



July



NEWSLETTER

-----2021-----

BEAT THE HEAT

With the extreme heat so far this Summer it is very important to know what signs to look for!

Make sure to watch for these symptoms:

- High body temperature
- Altered mental state or behavior
- Alteration in sweating
- Nausea and vomiting
- Flushed skin
- Rapid breathing
- Racing heart rate
- Headache

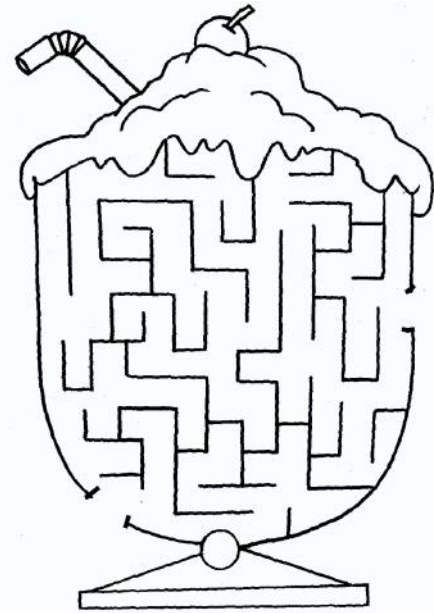


The Mayo Clinic Health System suggests these great tips to help prevent heat stroke:

- Wear loose fitting, lightweight clothing
- Protect against sunburn
- Drink plenty of fluids
- Take extra precautions with certain medications
- Never leave anyone in a parked car
- Take it easy during the hottest parts of the day
- Get acclimated
- Be cautious if you're at increased risk

REGULAR SKATING ON CANADA DAY

There is regular skating on Canada Day this year, Thursday, July 01, 2021. Starting on this day as well is the start of the new, adjusted Summer schedule. Check your emails for details!



LOOKING FOR A TREASURER!

Looking for a Treasurer for the Sungod Skating Club Board .

Accounting and bookkeeping experience is required. For more details please contact Harman Sidhu at: president@sungodskatingclub.com

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Save The Date!



September 15, 2021

MORE DETAILS TO COME CLOSER TO EVENT!



July NEWSLETTER



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SUMMERSKATE SIMULATIONS



Friday, 16 July 2021
Friday, 23 July 2021
Friday, 30 July 2021

8:15 - 11:45 am

Registration coming soon to Uplifter! All simulations will be found under "Workshops and Simulations."

**NEW WEBSITE
IS NOW LIVE!**

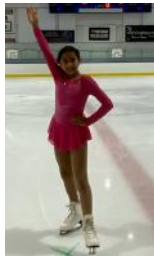
WWW.SUNGODSKATINGCLUB.COM



ACADEMY SPRING CLUB COMPETITION RESULTS

All our Academy skaters did an amazing job at their Spring competition events at the end of last season. Our guest judges were amazed at their routines and spectacular new skills! A big thank-you to our judges; Faith Benko, Pareena Sidhu, Emma Price, Devneet Parmar, Kyran Steuart, Katelyn Reis, and Norma Grant!

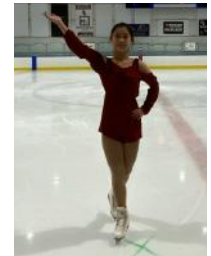
Our medalists for the Academy Level 3 Club Competition 2021 :



Haley Mann, Bronze



Shyla Solberg, Silver

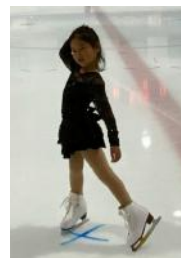


Olivia Hu, Gold

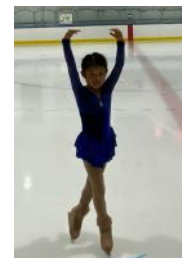
The Academy Level 2 Club Competition 2021 Group 1 medalists:



Leia Xu, Bronze



Jasmine Xu, Silver



Olivia Chen, Gold

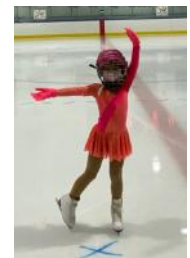
The Academy Level 2 Club Competition 2021 Group 2 medalists:



Grace Pont, Bronze

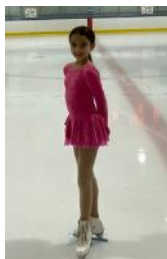


Lucille Schroeder, Silver

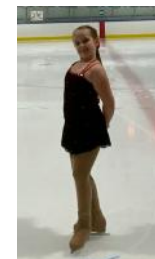


Kaitlin Hu, Gold

The Academy Level 1 Club Competition 2021 medalists:



Nala Ramji, Bronze



Stephanie Lynch, Silver



Yarina Du, Gold



July NEWSLETTER



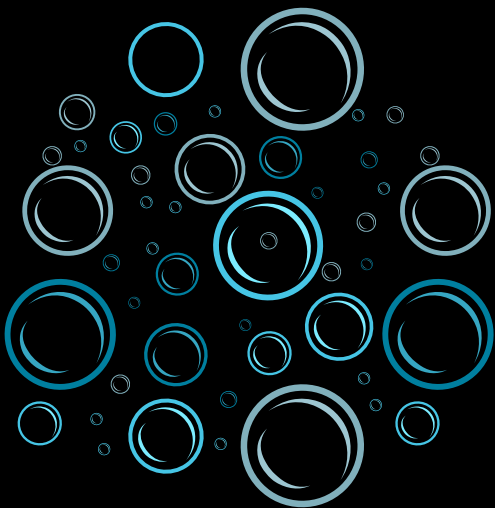
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DO TRY THIS AT HOME!

The Summer brings all sorts of fun outdoor activities and playing with bubbles is always a favorite. If you do not have any bubbles at home already, here is super fun and easy way to make them out of everyday items! You will need:

- 4 cups of water
- 1/2 cup of Dawn dish soap
- 1/3 cup of honey or 1/4 cup corn syrup

Mix all the ingredients together in a shallow dish and the bubble mix is ready!



TIP: For giant bubbles try making a bubble wand out of a string and 2 straws! Loop the string through the straws and tie the ends together. Use the straws to hold the string wide and dunk in the bubble mix to make giant bubbles!

SESSION E SPRING CLUB COMPETITION RESULTS

The Session E skaters also participated in a Spring club competition this year and it was a great first event for them! Some skaters performed a routine to music, and others skated a mock Star 1 event. Congratulations to all the competitors!

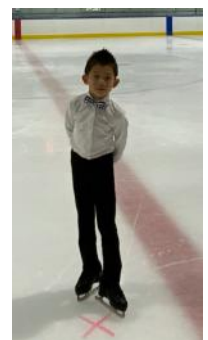
The medalists for the Session E Spring Club Competition 2021 Group 1:



Isabelle Liang, Bronze



Elizabeth Ung, Silver



Jerry Chang, Gold

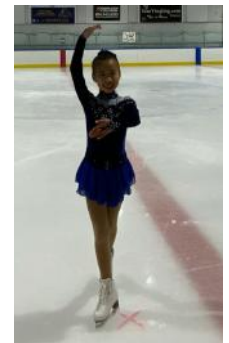
The Group 2 medalists:



Kaitlin Chen, Bronze



Kira Chang, Silver



Sarah Ung, Gold

And, finally, the Group 3 medalists:



Young Liu, Bronze



Eliana Yang, Silver



Madeline Lin, Gold