

# StarSkate

## Newsletter



### Welcome Message

Happy New Year! The IESC Coaching Team is thrilled to welcome everyone to the Winter 2026 session. Our mission continues to be helping each skater become the best version of themselves while working toward their personal skating goals.

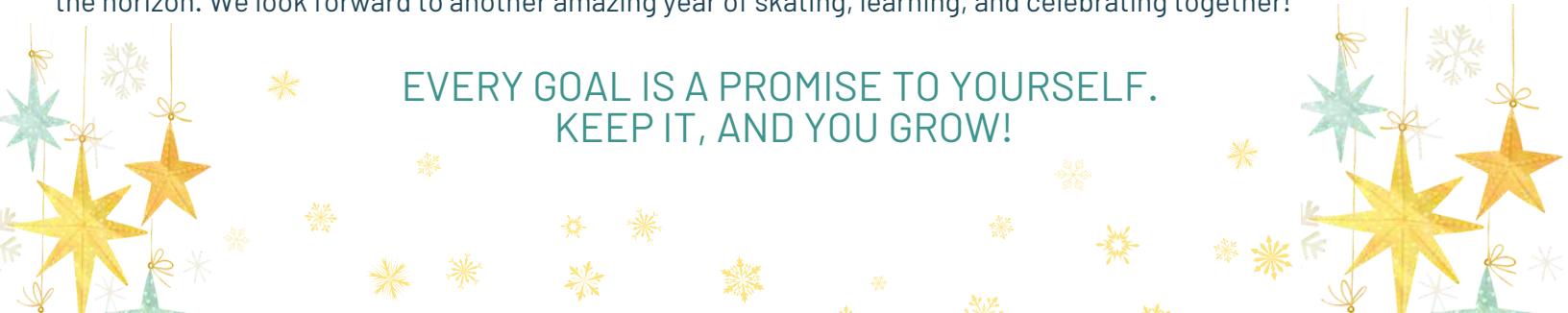
We kicked off the Fall 2025 session with our Boot Breaker event, where skaters set their goals for the year and enjoyed a mix of off-ice and on-ice activities that were both fun and inspiring. The spectators were delighted with the "Circus Sparkle" performance! Shortly after, our Program Assistant Training session prepared new and returning CanSkate Program Assistants to support our youngest skaters. Throughout the season, we've kept training engaging and lively with themed days, celebrating everything from Halloween to the holiday season. The Fall 2025 Learn-to-Skate session wrapped up beautifully, with skaters demonstrating the skills and confidence they've gained this season, and we look forward to the PAs helping us again in the Winter 2026 session. Please look for the PA schedule which will be shared with the families via e-mail.

Our skaters have already achieved so much this season, and the IESC Coaching Team is incredibly proud of them. Many have reached personal bests and earned awards at competitions, with gold, silver and bronze medal finishes that highlight their hard work and determination. We are especially excited to celebrate Tenley and Sydney, who have qualified to compete and represent our skating club at the 2026 Alberta Winter Games – an incredible achievement for these dedicated athletes.

Every accomplishment, from passing Gold tests to reaching new personal milestones, reflects the commitment of our skaters and the supportive environment we strive to foster. Watching their growth, effort, and joy on the ice is truly inspiring and reminds us why we love being a part of this club. There have been so many wonderful moments captured so remember to visit the club's Facebook or Instagram page to see the photos and updates!

As we move into 2026, we are eager to continue building on this momentum. More competitions and test days are on the horizon. We look forward to another amazing year of skating, learning, and celebrating together!

**EVERY GOAL IS A PROMISE TO YOURSELF.  
KEEP IT, AND YOU GROW!**



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### Welcome Message Continued

As a reminder, please consult the Long Term Athlete Development (LTAD) guidelines found on the Skate Canada website for training hours recommended for your skater's level so that they can achieve their skating goals! Achieving skating goals takes teamwork, a supportive club along with family encouragement, experienced coaching team, a positive training environment, and a consistent facility access. Then it takes many hours of practice and repetition to perform under pressure.

As always, Dryland Sessions are mandatory for all Star Skaters. These Dryland sessions are designed to progress in areas of strength, endurance and flexibility. This increased fitness supports all areas of your on-ice learning and helps reduce the risk of injuries. We also practise proper jump technique, spin positions and work through goal setting and the skating journal. Be sure to schedule these sessions into your week.

We have enjoyed using the skating journal workbook written by Candice Behm, MSc that each StarSkater received as a club sponsored gift. This journal is a great tool for the skaters to keep organized all season and it will cost \$20.00 to replace, so please 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 can be ordered by emailing Coach Candice or accessing the following link: <https://www.candicebehmpowerskating.com/category/all-products>.



So check your equipment, sharpen your skates, set your goals, plan your process and get ready for some inspiring skating to become the best version of yourself!!

Welcome to skating in 2026!

