



October NEWSLETTER



-----2023-----

CANSKATER SPOTLIGHT



Our CanSkater spotlight this month goes to the Chu sisters! Amelia, Elysia, and Olivia are each in different levels of their CanSkate journey but they all are working hard on their skills. Keep up the great work, girls!

CANSKATE HALLOWEEN DRESS-UP SKATE

WEAR YOUR COSTUMES FOR OUR SUPER
FUN AND SPOOKY SKATE!

SUNDAY, OCT 29

TUESDAY, OCT 31



Important Dates:

| | |
|-------------|--|
| Oct 01 | Regular Skating |
| Oct 02 | Wear Orange for Orange Shirt Day |
| Oct 09 | Thanksgiving - Regular Skating |
| Oct 10 | Autumn Leaves Simulation 1 |
| Oct 13-15 | Autumn Leaves Super Series Competition |
| Oct 29 & 31 | CanSkate Halloween Dress-Up |
| Oct 31 | Halloween & Sectional Simulation 1 |

FOOD FOR THOUGHT - KIDS AND SPORT

Age Related Development - 4 to 7 Years Old

Cognitive Development: An early start to activity enhances the development of brain function. When children are physically active, they build confidence, social skills, emotional control and imagination. All this while reducing stress and improving sleep.

Sleep: Sleep is fundamentally important to growing bodies and minds. Children between the ages of four and seven should get 10 to 11 hours of sleep a night. In fact, at this age, sleep is fuel for growth. When young people don't get enough sleep the growth hormone their bodies produce is stunted. So sleep is more important than most kids and leaders know!

Hydration: At this age, water typically makes up half a child's body weight, and is crucial to keeping their young bodies functioning properly. To do this, four to seven year olds need to drink at least one to one and a half litres of water per day.

Emotional Development: Kids this age are exploring the world through their growing independence, and they still love imaginative games. Give them opportunities to learn fundamental skills like balance and coordination through group games and role play. Also set challenges they can achieve so they gain confidence in their bodies and their abilities.

Physical Development: Children this age need to focus on their agility, balance, coordination and speed. These skills are essential for developing the fundamentals of movement which create the foundation for physical activity. Together, the movement and physical activity fundamentals form the basis of physical literacy. So give your participants lots of opportunities in safe environments to test what their bodies can do, and be sure to introduce new skills only when the basic ones have been mastered.



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PROGRAM ASSISTANT OF THE MONTH



September Program Assistant of the Month goes to Abby Kandler! Abby has been skating with the Sungod Skating Club since 2017! She has really grown and come out of her shell and is a great role model for our skaters out on the ice.

HALLOWEEN SAFETY TIPS

- Stay secure while trick or treating.
- Keep your children safe by teaching them to stay visible and to be aware of their surroundings.
- Always examine the treats and toys that are brought home before giving them to your children.
- Stay vigilant for fire hazards and prevent injuries while getting into the spirit of Halloween.
- Ensure that your children are dressed appropriately for Halloween.

NEW FALL SUPER SERIES COMPETITION

This September was the first ever BC/YT Super Series Fall Competition in Parksville, BC. The skaters embarked on their travel to the island via the ferry with Coach Hana and Coach Constanze. It was a busy weekend with 10 of our skaters training and competing! Special commendation to Haley Urwin for earning a medal in Star 9 and Star 10, Kira Chang for her medal finish in Star 5, and Phoebe Kao for placing in Juvenile.



HOORAY!



NATIONAL COACHES WEEK

September 16-24, 2023 was National Coaches Week! Thank you to all our coaches for all that they do and thank you to everyone for sending in their pictures and memories!



Can you find this character in the newsletter?



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OPEN HOUSE FUN



Our skaters had a great time welcoming the community into Sungod Arena for our annual Open House! The Program Assistants had just finished their training and were ready to help the first-time skaters. Thank you to all our volunteers and members who made it amazing!

**PICTURE DAY is
NOVEMBER 17,
2023**

**Academy
& above**



FUNDRAISING OPPORTUNITIES



T1) Purdy's Holiday Fundraiser

We will be bringing back our popular Holiday Fundraiser!

Sungod Skating Club will be selling Purdy's chocolates just in time for the holidays.

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

You can follow this link and it will direct you to our Club campaign.

<https://fundraising.purdys.com/1450668-107842>

2) Flip Give

Shop online with popular brands like Amazon.ca, Lululemon, Walmart, Apple, Under Armour, Sport Chek, Nike or buy eGift cards to restaurants and Sungod Skating Club will earn cash back! To get started all you have to do is join the team and shop. We even earn an extra \$5 when you make your first purchase.

Join the team now by clicking on [https://www.flipgive.com/teams/join?](https://www.flipgive.com/teams/join?fundraiser_name=Ronnie+Perkins&joincode=LTR4CE)

[fundraiser_name=Ronnie+Perkins&joincode=LTR4CE](https://www.flipgive.com/teams/join?fundraiser_name=Ronnie+Perkins&joincode=LTR4CE)

This will take you to a window to input invite code. This should be automatically populate with LTR4CE

3) Return It Bottle/Container Recycling

Thank you to everyone who supported us at our bottle drive! Did you know that you can support us year-round with these simple steps?

- Put your cans and bottles into a clear plastic bag. No sorting required
- Go to any Return-It Express locations: <https://www.return-it.ca/locations/express/>
- Go to the express window and enter in the Sungod Skating Club Phone Number into the self-service machine: 604-839-0950
- Print the sticker and place the label on the clear bag
- Leave the bag in the drop off area



Every little bit helps, and we appreciate each and every one of you for the support you provide our Club.