



September NEWSLETTER



2021

MOVING BACK TO SUNGOD

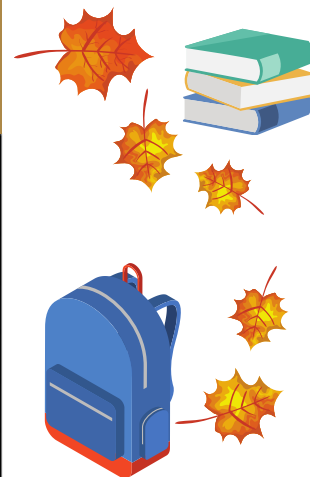


On the last day of Summer our wonderful volunteers helped move all the heavy equipment from Tilbury Ice to Sungod Arena. Now all our skaters will be ready to pump some iron and train hard this season. Thank you to everyone who assisted with this difficult job in preparation for Fall! We could not have done it without you, Pareena Sidhu, Jonathan Wu, Leila McManus, Li Chen, Tabetha McManus, Coach Hana & Coach Jackie.



Important Dates:

September 06	No Skating - Labour Day
September 07	First Day of Fall
September 12	Open House & PA Training
September 14	First Day of Tuesday CanSkate
September 19	First Day of Sunday CanSkate
September 20	No Regular Dryland Classes
September 24	Sectional Simulation 1

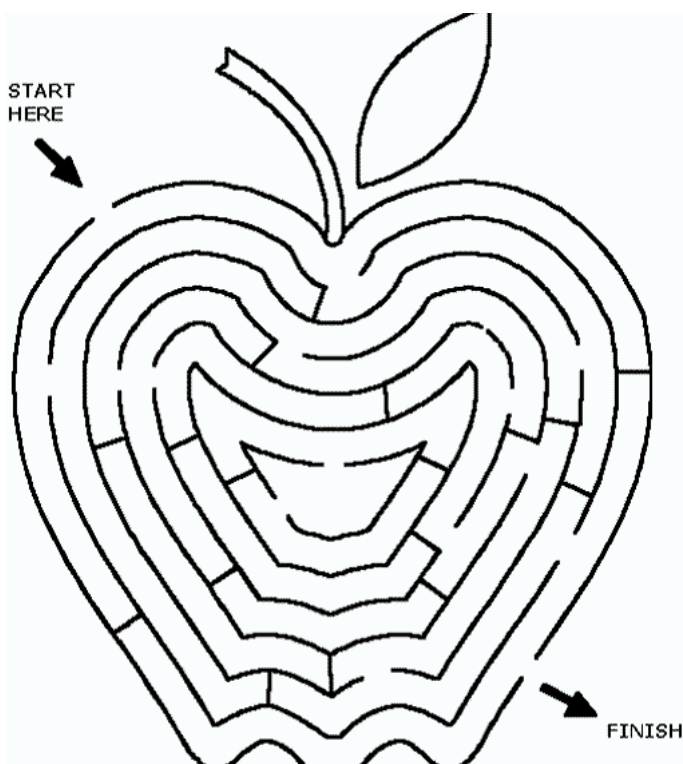


FULL PROGRAMS FOR FALL

As we head into the Fall 2021 season, the Sungod Skating Club is fortunate enough to be able to offer our full set of programs at regular capacity, including CanSkate! CanSkate is now available two days per week; Tuesdays and Sundays. We are also able to return to having such wonderful events as simulations with spectators, competitions, and recitals! Keep your eyes open for details about all these great events as they become available. Our complete Fall 2021 schedule for regular classes is available at:

<https://sungodsc.uplifterinc.com/pages/Schedules/>

Along with being able to have our full programs, once again we are able to offer the multi-program discount for our figure skating members from Academy to Senior. Volunteer deposits also have returned for our members from Junior to Senior. With being able to have many events again, there will be plenty of opportunities for Sungod families to volunteer and show everyone what makes them the best team ever!





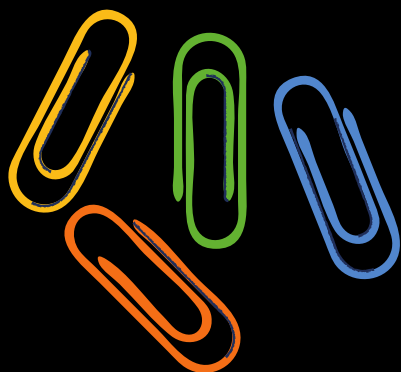
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BACK-TO-SCHOOL ESSENTIALS



The best back-to-school essentials:

- Being ready to learn
- Bringing full effort to class
- Turning on your listening skills
- Packing your lunch (and smile) to fuel your day
- Having a positive attitude!



WARM WELCOME TO CONSTANZE PAULINUS

The Sungod Skating Club is extremely proud and excited to announce the arrival of new coach Constanze Paulinus who will be joining the coaching team as our High-Performance Manager. In her career as a competitive skater, Constanze was a 3-time National Champion in Great Britain and was a senior national medallist for Germany from 2004 – 2009. She represented Germany internationally from 2004 until 2009 competing in various international events and ISU Grand Prix Championships. She was awarded with Female Athlete of the Year in 2008 in recognition of achieving excellence in her sport.



As a coach Constanze has had athletes compete at Senior & Junior ISU Grand Prix events, Junior World Championships, Four Continents Championships and the World Figure Skating Championships.

One of her attributes we are eager to have is her experience and expertise in working with skaters on triple and quadruple jumps. She has a keen eye for technique and was complimented by the Skate Canada Coaching Education Commission for some of her unique and progressive exercises she uses in her coaching of skating jumps. Throughout her coaching career she has worked in various countries including her homeland of Germany. Just this summer, she finished a 5-year contract with the Ice Castle International Training Centre in Shenzhen, China.

Constanze has a vast resume of educational achievements, including her Masters of Arts Degree from Humboldt University in Berlin, a certification in Sports Psychology for High Performance Sport and a German national coaching degree for elite figure skating.

Constanze will be starting with the club on Tuesday 07th September and we are eager and excited to welcome her. She will be a wonderful addition to our already great team of coaches and her international coaching background is a huge bonus to our club and our skaters. We will do an official welcome to Constanze at the start of the Fall/Winter to enable all members to meet her in person.



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PARENT VIEWING DAYS



From the beginning of the Fall 2021 season, the Sungod Skating Club will be implementing Parent Viewing days. This will allow parents to view the classes of the Academy and above on pre-specified dates and times each month. These arrangements will be uniform for the entire membership outside of the CanSkate program. The Parent Viewing days for Starskate/Competitive members will be on the third Monday, Wednesday, and Friday of the month and for the Academy Program will be every third Tuesday, Friday and Sunday of each month.

Parents will be welcome to attend and view special events such as competition simulations, any recitals, and ice show!



CLUB AGM

SAVE THE DATE - UPDATED

OCTOBER 20, 2021

* MORE DETAILS TO COME *

GOOD-BYE SUMMER!

On the last day of sessions, our skaters had a blast at their Beach theme fun day! Look at all the amazing costumes. Which session did it best?



OPEN HOUSE

Sungod Recreation
Centre
10:00-11:45am

September 12, 2021

Come Try CanSkate -
Free Skate & Helmet Rentals