



January NEWSLETTER



-----2024-----



Important Dates:

Jan 08	First Day of Winter 2024
Jan 09	First Day of Tuesday CanSkate
Jan 11	Competitive Team Meeting
Jan 14	First Day of Sunday CanSkate
Jan 26	Winterskate Simulation
Feb 01-04	2024 BC Coast Regional Championships / WinterSkate
Feb 01-04	2024 Skate Canada Challenge Pre-Novice / Novice

PROGRAM ASSISTANT OF THE MONTH



November program assistant of the month goes to Nicholas Lam! Nicholas has been skating with the Sungod skating club since 2018! He is working hard and developing his skills with some of our youngest skaters on the ice!
Amazing work Nicholas, keep it up!



FINAL STAGES - KIDS AND SPORT

Age Related Development - 16 to 19 years

Cognitive Development: As kids get older they're motivated by healthy competition and social relationships. Give them lots of opportunities to compete in healthy, supportive environments. The goal should always be to learn skills and have fun, never crushing the opponent. Remember to instill that good sportsmanship should always come first.

Sleep: Sleep is absolutely crucial to a healthy body and a healthy mind. Late teens need 8 to 9 hours of sleep a night for optimum mental and physical performance. In fact, a lack of sleep will effect dexterity, mental sharpness, and even increase the chance of depression. Even though young people this age may fight sleep, it's vitally important to their health.

Hydration: Believe it or not, teens need to consume about two and a half litres of water every day. Water helps lubricate joints, cushion organs and regulate body temperature. Ample amounts of water also aid in food digestion and proper absorption of nutrients. So, for their health, keep teens hydrated.

Emotional Development: Older teenagers are more intellectually advanced than children or younger teens, and work well when they are consulted and included in decision-making. At this age, kids are better able to understand and rationalize why they are being asked to do something, so take opportunities to ask for input and feedback.

Physical Development: Though teenagers are stronger and more capable than at any previous age, over-training causes this age group to have the highest dropout rate in sport and activities. Beware of pressuring the young people you lead to perform and compete. For all teens, even those at the top of their game, keep things fun and rewarding!

Can you find all 5 of these shapes?





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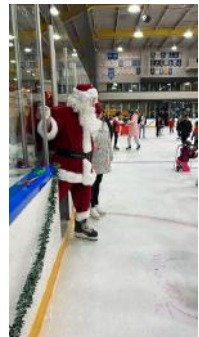
Volunteer of the Month Mark Lin



WINTER CANSKATE REGISTRATION IS ONGOING!

THE MAGIC OF CHRISTMAS 2023

This year our annual X-mas Recital and Holiday Skate titled "The Magic of Christmas 2023" ran on Friday, December 22. Thank you everyone who made this event great and all those who came to share in the holiday cheer and viewed the performances and joined our free skate!



Learn to Skate
with Sungod Skating Club

January 09 - March 12, 2024

Sungod Arena

KidSpot DELTA
So ALL Kids Can Play!

Jumpstart Bon départ

Register online at sungodskatingclub.com