



# January NEWSLETTER



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## WINTER THEME DAYS



## Important Dates:

Jan 04	Polar Bear Skate @ Tsawwassen Springs - Slots Full!
Jan 05	First Day of Winter 2026 Skating
Jan 06	First Tuesday of Winter CanSkate
Jan 11	First Sunday of Winter CanSkate
Jan 23	Winterskate Simulation
Jan 29-Feb 01	2026 BC Coast Regional Championships/Winterskate

## 2025 - A YEAR IN REVIEW

### January



### February



### March



We had so much fun in our last week before winter break! Can you tell what all the themes were?





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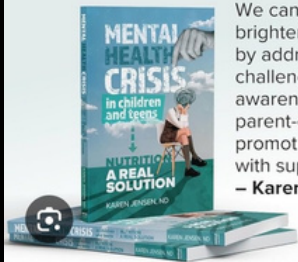
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## BOOK SUGGESTION

Discover how to empower families and communities by exploring holistic approaches to mental health. Gain insight into the importance of nutrition and supplements for mental well-being.

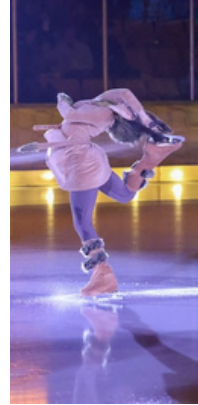
### Concerned about your child's mental health?

70% of parents are more concerned about their child's mental well-being than their physical health

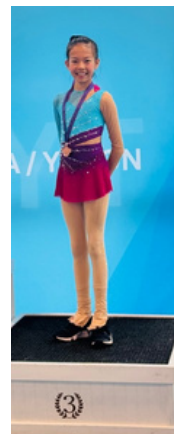
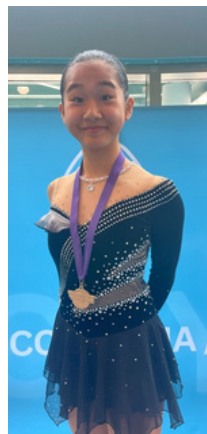
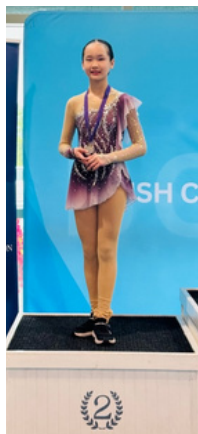


“ We can foster resilience and brighter futures for children by addressing mental health challenges, raising awareness, strengthening parent-child bonds, and promoting a balanced diet with supplements. – Karen Jensen, ND ”

*Cheers  
to a  
New Year*



May



June







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## FAREWELL TO COACH AUSTIN



On behalf of the Sungod Skating Club, I would like to inform you that Austin Ma will be leaving the club due to personal reasons. His final day with Sungod Skating Club will be January 18th 2026.

Austin has been a valued member of our coaching team, and we are grateful for his dedication, commitment, and the positive impact he has had on our skaters and club. We thank him sincerely for his contributions and wish him all the very best in his future endeavors.

Please join me in thanking Austin for his time with Sungod Skating Club.

~Mark Lin  
President



## July







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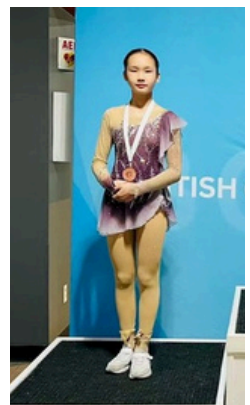
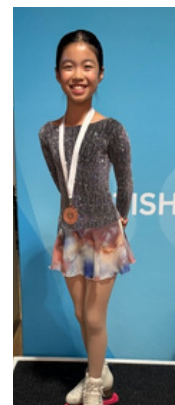
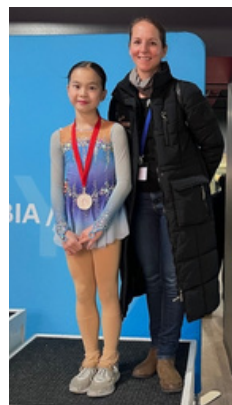


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## PARENTS TRY ACADEMY OFF-ICE



## August



## September





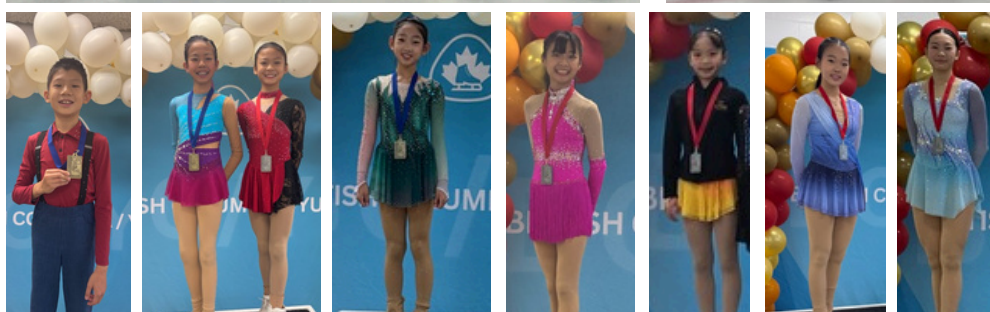


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October



November



December



WELCOME 2026

## ALUMNI EVENT

Did you know that Sungod Skating Club was established in 1972?

For over 50 years, we have been proud to serve our community.

At our most recent Christmas Recital, we had an opportunity to welcome back past skaters, coaches, and executive board members.

Find a video recap from our Alumni

Reception on our youtube channel:

<https://www.youtube.com/shorts/r7Eu1QJ0Bho>