



Hello skating friends,

My name is Candice. I am the new skating director at Ice Edge Skating Club. I am so excited to become part of your skating community. I have had the opportunity to visit my aunt, who lives in Chestermere and experience your arena through my son's hockey. I can't wait to get on the ice and help each of you start reaching your skating goals.

I enjoy watching my son play baseball, hockey, and golf. I like to travel and workout, but most importantly, I love coaching kids of all ages in figure skating and hockey. I first put on skates when I was 18 months old and was a guest skater in carnivals with my mom, who was a coach, and I went on at the end of the shows with her. The "skating bug" has never left me, and my second home is the arena. I am passionate about athletes improving and reaching their fullest potential. I was formally a competitive Quad Gold figure skater and have been a professional coach since 1998 (National Certified) and have coached all levels of skaters. I was the team coach for figure skating at the Alberta Winter games 04,06, the team leader for Western Challenge, and a presenter for Skate Alberta at their competitive seminar at Winsport. I am also a personal fitness trainer at the Glencoe Club in Calgary and coach edges and agility to hockey players from 3-18 years old.

This year I will be team coaching with Annette Campbell, Kerri Brauner, Caitlin Bowers, Brenda Burger, Michelle Janzen and Rachel Matthews. I would like to know from all parents the following after reviewing the fee guide of the coaches attached.

- 1) What's your weekly lesson budget? (recommended: min of 1 private or group lesson every time you skate would be great to have 1 freeskate and 1 group/day)
- 2) How many days a week your skater will be skating and what days if you know them? You should consider your goals, and the LTADP Skate Canada has created and recommended number of hours/days a week a skater should train.

This year when you sign up for skating, there is "**Boot Breaker**" on Sunday, September 13, 2020. This is included in your registration at no cost and is a time to meet the coaches, attend an off ice and a goal-setting workshop.

Morning ice this year will be coached by Annette Campbell and it will be sessions that improve your stroking and edge quality, which is so crucial with the judging system and will help create stronger skater in freeskate, skills and dance. Annie's edges will be the first 30 min, followed by a jumping class and spin session. Annie's Edges is a system developed by world renowned Edge Specialist, Anne Schelter. It consists of patterns, exercises and games that are essential for any skater from beginner to world class to attain the best edge control and quality. Her system is taught in seminars and clinics around the world. I highly recommend at least one morning a week as spins can be worth as much as a double jump and skating skills are rewarded in competition and tests and this will be an excellent opportunity to improve.

Off Ice is also offered on Mon, Wed, Fri and Sun this year. If you don't skate one of those days, we still encourage you to register for off-ice and attend on any day that works for you. Skating requires balance, timing, coordination, endurance, strength, core, power, and flexibility, and to improve on the ice performance and help prevent injury you must stress the body to change the fitness level. This training is periodized and sport-specific as skating is a high skill factor and high fitness factors and skaters must be able to jump high, spin fast and have flexibility. It will also complement any other sports you are involved in.

I am looking forward to meeting each one of you and helping your skater become a better version of themselves.

Please reach out if you have any questions.

Yours in skating,

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