



November NEWSLETTER



-----2023-----



Important Dates:

Nov 07	High Performance Open House
Nov 09-12	2024 Skate Canada BC/YT Sectionals Super Series
Nov 13	Magic Monday Seminar & Jingle Blades Simulation
Nov 17	Sungod Picture Day
Nov 24-26	2023 BC Coast Region Jingle Blades Competition
Dec 03	World Skating Day



CONSIDER THIS - KIDS AND SPORT

Age Related Development - 8 to 11 years old

Cognitive Development: These are the years where there's the strongest link between body and mind, so keeping kids eight to eleven active helps them learn! During these years, many young people become competitive and struggle with losing. Good sportsmanship is often a challenge. So invest extra time into the lessons of winning and losing graciously.

Sleep: Sleep is always important, but to growing bodies and minds it's crucial. Children this age should get nine to 11 hours of sleep a night. Lack of sleep makes kids clumsy and unable to manage their emotions, but most importantly, sleep is vital in healthy brain development.

Hydration: Not getting enough hydration for a child can create muscle weakness, fatigue and headaches. Participants in this age group should be drinking between one and a quarter and one and three quarter litres of water every day.

Emotional Development: At this age, participants still tend to want to come first, and many still want all the attention on them, which means that squabbles can break out when a child feels overlooked or left out. Kids in this age group often easily get their feelings hurt. So introduce games and activities that are less competitive and more collaborative, and activities that give every child a chance to shine.

Physical Development: Kids are becoming more physically confident and aware of their bodies during these years. Most can dribble a ball with one hand and ride a two-wheeled bike. They are becoming more skillful at skipping, catching and throwing a ball. Participants between 8 and 11 like to move. They can become restless if they have to sit for too long, so keep instructions short and activity level high.



VOLUNTEER OF THE MONTH



Thank you
NINA WANG!



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CANSKATER SPOTLIGHT



Hi, Nathan Martens! This skater is 3 years old and has just been accepted into our Academy program.

Way to go!

PROGRAM ASSISTANT OF THE MONTH



October Program Assistant of the month goes to Taylor Perkins! Taylor has been skating with the Sungod Skating Club since 2017! She is one of our senior PA's and has demonstrated great leadership and initiative this month! Amazing work Taylor, keep it up!

2023 SUPER SERIES AUTUMN LEAVES

The Sungod Skating Club had 26 competitors join the 2023 Super Series Autumn Leaves competition in Chilliwack, BC. A special congratulations to Haley Urwin, Bowen Yan, Eliana Yang on their medal finishes and Endacy Yu for her Gold ribbon placement.



MARVELOUS DESIGNS

In the morning workshops some of our skaters worked on these amazing outfits. We see some future designers in our midst!



Fall Back!

Clocks go
back 1 hour
on November
05, 2023

A big shout-out to Leah Bach & The Abodwell Team for your continued support. We appreciate all that you do for our Club! <https://leahbach.com/>

LEAH BACH & THE
ABODWELL
TEAM



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PURDY'S HOLIDAY FUNDRAISER

Reminder! We are bringing back one of our most popular fundraisers!

Sungod Skating Club will be selling Purdy's chocolates just in time for your celebrations.

Deliveries will be made in early December (December 4 – 15) to ensure that you get your goodies in time for all the festivities you have planned.

You can follow this link and it will direct you to our Club campaign. <https://fundraising.purdys.com/1450668-107842>

Don't miss out on this opportunity to get all your holiday chocolates in one easy place!



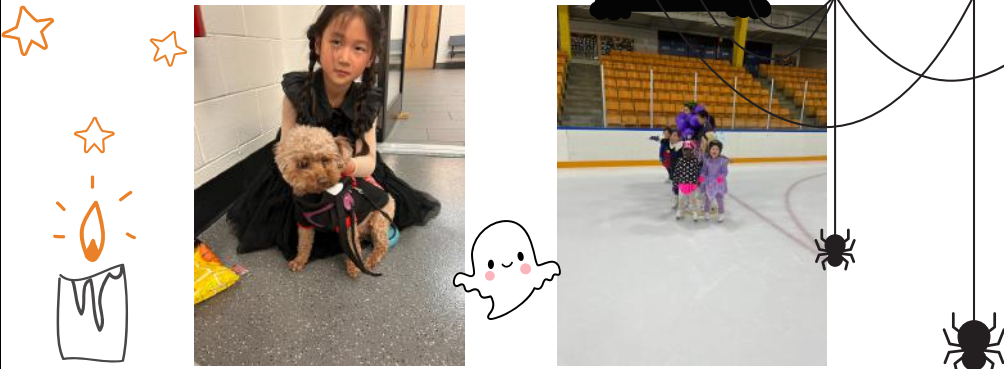
SUPPORT OUR COMPETITIVE TEAM!

The Sungod Skating Club Competitive Team will be hosting bake sales on the following dates:

SUNDAY, NOVEMBER 05
SUNDAY, NOVEMBER 19

The bakes sales will run from 10:00-11:00am at Sungod Recreation Centre. Bring your loose change and come support our athletes!

HAUNTED HALLOWEEN FUN



WORLD SKATING DAY

December 03, 2023

11:00-1:00pm

Invite your friends and family to join us for a free skating Open House! There will be free skate and helmet rentals at Sungod Arena on December 03, 2023 for World Skating Day.

Come share the excitement for gliding on the ice!





COME TO ENJOY AN EVENING OF HIGH PERFORMANCE FIGURE SKATING



TUESDAY
NOVEMBER
7TH
7:00 - 8:30 PM
@ SUNGOD
RECREATION
CENTER



FREE
ADMISSION

DOORS
OPEN
6:45 PM

Featuring:



PRE-JUVENILE
CHAMPION
LEILA MCMANUS



BC WINTER GAMES
CHAMPION
ALSON CHANG



PRE-JUVENILE
CHAMPION
BOWEN YAN

OPEN SEATING
BRING FRIENDS & FAMILY

