



# KERRISDALE FSC NEWSLETTER

## ISSUE: FALL 2022

*"To be held back by fear is to miss out on challenging yourself in different ways."*

- Tessa Virtue, Canadian Olympic Gold Medallist



### HOME AGAIN!

After a successful summer season training out of Sunset and Hillcrest rinks, we are thrilled to return to our home rink in Kerrisdale. Welcome to our new skaters and welcome home to our returning ones!

### PRESIDENT'S MESSAGE

Welcome to our new and returning skaters, their families and our Coaches! What an exciting year for our Club with the return of our Ice Show in March! I wish all of our skaters fun as they develop their joy for skating, and for our competitive skaters to attain new personal bests! Have a great season and see you at the rink.

- Michelle Uyeda  
KFSC President

### IT'S BACK! SAVE THE DATE!

#### MARCH 11<sup>TH</sup> ICE SHOW



We are delighted to announce the return of our ice show: a performance that will be fun for the participants and the audience alike! It is scheduled for the first Saturday of Spring Break on **March 11<sup>th</sup>**. It will be open to all levels including CanSkate. Watch for details on registration and practice schedule in the coming weeks/months.

### BLADES! DID YOU KNOW?

Walking on exposed blades on concrete or pavement is a sure way to quickly destroy your precious skates! Protect those blades with guards or just be sure to walk only on the rubberized surfaces inside the rink!

### JINGLE BLADES NOVEMBER 24-27

We wish all of our participating skaters good luck in the upcoming competition! All of us at KFSC are cheering for you!

### WE ♥ OUR COACHES



September 17-25 was National Coaches Week.

It was a chance to tell our coaches how much we appreciate them and everything they do for our skaters and our Club. Thank you, Coaches!

### HOLIDAY SEASON DATES & SESSIONS



The last day of our regular sessions for 2022 will be **December 16<sup>th</sup>**, which is also the day of **Winterskate**: our family-friendly event where you can take to the ice with your skaters and enjoy some holiday music and treats!

**Please note!** There are special skating sessions held over the holidays for our Star Skaters – visit our registration page to view the details. You are able to select individual days to best match your holiday schedule!

### CLUB WEAR

A club-wide email went out on October 21<sup>st</sup> regarding club apparel. Be sure to get your order in by **October 30<sup>th</sup>**!

## GETTING TO KNOW OUR COACHES....

Approximately a year ago, we welcomed two new coaches to our Club. Let's learn more about them!

### Diana Movchan

Diana joined our coaching team in September 2021. She was born and raised in Kiev, Ukraine, and skated for Team Ukraine as a national and international competitor. She was also a National Medallist!



Diana started coaching in 2010 as a head coach and choreographer for the Academy of Figure Skating in Kiev, Ukraine (of which her mother was the founder). She also worked with the National Team! In 2016, Diana was invited to become a coach with Skate Canada in Northern Alberta and moved to Vancouver in 2019.

What is Diana's favourite thing about skating? Diana thinks skating is the most beautiful and graceful sport!

What does Diana love outside of skating? She LOVES tennis, rhythmic gymnastics, milk chocolate and her puppy Simba! 🐶

Diana is currently a business manager with a real estate company and is hoping to get her real estate license next year!

### Ella Gray

Ella joined our coaching team in September 2021. She is from Calgary, Alberta, and started skating in CanSkate at age 8 (which she mentions is a little bit later than most skaters start!) and then moved through the Star Skate program. In addition to skating singles she also skated with a synchronized skating team for 5 years and competed at 2 national synchronized skating competitions!



Ella has been coaching for 5 years, starting in high school with her home club in Calgary. She recently attended a Regional coaching course and is currently working towards completing her Regional coaching certification.

Ella's favourite thing about skating is **JUMPS!**

What is an interesting fact about Ella? She has lived on 3 different continents! (Asia, Europe and North America.) 🌍

Ella is currently studying biology at UBC and is in the final year of her undergraduate degree. She is hoping to go to medical school or a pharmacy program after she graduates!

## SAFETY INFORMATION AND REMINDERS

**Helmets:** CanSkate participants (kids *and* adults) must wear a CSA approved helmet up to and including badge level 5.

**(Bike helmets and non-CSA approved ski/board helmets are not accepted.)**

**Remain in the rink!** A quick reminder that parents of CanSkaters must remain in the rink in case your child needs assistance. It is a common occurrence that children need a drink of water, a skate adjustment or a bathroom break and it is the parents' responsibility to help their child as our coaches and program assistants are required to remain on the ice with the skaters. It is also critical that parents remain rink side in the unlikely and unfortunate event of an injury.

**There's an app for that!** Skate Canada's Concussion Ed App is a great resource and tool to learn about, and monitor concussions. We of course hope that nobody will have to use it, but we encourage all parents and/or skaters to download it and familiarize yourself with it just in case!



## QUESTIONS? CONCERNS? PLEASE REACH OUT!

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