

KERRISDALE SKATING CLUB

NEWSLETTER

Welcome and welcome back! We had a full and busy summer season training out of Trout Lake and Britannia arenas and are delighted to return to our home rink in Kerrisdale. Read on to find out more about important upcoming dates, competition results, and exciting alumni news. Plus, get some helpful CanSkate tips and meet one of our coaches!

IMPORTANT DATES AND EVENTS



2026 BC/YT Section Super Series – Autumn Leaves | Thursday, October 1 – Sunday, October 4, 2026

Location: Sardis Sports Complex, Chilliwack, BC

GOOD LUCK to our 10 Kerrisdale competitors! You can find the schedule and skater groupings on the BC/YT Section website [here](#). We encourage you to tune into the live feed, or better yet, attend the competition in person to cheer on your skating friends!



Reminder: September 30 Schedule

X CanSkate will not take place on September 30.

✓ Star Skate and Competitive sessions will still take place, but each session will be **at a different time** than usual. You can view the schedule [here](#).

CONGRATULATIONS!



Congratulations to all our skaters who competed at the BC/YT Super Series Summerskate in August! A special shoutout to our medallists:

Mina Ho – Juvenile U12 – Bronze
Andrea Tan – Pre-Juvenile U11 – Gold
Audrey Tan – Pre-Juvenile U13 – Bronze
Rinako Kasahara – Star 9 and Star 10 – Gold x 2
Katelyn Wei – Star 7 – Bronze
Mili Imoto – Star 4 U10 – Silver
Clair Yunyuan Li – Star 4 U13 – Silver
Katerina Harbich – Gold Adult Elite – Gold



Good Luck, Polina!

Over the summer, our skaters bid an emotional farewell to one of their own. In pursuit of her skating dreams, **Polina Balabardina** moved to Montreal to join Les Suprêmes Junior at the age of 14. For those who may not be well versed in synchronized skating, this was an incredible opportunity to join one of Canada's top organizations.



She will be competing nationally and internationally, with the ultimate goal of qualifying for the new Synchro9 event at the 2030 Olympics!

Our Club and skaters wish her the very best. We miss you, Polina, and are cheering you on!

VISIT OUR INSTAGRAM PROFILE TO SEE PICTURES FROM COMPETITION! [@KERRISDALE_SKATING_CLUB](#)

CANSKATE CORNER

We love our CanSkaters and want to help them succeed and grow! Follow the below tips and requirements to help ensure your skater stays safe and comfortable.



✓ Please arrive 15 minutes early to ensure that your skater is appropriately dressed with skates on for the start of the session!



✓ A CSA-approved **HOCKEY HELMET** is required by Skate Canada for insurance purposes.



✓ Parents! **Please** (i.e., *you must*) **stay in the building for the entire session!** If your child needs any assistance off the ice (washroom, retying skates, or even just a rest) they are required to be in your care.



✓ Wear rain or snow pants and gloves to keep warm and dry (especially if you are a beginner).



✓ Please consider skate guards if you don't already have them. In the rare instance where there is a fire alarm and we need to evacuate to the sidewalk outside, they can save your child's blades!

COACH PROFILE

Let's get to know one of our beloved coaches!

Helene Carle joined KFSC in April 2025 and has made such a wonderful impact on our Club and skaters.



Helene brings a blend of elite competitive experience and passionate mentorship to our Club. As a five-time National level competitor, including two appearances at the Senior National level, and a former professional figure skater for Royal Caribbean Cruise Lines, she knows exactly what it takes to perform at the highest levels!

Originally from Georgetown, Ontario, Helene's coaching journey began at 16 years old. Driven by a lifelong dream to coach, she fast-tracked her certifications while balancing school and her own rigorous competitive training. She developed her coaching philosophy under the mentorship of her former coach Michelle Leigh at Skate Oakville. Over the past nine years, Helene has worked with numerous clubs across Southern Ontario, choreographing solos, leading off-ice programs, and even redeveloping CanSkate programs to achieve CanSkate Excellence standards.

Her favourite part of coaching is sharing her wealth of knowledge with young, developing athletes. In particular, she loves teaching spins. After intensely disliking spins as a young skater, she dedicated herself to mastering them, eventually finding a way to "hack" them to make them one of her strongest elements – a secret she now loves sharing with her students!

Off the ice, Helene holds a Bachelor of Commerce in Real Estate from the University of Guelph and currently works in Downtown Vancouver as a licensed commercial real estate broker. When she finds free time, she enjoys making pottery, practicing yoga, and getting on the ice to skate just for herself.

ALUMNUS SPOTLIGHT



Nikolai Balabardin (affectionately known as Kolya in our Club), age 18, and ice dance partner **Alexandra Balyan**, age 17, made their international competitive debut at the ISU Junior Grand Prix (JGP) Ankara 2026 in Turkey this September, representing France. They delivered a strong first showing on the global stage, ultimately finishing in 7th place overall.

Kolya moved to France in early 2024 to train as an ice dancer. While we miss his presence on the ice in Kerrisdale, we are delighted to see him thrive on the international stage!

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