



# August NEWSLETTER



-----2023-----

## PROGRAM ASSISTANT OF THE MONTH



July program assistant of the month goes to Peyton Reid! Peyton has been skating with the Sungod skating club since 2017! Peyton is very timely and organized and a friendly face down in the red and pink groups. Exceptional work Peyton, keep it up!

Can you find this character in the newsletter?



## CANSKATER SPOTLIGHT

Sebastian Ng is 4 years old and is our featured CanSkater this month! He loves to say hello to all the different coaches and his favourite thing to do is look for Mario on the ice.

## Important Dates:

August 07	BC Day (Regular Skating)
August 08	Competitive Simulation 1 - Summerskate
August 09	Competitive Simulation 2 - Summerskate
August 11	Star 4+ Simulation - Summerskate
August 15	Competitive Simulation 3 - Summerskate
August 17-20	2023 BC?YT Super Series Summerskate Competition

## JULY THURSDAY THEME DAYS

Thursday this summer are Theme Days! The last few weeks we have had skaters dress up for Sports Day, Name Day, Twin Day and What I Want To Be When I Grow Up Theme Day. Can you figure out what outfits are for each theme?





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**BOARD POSITION STILL OPEN!**

**Come join our team**

**We are looking for a**

**DIRECTOR OF FUNDRAISING!**

**Interested? Contact**

**Ronnie at**

**president@sungodskating**

**club.com**

**Stay tuned for the final volunteer opportunities of the 2022/23 season! Positions will become available for the move back to Sungod and summer simulations.**



**August Bridge & Fall 2023 schedule coming soon! Keep an eye on your emails.**



**Did you know 1/3 of our life is spent sleeping?**



Sleep helps the body to heal itself, activate the immune system and gives your heart a break.

Yet we often get so wrapped up in our lives or Netflix that we sleep less than the suggested 7-9 hours for adults and 10-12 hours for young children and teenagers.

When the clock springs forward we lose an hour of sleep and the number of fatal heart attacks rises. When the clock falls back we gain an hour of sleep and the number of heart attacks lowers. This goes to show that losing just an hour of sleep can have a fatal impact on your health.

Here are just a few healthy sleeping habits that will help you to get the well deserved rest your body needs:

- Set a sleep schedule = keep regular hours
- Bedrooms are for sleep = avoid engaging in activities such as watching TV, reading or working in your bedroom
- Avoid digital devices = put phones and other bright technology away at least an hour before bedtime
- Wind Down = a winding-down routine could include a warm bath, a gentle walk, or a milky drink - the key is to do the same order so your mind and body develop the habit of slowing down, ready to sleep.
- Watch your intake - avoid alcohol or caffeine, that includes theine (e.g. in black teas) 6 hours before bed. Also stop drinking water a couple of hours before bed.
- Keep active = do moderate or brisk exercises during the day and do a gentler activity, such as yoga, in the evening.
- Power Naps are a thing! A short 20-30 minute power nap is recommended for short-term alertness without feeling groggy. Anything longer than that is counter-productive and should be avoided.
- You can't catch up on sleep! Sleeping 10 hours one night to catch up on lack of sleep from the previous nights does not work, instead you will encounter decreased reaction times and the ability to focus.
- Bedroom temperatures should not be too warm, 68 - 72° F is ideal.



It usually takes 10 - 20 minutes to fall asleep, if you are falling asleep within 5 minutes you are probably exhausted and sleep deprived. Practicing good sleep hygiene helps to regulate your sleep. So are you ready to get regular, good night sleep?