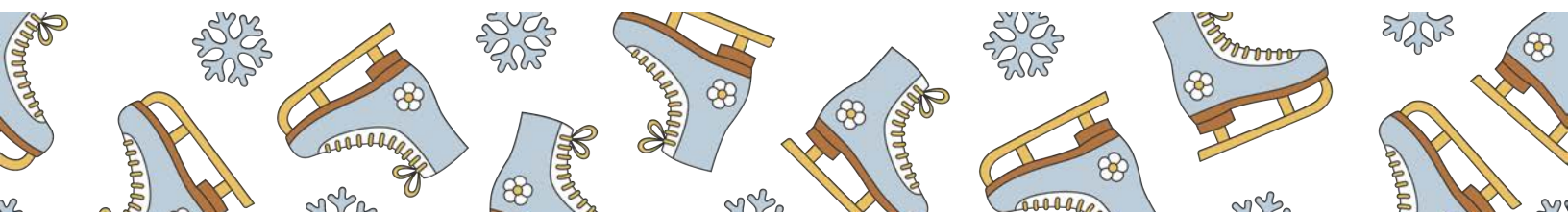
- 16-19 - Alberta Winter Games (Congrats to Katlynn who qualified to compete at this event!)
- 18-19 - Family Day Weekend. NO skating classes on Sunday and Monday
- 19 - WildRose FSC Winter Wonderland Star 1-3 Competition Event

MARCH 2024

- 21 - Last day of Winter Thursday PreCan & CanSkate classes
- 22 - Last day of Winter Friday AM Ice
- 24 - Last day of Winter Sunday PreCan & CanSkate classes
- 27 - Last day of Winter Wednesday AM Ice
- 27 - Last day of Winter Star On-Ice Classes
- 27 - Last day of Winter Dryland
- 28 - Last day of Winter PreStar On-Ice Classes
- 29 - Start of Spring Easter Break! NO Skating classes until Spring 2024 session

APRIL 2024

- 22 - Start of Spring 2024 classes!



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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 – 5:30 pm Mondays, Tuesdays, Wednesdays

3:45 – 5:15 pm Fridays

1:30 – 3 pm Sundays

Pre-StarSkate:

4 – 4:45 pm Tuesdays, Thursdays

3:45 – 5:15 pm Fridays

2:45 – 3:45 pm Sundays

Winter 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 Wednesdays

6:30 – 7:30 am Fridays

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.

STICK WITH IT. WHAT SEEMS SO HARD NOW WILL ONE DAY BE YOUR WARM UP



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OFF-ICE TRAINING

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

5:45 – 6:15 pm Mondays, Tuesdays, Wednesdays

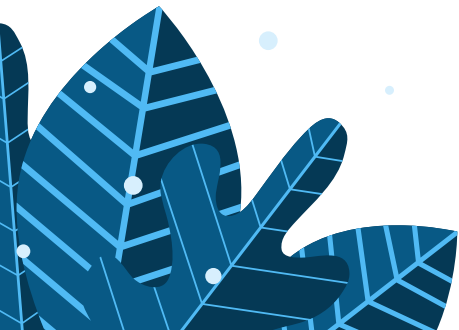
5:30 – 6 pm Fridays

12 pm – 1 pm Sundays

About Off-ice

I can't stress enough the importance of off ice. The motor skills, strength and movement patterns of those who attend consistently is noticeable. Also adding the extra time in for jumps and flexibility for the older skaters is important. Not only is it extra hours of training in a technical sport, it simulates how an off ice warm-up in competition or test day works, so the body neurologically recognizes these patterns and movements. Also, the athletic demands of the spin positions are practiced off ice and should then be transferred and practiced on the ice, like camel grabs and upright spin with leg above shoulder. Off ice is designed to help prevent injuries with muscle balances. It might seem easy for the child on certain exercises but the firing of the muscle is important and doing certain stretches or muscle group strengthening can reduce the risk of injury.

by Coach Candice



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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. There are two professional skate shops in Calgary: Professional Skate Service and Skate Lab. Figure skate blades have what is called a "rocker" on the blade and if sharpened elsewhere, it can be removed (the rocker is used for spinning); places will also sometimes round the back of the blade when sharpening skates and you want it straight.

Professional skate shops also carry a large used inventory. If buying used, check to see how much sharpening is left on the blade (thickness) and that they are not too rusty! When trying on skates please have your child step on the insole and if there is a thumb width in front of their toe that generally means they could be a good fit for the season (dependant on how much growth your child has). When in doubt, just ask us for help.

Skate Lab Zoom session on Jan 28 @ 6:45pm on Skates and how to take care of them!
Zoom details will be e-mailed close to date.



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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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2023/2024 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	-

The best coaches for your skater to reach their best!

