

OCTOBER 2024



# WELCOME TO OUR MONTHLY NEWSLETTER

*stay in the loop*

## HELLO PARENTS AND SKATERS!



We are excited that all our programs are in full swing! In September, our Recreation program (PreCanSkate and CanSkate) were busy working on many new skills and we are excited to start handing out badges to celebrate their achievements. Our Come Try Event was successful with 30 skaters trying our programs and many have registered for the fall session. Our Starskaters are busy learning new skills and dusting off old ones as they head into the start of the competition season. Lily Brennan is heading to the Fall Invitational in Airdrie, AB (Sept. 27-29).

In October, we will be starting our fundraising with the Purdy's Christmas fundraiser being kicked off. These are good Christmas gifts with family and friends able to order online. More information will be announced soon.

Also, we are planning a skating development clinic for our StarSkaters (Star Prep, Junior Academy, Star 1-3 and Star 4) for the weekend of November 15 to 17th. This clinic provides our skaters the opportunity to learn from guest coaches, nutritionist, and off-ice instructor.

There will also be a Star 1-3 Skate Sparkle and Shine event on November 18th. Information will be emailed to parents on the details. There will be volunteering opportunities during these events.

**Don't forget to follow us on NEW social media (click to follow):**



[@Ykskatingclub](https://www.instagram.com/Ykskatingclub)



[@YellowknifeSkatingClub](https://www.facebook.com/YellowknifeSkatingClub)

**Tag us & our Skate Canada Section (@skateab\_nwt\_nun) for chances to be featured on our pages!**



## IMPORTANT REMINDERS

- PLEASE REMEMBER TO READ THE WHITEBOARD TO SEE WHICH CHANGEROOM YOU ARE IN
- SKATERS SHOULD WEAR MITTS ON THEIR SESSION TO AVOID COLD/HURT HANDS ON THE ICE

## HALLOWEEN WEEK

SKATERS! DON'T FORGET TO WEAR A COSTUME ON YOUR SESSION 😊

*Parents! Friendly reminder for the safety of the skaters, please make sure: costumes are not too long, & no costume masks or props! Helmets must be worn on the ice.*



**Thursday CanSkate** - October 24  
**Saturday Pre-CanSkate** - October 26  
**Tuesday CanSkate** - October 29  
**Tuesday Junior Academy/Star Prep** - October 29  
**Wednesday Pre-CanSkate** - October 30



## NEW CLUB CLOTHING!



## GREAT FOR EVENTS & COMPETITIONS

This year we will be ordering club clothing through **Revolutions Activewear**.  
Visit [www.revolutionsactivewear.com/yksc](http://www.revolutionsactivewear.com/yksc)  
to place your order!

**\*Last day to place your order is October 15th\***

## IMPORTANT DATES

There may be days we have no regular skating scheduled due to events or holidays.

You can view our calendar online to see months ahead!

[ONLINE CALENDAR](#)

### October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

-  No regular skating scheduled
-  Important Meeting

## TERRITORIALS PLANNING MEETING

DATE: TUESDAY, OCTOBER 1ST

TIME: 8:00PM

HYBRID MEETING:

IN PERSON AT UNIT 101, 5109-48 ST  
(ACROSS FROM BOSTON PIZZA,  
GENESIS DOOR- FAR RIGHT)  
OR VIRTUAL (LINK ON WEBSITE)

We need help from volunteers to help us run this event. Any parents of CanSkaters, Junior Academy/Star Prep skaters, and STAR skaters are encouraged to help if they have a skater interested in doing the event!

**Event Date: January 17-19, 2025**

## ICE SHOW PLANNING MEETING

DATE: WEDNESDAY, OCTOBER 2ND

TIME: 7:00PM

HYBRID MEETING:

IN PERSON AT UNIT 101, 5109-48 ST  
(ACROSS FROM BOSTON PIZZA,  
GENESIS DOOR- FAR RIGHT)  
OR VIRTUAL (LINK ON WEBSITE)

We need help from volunteers to help us run this event. ALL parents welcome to help with our Ice Show.

