



December NEWSLETTER



-----2021-----

A MARVELOUS MAGIC MONDAY

Our StarSkaters had a great time on Monday, November 15th, 2021 at our Magic Monday Simulation and Seminar. The skaters prepared for their upcoming competition events as well as learned some new skills on and off the ice. The parents even got in on the learning with a special parents' meeting prepared by the Director of Programs! Here are all our prize winners from the events of Magic Monday:



Most Accomplished Off-Ice (Star 1 & 2)
Naomi Liang



Most Accomplished Off-Ice (Star 3+)
Crystal Wong

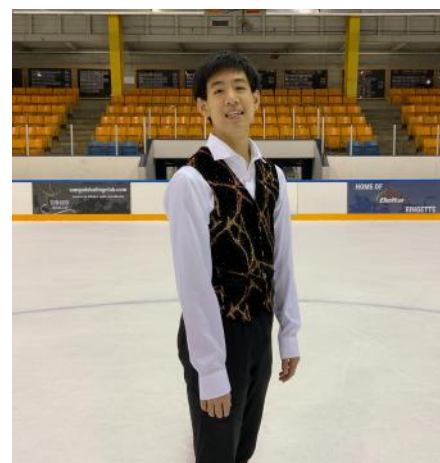


Important Dates:

December 01 - 05	2022 Skate Canada Challenge
December 17	X-mas Recital & Family Skate

GOOD LUCK AT CHALLENGE, JONATHAN AND CADEN!

This year both our very own Jonathan Wu and Caden Chen qualified for the 2022 Skate Canada Challenge! The event is taking place from December 01 - 05, 2021 in Regina, Saskatchewan. Be sure to tap into the livestream at <https://skatecanada.ca/2022-skate-canada-challenge/> to support our Sungod representatives! Caden will be skating in the Novice Men Short on Wednesday, December 01 and the Novice Men Free on Wednesday, December 02 and Jonathan will be skating in the Junior Men Short on Saturday, December 04 and the Junior Men Free on Sunday, December 05. The full schedule and details are available on skatecanada.ca



SUNGOD SKATING CLUB'S
ANNUAL

*X-Mas Recital &
Family Skate*

FRIDAY,
DECEMBER 17





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Most Outstanding Performance (Star 1)
Jerry Chang



Honourable Mention (Star 1)
Olivia Hu



Most Outstanding Performance (Star 2)
Madeline Lin

OH THE WEATHER OUTSIDE IS FRIGHTFUL BUT VITAMIN D IS SO DELIGHTFUL

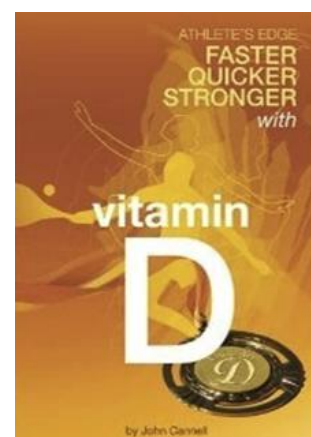
Tis the season when rain clouds take over and the days of soaking up the sun are limited. However, just because our body is not getting vitamin D does not mean that it is not craving it. Especially for athletes, vitamin D has been proven to be very beneficial. Dr. John Cannell in his book "Athlete's Edge - Faster, Quicker, Stronger with Vitamin D" describes the positive impact high levels of vitamin D has on an athlete's body. He states "that Vitamin D improves muscle tone, muscle strength, balance, reaction time and physical endurance, as well as immunity and general health." In our our sport, figure skating, supplementing our diet with vitamin D is extremely important as we train mostly indoors. If you are vitamin D deficient an intake of "vitamin D will help improve speed, strength, quickness, endurance, reaction time and cognitive function."

Q: How can we identify if we are vitamin D deficient?

A: Ask your doctor to perform a simple laboratory blood test. If your levels are below 50 ng/ml (125 nmol/L) you are deficient and can work to bring them up.

There are lots of ways to add more vitamin D to your life, speak with your physician or pharmacist for suggestions!