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### Important Dates

#### JANUARY 2026

- 5 - Start of Winter StarSkate On-Ice (daily Mon, Tue, Wed, Fri & Sun)
- 5 - Start of Winter Dryland (daily Mon, Tue, Wed, Fri & Sun)
- 6 - Start of Winter Pre-StarSkate On-Ice (daily Tue & Thurs)
- 7 - Start of Winter Wednesday AM Ice (weekly)
- 9 - Start of Winter Friday AM Ice (weekly)
- 11 - Start of Sunday PreCan & CanSkate classes (weekly)
- 15 - Start of Thursday PreCan & CanSkate classes (weekly)

#### FEBRUARY 2026

- 7 - Return Super Bowl Fundraiser Ticket Stubs to Brett McCutcheon (IESC Board Member)
- 8 - Super Bowl Fundraiser Game Day
- 13-16 - Alberta Winter Games (congratulations to Tenley and Sydney who qualified!)
- 14-16 - Family Day Weekend. NO skating classes on Sunday and Monday
- 16 - WildRose FSC Winter Wonderland Star 1-3 Competition Event
- 20-22 - Lethbridge Skating Competition Star 5+
- 27 - Combined Winter Invitational Star 5+

#### MARCH 2026

- 18 - Last day of Winter Wednesday AM Ice
- 19 - Last day of Winter Thursday PreCan & CanSkate classes
- 20 - Last day of Winter Friday AM Ice
- 20-22 - StarSkate Championships Star 5+ (for qualifying skaters)
- 22 - Last day of Winter Sunday PreCan & CanSkate classes
- 27-29 - Hockey Tournament. NO skating classes on Friday and Sunday
- 31 - Last day of Winter Dryland
- 31 - Last day of Winter PreStar and StarSkate On-Ice Classes

#### APRIL 2026

- 1 - Start of Spring Easter Break! NO Skating classes until Spring 2026 session
- TBD - High Test Day



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## Winter 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 Mondays, Tuesdays, Wednesdays  
3:45 - 5:15 pm Fridays  
1:30 - 3 pm Sundays

Pre-StarSkate:

4 - 4:45 pm Tuesdays, Thursdays

### 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.

**FAILURE HAPPENS ALL THE TIME. IT HAPPENS EVERY DAY IN PRACTICE. WHAT MAKES YOU BETTER IS HOW YOU REACT TO IT.**

*Mia Hamm*



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### StarSkate Classes Fee Structure

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, 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](mailto: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.

Winter  
High Test  
Day

TBD

### Winter Competitions

Alberta Winter Games Feb 13-16 in Lakeland Region (congratulations to Tenley and Sydney who qualified!)  
 WildRose FSC Winter Wonderland Star 1-3 Event Feb 16 in Calgary  
 Star 5+ Skating Competition Feb 20-22 in Lethbridge  
 Star 5+ Combined Winter Invitational Feb 27 - Mar 1 in Airdrie  
 StarSkate Championships Mar 20-22 in Calgary (for qualified skaters)



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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

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.

**FIRST WE FORM HABITS.  
THEN THEY FORM US.**

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### Super Bowl Winter Fundraiser



IESC club has decided to run the Winter Fundraising Raffle again. The purpose of the Fundraiser is to raise money to keep our ice times and off-ice times affordable, and to purchase new equipment to support development of our young athletes.

This raffle is a pull-your-score Super Bowl. The skaters have been given envelopes with raffle booklets. Each booklet contains 25 tickets and each ticket is \$5. Fundraising requirements for StarSkaters registered for Winter 2026 session is that the first skater in the family will receive 2 raffle booklets to sell and 1 raffle booklet for each additional skater in the family.

When a ticket is sold, the top portion (ticket stub) should be filled out with buyer's contact information (name and phone number; address is not required). The bottom portion of the ticket should be separated from the top and pulled out. This will reveal the buyer's AFL score and NFL score. The buyer keeps this bottom ticket and if their score matches the end of 1st Quarter, Half Time, end of 3rd Quarter or Final Score, they will win the cash prize indicated on the ticket. The top ticket stub with the buyer's contact information is to be returned with all other ticket stubs and money to Brett McCutcheon who can be contacted at [specialevents@iceedgeskatingclub.com](mailto:specialevents@iceedgeskatingclub.com).

Please contact Brett if you have not yet received your ticket booklets, if you would like to sell additional tickets, or to return your ticket stubs and sales proceeds.

**It is important to return ALL ticket stubs to Brett McCutcheon, no later than February 7th, 2026!**  
**Super Bowl Game day is Sunday, February 8th, 2026 with kick-off at approx. 4:30pm.**



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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!)

**EVERY GREAT ATHLETE WAS ONCE A BEGINNER  
WHO REFUSED TO STOP PRACTICING.**



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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](http://www.sewsen.com)

Email: [sales@sewsen.com](mailto:sales@sewsen.com)

Telephone: 403-399-6555

Address: 233 Kinniburgh Way, Chestermere, AB

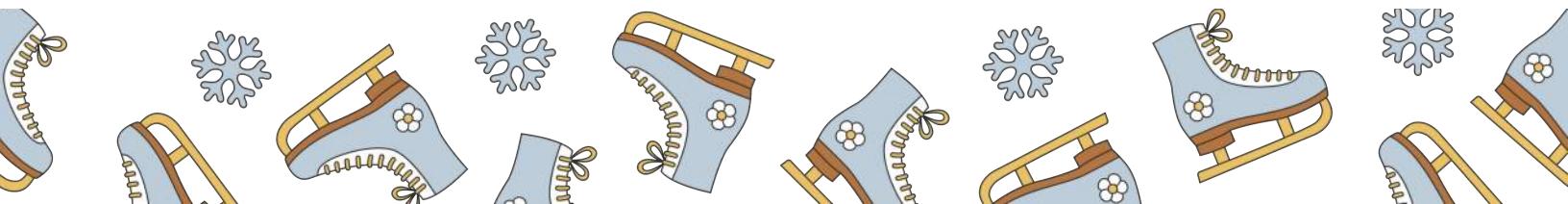
Warm up Jacket standard embroidery includes front left Ice Edge logo, right sleeve Skate Canada logo and large Ice Edge logo on the back. A name bar on the left sleeve if you wish can be added for an additional cost.

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.



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# 2025/2026 Coaching Team

<b>Michelle Janzen</b> 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

The best coaches for your skater to reach their best!