**Event Date: April 11-12, 2025**

## 2023-2024 ANNUAL GENERAL MEETING

DATE: WEDNESDAY, OCTOBER 9TH

TIME: 6:30PM

WHERE: PSAV ROOM - UPSTAIRS IN  
MULTIPLEX ARENA

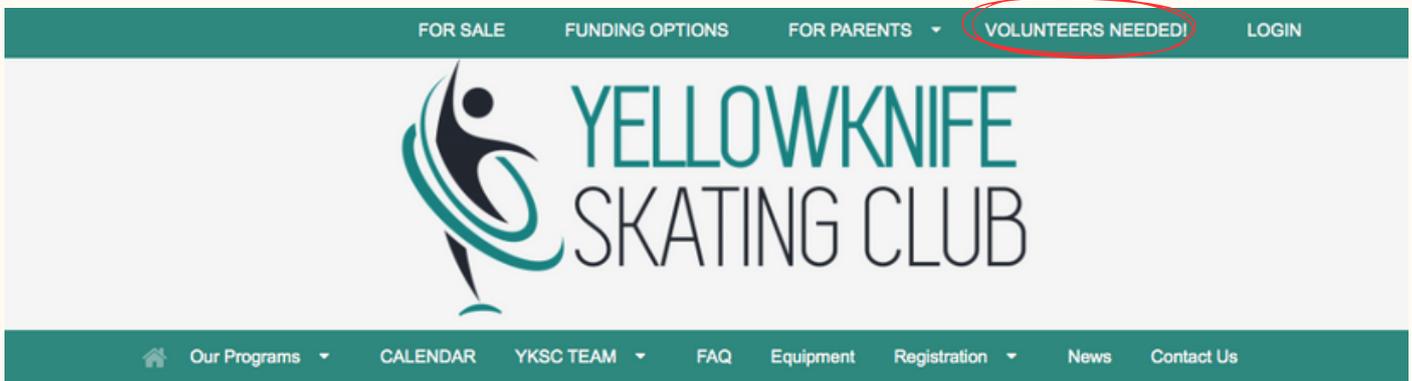
We are looking for new members to join our board, many positions are available! Visit our website for information on **available positions**.

Everyone welcome to attend!

# VOLUNTEERS NEEDED

If you are interested in volunteering for any of our events, please let us know!  
We can't run these events without awesome volunteers.  
Send us an email at [ykskatingclub@outlook.com](mailto:ykskatingclub@outlook.com) for any information!

Links to virtual meetings are on our website here



## NWT FIGURE SKATING ASSOCIATION BOARD MEMBER OPPORTUNITY!

The NWT Figure Skating Association is looking for a secretary and treasurer for the upcoming year. A minimal time commitment with quarterly meetings.



## CLUB SPONSORSHIPS & RAFFLE DRAWS

### Sponsorship Opportunity

We're reaching out to parents who are part of businesses or organizations to consider sponsoring our figure skating club for upcoming events. Your support helps provide better resources for our skaters and promotes your business within the community. Sponsorship options are flexible, and every contribution makes a big impact.

### Raffle Donations

If sponsorship isn't possible, we're also accepting raffle prize donations for our upcoming fundraising events! This is another great way to support the club while offering exciting prizes for our participants, friends, family members and skating fans! From gift cards to products or services, any contribution is greatly appreciated!

FOR MORE INFORMATION ON HOW TO GET INVOLVED,  
PLEASE CONTACT US AT [YKSKATINGCLUB@OUTLOOK.COM](mailto:ykskatingclub@outlook.com)

# MEET YOUR GUEST FACILITATORS



***Kaetlyn Osmond***

Kaetlyn Osmond is a three-time Canadian Champion, three-time Olympic Medalist, and the 2018 World Champion. Growing up in a small town in Newfoundland, she moved first to Montreal and then to Edmonton to further her training. Kaetlyn's career was filled with success and obstacles, overcoming many injuries to come back stronger on the other side.

Following Kaetlyn's World Championship title, she toured with shows like Stars on Ice, Art on Ice, and Rock the Rink before retiring from competitive skating in 2019. Kaetlyn teaches seminars across the country, coaches at the Ice Palace FSC, studies full-time Media Studies at the University of Alberta, is the proud owner of three adorable puppies, Mack, Rascal, and Roxy, and proud owner to her long-time cat, Annie.



***Alexandra Young Palin***

Former Professional Figure Skater  
Principal Performer - Disney on Ice  
Principal Performer - Willy Bietak Productions (Royal Caribbean Cruise Lines)  
National Medallist in Pre-Novice and Novice Pairs  
Junior Competitor in Singles + Pairs  
13 Years Coaching Experience

## **This clinic is for all Junior Academy, Star Prep & Star Skaters!**

This annual seminar is to provide an opportunity for all NWT figure skating athletes at the Star and competitive level to have an intensive training weekend with expert facilitators focusing on both the technical elements and program components. This is a chance to attend on-ice and off-ice classes in a fun learning atmosphere!

