



skatekerrisdale.com



Kerrisdale FSC Newsletter

Issue: November/December 2017

"It's not whether you get knocked down, it's whether you get up."

Vince Lombardi

Kerrisdale Figure Skating Club (KFSC) will be closed from December 23rd to January 6th, inclusive. Lessons will restart on January 7 2018.

Wishing everyone a very Festive Holiday Season and all the best for the New Year!

Winter Skate!

KFSC will be hosting our annual club winter skating social for members and their families.

New this year: A skating show by select club members will be featured.

Come watch and skate!

When: Sunday December 17th, 2017

Time: 9:45am -10:45am - skating show

11:00 am - 12:30pm - family skate

Where: Kerrisdale Arena

FREE Skate rentals will be available

Safety Notes and Rules:

CanSkaters: It is mandatory that you wear a CSA approved helmet – bike or snowboard helmets are not allowed.

All Skaters:

- Only water bottles are permitted at the ice surface. No pop or juice, etc, at rink side.
- Please keep the stands and the skater's room free from garbage and please throw your trash in the garbage cans!

Our fall/winter schedule and registration forms are on our club website, skatekerrisdale.com. **Please note that the following sessions are Full.**

Sunday dance, 9:45 – 10:45

Friday Canskate Session, 4:30 pm – 5:15 pm

StarSkate Simulation event – What is it?? It is a 'practice run' for StarSkaters to have an opportunity to skate their solo program on the ice, in front of their peers, coaches and a judge. They typically occur 1 week prior to a competition. It is a scheduled event that you must register for a minimum of 3 days prior - \$5/simulation. Future Stars are encouraged to come watch the Starskaters.

Next Simulation: Friday December 8th, 7-7:45 pm

Upcoming Events - 2017

November 24–26 - Jingle Blades, Fleetwood, Surrey

November 28–Dec. 3 - Low Test Week, Kerrisdale Arena

December 8 – Arbutus Club Christmas Fun & Frolic

Friendly competition

December 17 – KFSC Winter family skate

Congratulations to our Autumn Leaves competition participants:
Valerie, Nikolai and Polina!



Featured Future Star: Claire



Claire started skating at the age of 5, and has enjoyed skating ever since. Claire has a hamster named Humphrey and a fish named Rainbow.

Favourite TV show - Powerpuff girls

Favourite Movie - Home Alone

Favourite Book - Humphrey

Favourite Song - Taylor Swift's Gorgeous

Other Hobbies - Gymnastics and reading

Featured Junior StarSkater: Medina – Level Star 1

Medina is currently in the Star 1 level and working on her elements skills, dance and free skate. Medina has been a PA volunteer for Canskate.



Favourite Book – The Outsiders

Favourite Music – K-Pop

Favourite TV show – Parks & Rec

Favourite Movie –

Bridesmaids & Korean dramas

Other Hobbies –

Biking, cooking and hip hop

Featured Canskater: Tessa



Favourite Colours - pink & turquoise

Favourite tv show - Little Lunch

Favourite Food - macaroni & cheese

Tessa has a fluffy brown dog named Coffee Bean and a favourite bear named "Bubby"

Featured Senior StarSkater: Valerie Chan – Level Star 8

Valerie started figure skating when she was 7 years old and is currently working on improving her jumps & spins. She has also passed the Junior Silver freeskate test. Valerie volunteers at her school's robotics club and is working with elementary school students to design, build and program an autonomous robot using Lego EV3 Mindstorms robot kits. Very cool!



Favourite Skater –

Patrick Chan

Favourite Movie –

Harry Potter

Favourite Book –

Anne of Green Gables

Favourite Song –

Avril Lavigne My Happy Ending

Other Hobbies –

Arts & Crafts, playing piano



Be on the lookout for our club members volunteering at the Canadian Skating Championships to be held here in Vancouver in January 2018.

Call for Volunteers

We are looking for volunteers to help during our **Winter Skate event**. If you would like to volunteer please e-mail info@skatekerrisdale.com

Coaching Tip: "If a skater wants to remember their corrections to improve productivity on the ice, start a skating journal."



KFSC Coach Nikolai

If you have any questions or concerns, please contact the following:

Margot Delorme – Club President: info@skatekerrisdale.com

Marian Slater – Club Office Assistant: info@skatekerrisdale.com

Shannon Balabardin – Skating Director: nsb_sk8@yahoo.ca

Michelle Phaneuf – CanSkate Coordinator: kerrisdalecanskate@gmail.com

Nikolai Balabardin – FutureStars Coordinator: nsb_sk8@yahoo.ca



Valerie skating at the Autumn Leaves Competition, October 2017