



skatekerrisdale.com

Kerrisdale FSC Newsletter

Issue: November/December 2019



"Skating is an amazing form of self-expression. It's like my soul at play."
— Josee Chouinard

Kerrisdale Figure Skating Club (KFSC) will be closed from December 23rd to January 6th, inclusive. Lessons will restart on January 7, 2020.

Wishing everyone a very Festive Holiday Season and all the best for the New Year!

Winter Skate!

KFSC will be hosting our annual club winter skating social for members

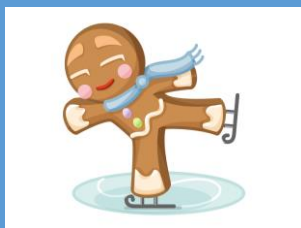
Sunday December 15th, 2019

10:15-11:15am - Skating demonstration

11:30 am - 1:00 pm - Family skate

Kerrisdale Arena

FREE Skate rentals will be available



Congratulations to our Jingle Blades participants!

It was a very successful competition for KFSC with the following achievements:

- Leana - Silver
- Kyra - Silver Medal
- Jade - Bronze Medal
- Teagan - Silver
- Audrey - Silver
- Jocelyn - Bronze
- Nina - Silver Medal



Upcoming Events - 2019

- December 13: Arbutus Club Christmas
"Fun & Frolic" Friendly competition
- December 15: KFSC Winter family skate
- Dec. 27 & 29, Jan 4-5: Christmas break ice-time,
Kerrisdale Arena
- Jan 31-Feb 1: Winterskate Competition
Sportsplex, Langley

Holiday Ice times

- Dec. 27 & 29, Jan. 2&3
9:45-10:45: Star 2-4
10:45-11:45: Star 5+
\$10/session +coaching fees
Approval from Coach Shannon required

Featured Future Star: Alexia

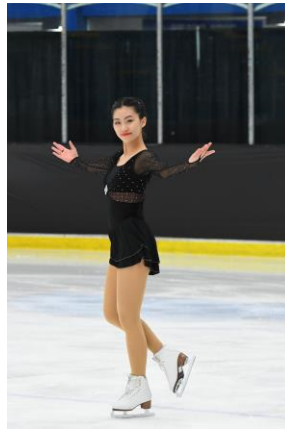


Alexia speaks French, English and Spanish... how impressive!

- Favourite TV show** - Bizaardvark
- Favourite Movie** - Inside Out
- Favourite Book** - Pig & Elephant & Dog Man
- Favourite Song** - Gorgeous, by Taylor Swift
- Other Hobbies** - Playing with my friends and art projects

Featured Junior StarSkater: Helena– Level Star 3

Helena loves sushi and ramen!



- Favourite skaters:** Yuzuru Hanyu, Marin Honda, Patrick Chan, and Virtue & Moir
- Favourite TV show:** Criminal Minds
- Favourite movie:** Me Before You
- Favourite book:** To All the Boys I've Loved Before
- Favourite song:** It Ain't Me
- Other Hobbies:** Tennis

Featured Canskaters: Pam & Jaya Mother & daughter combo!



Jaya speaks Finnish & Pam is doing her MBA!

- Favourite skaters** - Beata Papp - Jaya's older sister!
- Favourite TV show** - Paw Patrol (Jaya)
- Favourite Movie** - Frozen
- Favourite Book** - Pete the Cat (Jaya)
- Favourite Song** - Sunglasses at night, by Corey Hart (Both of us)
- Hobbies:** Ballet (Jaya)

Featured Senior StarSkater: Valerie Chan

Valerie coaches gr. 8-10 students at the Beaver Computing Challenge, for computational and logical thinking



- Favourite skaters** - Patrick Chan, Mao Asada
- Favourite TV show** - The Last Kingdom
- Favourite Animation** - Yuri on Ice
- Favourite Book** - Frankenstein by Mary Shelley
- Favourite Song** - SOS d'un terrien en detresse, D. Kudaiberqenov

KFSC Club Jackets

There will be a new jacket order placed in January. Please watch for further details and contact the office to order.

Performance tip

To overcome anxiety or nerves at a competition:
Take a deep breath in over 4 seconds, hold it for 4 seconds, exhale for 4 seconds, then hold for 4 seconds. Repeat several times.

If you have any questions or concerns, please contact the following:

- Margot Delorme - Club President: info@skatekerrisdale.com
- Marian Slater - Club Office Assistant: info@skatekerrisdale.com
- Shannon Balabardin - Program Administrator and CanSkate Coordinator: nsb_sk8@yahoo.ca
- Nikolai Balabardin - Skating Director and Future Stars Coordinator: nsb_sk8@yahoo.ca

