



KERRISDALE FSC NEWSLETTER

ISSUE: FALL 2021

"There are no limits to what you can achieve. Dream big, aim high and never give up." – Kaetlyn Osmond



WELCOME AND WELCOME BACK!

Welcome to all new and returning skaters (and parents/guardians)! It has been wonderful to see the enthusiasm as we return to our home rink at Kerrisdale Arena. We would also like to acknowledge the skaters who participated in the spring and summer sessions (skating and off-ice training with our Club and Coaches in various rinks in Vancouver). You worked so hard and should be proud of everything you have achieved over these past few months!

PRESIDENT'S MESSAGE

As an incoming new President, I welcome our new and returning skaters, coaches, Board members and families to our 2021-22 skating season! Last year brought us pandemic challenges, and we hope that while some restrictions continue, we all exercise patience and collaboration with our volunteers and Coaches that make our Club so successful. Best of luck to our skaters, have fun and happy skating!

-Michelle Uyeda
KFSC President



Summer off-ice outside Sunset Arena

COACH'S TIP

Always be on time and warmed up for your session to avoid injuries and to improve your performance on the ice.

– Coach Shannon Balabardin

CONGRATULATIONS!

A big congrats to Valerie who graduated from high school this past spring and started university this fall.

Congratulations to longtime KFSC skater Kyra who has taken the CanSkate coaching course and is now coaching with our CanSkate program.



GOOD LUCK!

Good luck to Polina at the Autumn Leaves competition. We are all cheering for you!



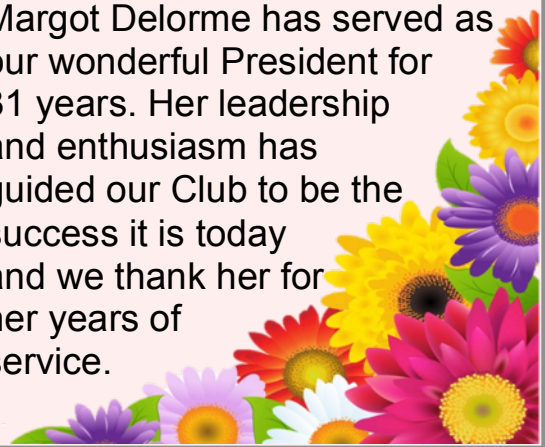
COMPETITIVE SIMULATION DAYS OCTOBER 10 & NOVEMBER 7

We encourage all skaters who have a program to register for this unique opportunity! These are Club-only events that simulate the feeling and structure of a competition. Get those jitters out of the way! There are still some spots available! Register online: StarSkate/Competitive Simulations under Open: Simulations



THANK YOU MARGOT!

Margot Delorme has served as our wonderful President for 31 years. Her leadership and enthusiasm has guided our Club to be the success it is today and we thank her for her years of service.



WELCOME!

A warm welcome to our new Coaches Ella Gray, Diana Movchan and Kyra Uyeda! Welcome also to our new Board members Liliya Herwig, Millie Lee, Anna Lundkvist, and Karen Clinch.

THANK YOU to outgoing Board members Lynn Knight and Maureen Knight who served for 25+ years! Thank you also to Tracy Lee and Heather MacRitchie.



WHAT DO COACHES DO WHEN THEY ARE NOT ON THE ICE?

Coach Darcee Feenie dragon boats! Congrats to Darcee and her team for placing bronze in their category at the Dragon Boat Festival!

SAFETY REMINDERS

Helmets: All IceTykes and 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.)

Covid Safety Measures: Masks must be worn at all times in any public area inside the arena regardless of vaccination status by anyone 12 yrs and older. Masks are NOT required when engaged in physical activity. Any participants over the age of 22 are required to show proof of vaccination along with government-issued ID. This does not include parents/guardians of youth participants.



QUESTIONS? CONCERNS?

If you have any questions or concerns, please reach out!

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