



February NEWSLETTER



-----2024-----

**Volunteer of
the Month
Julia Guo**



Clothing Drive

Bring your gently used donated items

SUNDAY, FEBRUARY 11, 2024

9:00am -12:00pm

to the Sungod Arena Upper Lobby Meeting Room



Save the Date for the

CLUB BOTTLE DRIVE...

SATURDAY, MARCH 2, 2024

9:00am - 12:30pm

If you still need volunteer hours, this is a big event with more details to follow early February. Volunteer positions are available by scanning the QR Code below and include set-up, flyer delivery, drivers, pick-up crew & sorters. If you have a pick-up truck and can help, please consider the driver position.



Important Dates:

Feb 01-04	2024 Skate Canada Challenge Pre-Novice / Novice
Feb 02-04	2024 BC Coast Regional Championships / WinterSkate
Feb 11	Clothing Drive
Feb 22-25	2024 BC Winter Games
Feb 26-Mar 03	Star 1-5 Testing
Mar 01	Starskate Final Simulation

2024 SKATE CANADA CHALLENGE

Congratulations Alson Chang and Bowen Yan on qualifying for Skate Canada Challenge in Oakville, Ontario! Alson is competing in the Novice category and Bowen in the Pre-Novice category. Read the North Delta Reporter article online: <https://www.northdeltareporter.com/local-sports/sungod-skating-clubs-dynamic-duo-goes-to-skate-canada-7311731>



2024 BC WINTER GAMES

Our skaters Leila McManus, Nicholas Lam, and Taylor Perkins were selected to skate at the BC Winter Games coming up in Quesnel, BC from February 22-25, 2024. All three skaters are in the Pre-Novice category. Go, Team Sungod! We are all wishing you a great trip and so proud of all your achievements!





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PROGRAM ASSISTANT OF THE MONTH



January Program Assistant of the month goes to Bowen Yan! Bowen has been skating with the Sungod Skating Club since 2017! He demonstrates great time management and is becoming more confident in using his voice! Outstanding work Bowen, keep it up!



Can you find 5 of these in the newsletter?



MENTAL PREPARTATION & WELLNESS WORKSHOP 2024

ATTENTION Star 5 + Intermediate skaters and Senior skaters, the wellness workshop facilitated by Coach Sabrena has 4 spots remaining for this season!

WHY JOIN? Figure skating is one of the most physically demanding sports to exist but it's also one of the most mentally taxing sports. We train our skaters to be the best in skating skills, jumps and spins but we sometimes overlook the mental toughness needed to thrive beyond these skills. When children begin to compete, they become aware of the anxiety, frustration, and stress accompanying the sport. The wellness workshops, that started in the summer, aim to develop skaters into resilient individuals who can bounce back stronger when met with inevitable life setbacks. In these workshops skaters learn through activities how they can develop self-esteem, positive self-talk skills, managing stress and anxiety, and mindfulness. Workshops have started and will run until March 10 on Sundays from 1:30-2:30PM at Sungod.

Please contact Coach Sabrena by email (sabrenaboyal@gmail.com) ASAP to be able to join the workshops on February 04.



CHECK THIS OUT!

"Mental Toughness For Young Athletes" by Moses and Troy Horne

This book is written by a father and son based on their experience with the son's competitive basketball career. After some initial struggles they found that strengthening the son's mindset was the only way forward. The book introduces 8 five-minute mindset exercises for children and teens.

This parent's guide is a quick and easy read and recommended for any parent that has a child in competitive sports.

This resource can be found online but Coach Constanze also has a hard copy that is able to be loaned out.

