



December NEWSLETTER



-----2023-----



Important Dates:

Dec 02	Purdy's Fundraiser Deadline
Dec 03	World Ice Skating Day
Dec 22	Annual X-mas Recital & Holiday Family Skate



SOME MORE INFORMATION - KIDS AND SPORT

Age Related Development - 12 to 15 years

Cognitive Development: Adolescents are suddenly aware of how others see them, and growing sexual attractions which make them both social and insecure. They're also strongly influenced by friends and peer groups, so make sure there is always good supervision, and that all youth understand what behavior is and isn't acceptable.

Sleep: Sleep is simply a crucial part of a young person's development. It helps grow the brain, stimulate growth hormones and allows the body to build muscle. For optimum health, adolescents between 12 and 15 should be getting eight and a half to nine and a half hours of sleep a night.

Hydration: Water is absolutely essential for the physical and mental well-being of young people this age. They should be drinking one and a half to two litres of water a day. And remember, if a child says they're thirsty, they're already dehydrated. Keep participants drinking!

Emotional Development: Puberty! Emotions run high at this age, still most kids between 12 and 15 are highly social and enjoy the social aspects of learning. Create activities where participants can learn skills in small groups where they can make connections with their peers.

Physical Development: Kids are growing faster than at any other time in their lives, in fact at this age some participants can grow as much as 12 cm in a few months. All these physical changes create kids who can be clumsy and lack coordination. And there can be wide differences among peers. Give them lots of time to practice and master skills, and encourage them to be patient with themselves!



Reminder! Any additional
Picture Day photos
must be ordered by
December 03!





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WINTER CANSKATE REGISTRATION NOW OPEN!



Learn to Skate
with Sungod Skating Club

January 09 - March 12, 2024

Sungod Arena

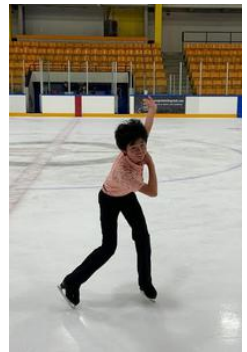
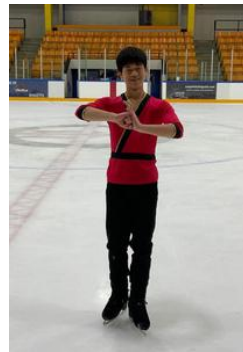


Register online at sungodskatingclub.com

Early Bird Discount Before:
Tuesday, January 02nd, 2024

2024 SKATE CANADA BC/YT SECTIONALS SUPER SERIES

The Sungod Skating Club Competitive Team travelled to Kelowna, BC to skate their programs at the Capital News Centre over the Remembrance Day weekend. For some this was the culmination of their season and all their hard work was laid out on the table. We are so proud of our entire team for representing Sungod at this event and bringing their A-game! An extra special commendation to Alson Chang and Bowen Yan for qualifying for this season's Skate Canada Challenge. Our community cannot wait to cheer them on at their next event!



COMING SOON: HOLIDAY BRIDGE ICE & WINTER 2024



Special Thanks To...

- Angel Care Dental
- Clancy's Tea Cosy
- Eric G. Yang Personal Real Estate Corp
- Leah Bach & The Abodwell Team
- Lindt Store (Tsawwassen Mills)
- Lululemon (Tsawwassen Mills)
- Mastermind Toys (Tsawwassen Mills)
- Myst Asian Fusion Restaurant
- Gulshan & Kurban Keshvani
- Save on Foods (King George Hub)
- Sport Check (Tsawwassen Mills)
- Superstar Awards & Promotions
- True Dan Bubble Tea

From the Competitive Sungod Team

2023 BC COAST REGION JINGLE BLADES COMPETITION

Also in November our Starskaters took to competition ice at the North Surrey Sport and Ice Complex for the 2023 Jingle Blades event hosted by the BC Coast Region. The Sungod Skating Club gives a special recognition to Arianna Erickson-Fung, Logan Lee, and Sophie Doyle for their Gold ribbons, and Isabelle Liang for her first place finish!





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PROGRAM ASSISTANT OF THE MONTH



November Program Assistant of the Month goes to Emily Lam! Emily has been skating with the Sungod Skating Club since 2018. She is one of our newest PAs joining the team only at the beginning of this season. She has grown drastically in only a few months! Great work, Emily!



Volunteer Of The Month

Linh Doyle



Can you find this character in the newsletter?



MAGIC MONDAY

This year our annual Magic Monday Seminar and Jingle Blades Simulation fell on Monday, November 13th. The kids skated their programs and competition skills at the simulation where they did not disappoint! Following that everyone got to share in learning new skills like Bollywood dancing, routine choreography, and even a special Magic Monday Challenge, all the while earning points for their teams which culminated in a final performance and awards presentation. See our Facebook page, [Sungod Skating Club](#), for even more amazing photos and videos of the participants, their dances and on-ice routines. Thank you to the all the board members, volunteers, coaches, and skaters who made this event successful for all!





SUNGOD
SKATING CLUB



X-MAS Recital & Holiday Skate



FRIDAY

DECEMBER 22

2023

HOLIDAY PERFORMANCE 6:00-7:30PM

FREE FAMILY SKATE 7:30-8:30PM

SUNGOD ARENA - FREE ADMISSION
FREE SKATE + HELMET RENTALS