**Registration Cost:**  
**Junior Academy/Star Prep - \$50**  
**Star 1-3 & 4+ - \$75**

**Registration will open October 1st on our website!**

# SEPTEMBER 2024 SKATER ACHIEVEMENTS

Stage 1	Agility 1	Balance 1	Control 1	Badge
	Aurelia F. Avianna B. Barrow W. Christopher J. Coralie B. Jade T. Lucy K. Naya F. Vismaad S.	Aubree D. Aurelia F. Barrow W. Coralie B. Isaac E-G. Serenity K. Vismaad S. Nina K. Essex W. Aisling H. Allegresse K. Izabella G. Jordan B. Melina P. Serenity K.	Achilles E. Alice A. Vismaad S. Mya G. Allegresse K.	Achilles E. Alice A. Vismaad S. Mya G.
Stage 2	Agility 2	Balance 2	Control 2	Badge
	Alice A. Chloe L. Deyzha V. Vismaad S. Elena H. Zaylea M.	Alice A. Aurelia F. Chloe L. Vismaad S.	Alice A. Aliyah E. Vismaad S. Zaylea M.	Deyzha V. Vismaad S. Alice A. Elena H. Aliyah E. Zaylea M.
Stage 3	Agility 3	Balance 3	Control 3	Badge
	Aliyah E.	Aliyah E.	Aliyah E.	Aliyah E.
Stage 4	Agility 4	Balance 4	Control 5	Badge
	Siqi L.	Anvi K.	Marina K.	Anvi K.

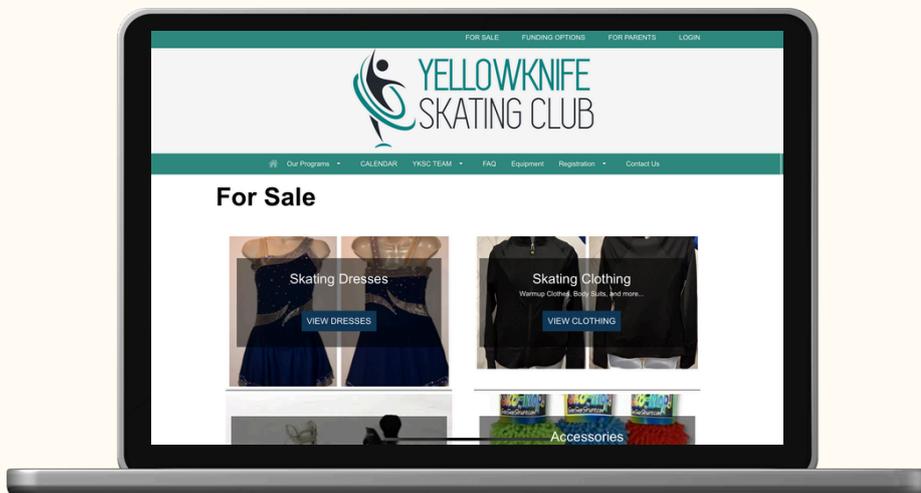
# SEPTEMBER 2024 SKATER ACHIEVEMENTS

Stage 5	Agility 5	Balance 5	Control 5	Badge
	Lily L.	Anna F. Mia R. Aine O.	Anna F. Chloe L. Mia R.	Anna F. Chloe L. Mia R.
Stage 6	Agility 6	Balance 6	Control 6	Badge
	Anna F. Lily K.	Anna F.	Anna F.	Anna F. Lily K.