Make sure you eat a good and varied diet with whole grains, eggs, dairy products, seeds and nuts, fermented cheese, green leafy vegetables, fruit, fish, and red meats to get the adequate calcium, magnesium, zinc, boron, potassium, and vitamin K. Most athletes, after honestly examining their diet, will need to take a magnesium supplement containing at least 250 mg of magnesium and 1000 mcg of vitamin K2. Once you have received the test results, if you wish to bring up your vitamin D levels above 50 ng/ml using only supplements you will need roughly 1,000 units per day for every 10 ng/ml that you wish to increase. Most athletes will obtain ideal levels by taking 5,000 units of vitamin D per day. The body can best absorb the vitamin D supplements if it is taken with vitamin K2 together. If you would like to find out more about this topic I suggest reading the book, using good old google or speaking to a physician. A copy of the book is available for borrowing, please contact Coach Constanze.



Has your skater got the edge?



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SUNGOD HAS GOT COMPETITIVE SPIRIT

After a long time away from in-person events, finally every category from Star 1 to Senior had the opportunity to participate in a competition this past month! Here are the results of each Sungod competitor in the 2022 belairdirect

Skate Canada BC/YK Sectionals Super Series, 2021 BC Coast Region Star 5 to Gold Competition, and 2021 Jingle Blades Competition.



Honourable Mention (Star 2)
Chelsea Jui



Most Outstanding Performance (Star 3)
Sayler Bencze



Most Outstanding Performance (Star 5 & 6)
Manheer Dhaliwal

Sectionals

Pre-Juvenile

Nicholas Lam - 6th
Bowen Yan - 1st

Juvenile

Kennadie Hawthorne - 36th
Haley Urwin - 16th
Peyton Reid - 31st
Taylor Perkins - 9th



Pre-Novice

Alson Chang - 11th
William Bryan - 9th
Alisa Goncharova - 20th
Leila McManus - 15th
Julie Manner - 10th



Novice

Pareena Sidhu - 16th
Caden Chen - 4th



Junior

Abbie Irwin - 10th
Jonathan Wu - 3rd

Senior

Diana Hong - 4th





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Star 5 - Gold



Star 5

Aubrey Sallinen - 5th
Ava Macedo - 11th
Simreet Badhesha - 6th
Phoebe Kao - 14th
Chloe Iverson - 7th
Charlotte Boucher - 15th



Best Creative Spirals

Reese Perry-Whittingham & Abby Kandler

Star 6

Manheer Dhaliwal - 2nd
Crystal Wong - 5th



Jingle Blades



Star 1

Jerry Chang - Gold
Elizabetha Ung - Silver
Isabelle Liang - Gold
Mia Nolasco-Shuster - Silver
Mia Deane - Bronze
Raeleigh Daszenies - Silver
Olivia Hu - Gold



Star 2

Audrey Bi - Silver
Young Liu - Silver
Reese Perry-Whittingham - Bronze
Madeline Lin - Gold
Chelsea Jui - Silver
Emma Price - Bronze
Kira Chang - Silver
Sarah Ung - Silver
Naomi Liang - Bronze
Cindy Liu - Silver
Lexin Chen - Bronze
Yarina Du - Bronze
Eliana Yang - Gold



Best Landing Positions

Yarina Du & Olivia Cheung



Best Group Creative Expression

Manheer Dhaliwal, Chloe Iverson, Abby Kandler, Olivia Cheung, Sayler Bencze, Charlotte Boucher



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Jingle Blades



Star 3

Sayler Bencze - Silver
Lucia Sedgewick - Gold
Abby Kandler - Silver
Japnoor Nagra - Silver
Charlene Chan - Silver
Olivia Cheung - Silver



Star 4

Alysia Li - 13th



Best Poster Design (Star 1 & 2)
Young Liu



Best Poster Design (Star 3+)
Chloe Iverson

THANKS TO ALL OUR VOLUNTEERS!

An enormous thank-you to all our amazing volunteers this month! Assisting the club with Magic Monday were Maggie Sun, Jane Yu, Jen Daszenies, Holly Xu, Gloria Chien, Louisa Lee, Gloria Gao, Amy Wang, Erika Lu, and Shelley Gelinas. Assisting the club with music playing were Olivia Yan, Maggie Sun, Kathrina-Nolasco-Shuster, Holly Xu, and Keano Chang. Thank you all for your support!