	BALANCE	CONTROL	AGILITY
<b>STAGE 1</b>	<input type="checkbox"/> Fall down & get up <input type="checkbox"/> Forward skating <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward two-foot sit glide 4/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Snow slide steps <input type="checkbox"/> Backward skating <input type="checkbox"/> Backward two-foot glide 3/3 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Stationary 180° turn <input type="checkbox"/> Stationary two-foot jump <input type="checkbox"/> Forward skating perimeter of ice surface 3/3 check marks required. Ribbon awarded: _____
<b>STAGE 2</b>	<input type="checkbox"/> Forward sculling <input type="checkbox"/> Forward two-foot to one-foot glide <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Forward one-foot glide with speed 4/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward stop <input type="checkbox"/> Backward two-foot sit glide <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence 3/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot turn <input type="checkbox"/> Backward two-foot turn <input type="checkbox"/> Forward 180° glide turn <input type="checkbox"/> Forward two-foot jump 4/4 check marks required. Ribbon awarded: _____
<b>STAGE 3</b>	<input type="checkbox"/> Forward stationary blade push <input type="checkbox"/> Forward two-foot slalom <input type="checkbox"/> Forward circle thrusts <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> Forward two-foot to one-foot curve glide 5/5 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward stop with speed <input type="checkbox"/> Backward sculling <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward one-foot glide with speed 5/5 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot quick turn <input type="checkbox"/> Backward two-foot quick turn <input type="checkbox"/> Forward 360° step turn <input type="checkbox"/> Backward two-foot jump <input type="checkbox"/> Fast forward perimeter skating 5/5 check marks required. Ribbon awarded: _____
<b>STAGE 4</b>	<input type="checkbox"/> Forward crosscuts <input type="checkbox"/> Forward inside giant slalom <input type="checkbox"/> Forward outside giant slalom <input type="checkbox"/> Forward lunge <input type="checkbox"/> Forward spiral <input type="checkbox"/> Drop-down drill <input type="checkbox"/> Forward "V" start 5/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Backward stop <input type="checkbox"/> Backward circle thrusts or pumps <input type="checkbox"/> Backward two-foot slalom <input type="checkbox"/> Backward one-foot glide with curve <input type="checkbox"/> Sustained forward one-foot glide <input type="checkbox"/> Speed drill #1 5/6 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Backward 360° step turn <input type="checkbox"/> Forward to backward two-foot jump <input type="checkbox"/> Backward to forward two-foot jump <input type="checkbox"/> Two-foot spin <input type="checkbox"/> Two-foot sit spin 5/6 check marks required. Ribbon awarded: _____
<b>STAGE 5</b>	<input type="checkbox"/> Forward crosscuts figure-8 <input type="checkbox"/> Forward inside edges <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Running lateral crossovers <input type="checkbox"/> Forward perimeter skating with jumps 5/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot side stop <input type="checkbox"/> Backward stop with speed <input type="checkbox"/> Backward crosscuts <input type="checkbox"/> Backward inside giant slalom <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward spiral <input type="checkbox"/> Speed drill #2 6/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Forward 360° glide turn <input type="checkbox"/> Forward to backward one-foot jump <input type="checkbox"/> Forward power jump <input type="checkbox"/> One-foot spin <input type="checkbox"/> Alternating foot spin <input type="checkbox"/> Forward tight glide turns 6/7 check marks required. Ribbon awarded: _____
<b>STAGE 6</b>	<input type="checkbox"/> Forward power crosscuts <input type="checkbox"/> Forward outside edges <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Forward one-foot sit glide <input type="checkbox"/> Forward spiral (curve or straight line) <input type="checkbox"/> Forward crossover acceleration <input type="checkbox"/> Forward perimeter skating with crosscuts <input type="checkbox"/> Forward perimeter skating with stops 6/8 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot side stop <input type="checkbox"/> Forward two-foot side stop with speed <input type="checkbox"/> Backward outside giant slalom <input type="checkbox"/> Backward crosscuts figure-8 <input type="checkbox"/> Backward perimeter skating with crosscuts <input type="checkbox"/> Backward one-foot slalom <input type="checkbox"/> Backward one-foot spin <input type="checkbox"/> Speed drill #3 6/8 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward C step <input type="checkbox"/> Backward C step <input type="checkbox"/> Two-foot multi turns <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Backward toe-assisted jump <input type="checkbox"/> Backward 360 two-foot jump <input type="checkbox"/> Forward one-foot spin with spiraling edge <input type="checkbox"/> Forward two-foot reverse pivot turn 6/8 check marks required. Ribbon awarded: _____

# LOOKING FOR GENTLY USED SKATES OR SKATING DRESSES?

We have great gently used skates, dresses, for sale on our website in our **For Sale** tab.



You can also send us an email at **[ykskatingclub@outlook.ca](mailto:ykskatingclub@outlook.ca)** if you have any dresses or skating clothing you are looking to sell!

[SHOP NOW](#)

## DO YOU HAVE REFUNDABLE BOTTLES AROUND THE HOUSE?

### HELP US FUNDRAISE FOR OUR UPCOMING EVENTS!

Drop your bottles at the Bottle Depot and print your tag(s) under the phone number **(867) 444-8112**.

After bringing your bottles in, send a quick email to **[kari\\_gjoa@hotmail.com](mailto:kari_gjoa@hotmail.com)** to advise you have dropped off your bottles to credit your skater's fundraising account!

[ykskatingclub@outlook.com](mailto:ykskatingclub@outlook.com)

[WWW.YKSKATINGCLUB.CA](http://WWW.YKSKATINGCLUB.CA)