



# KERRISDALE FSC NEWSLETTER

## ISSUE: SUMMER 2022

*"Success is a function of persistence and doggedness and the willingness to work hard for twenty-two minutes to make sense of something that most people would give up on after thirty seconds."* – Malcolm Gladwell, Author



### A MESSAGE FROM OUR COACHES

We would like to thank everyone for their hard work and determination this spring season. It has been a busy time of year and all parents and skaters have really done their best to adjust to the schedule and the arena changes. We hope that you enjoy some much-needed rest and we look forward to seeing you in the summer!!!

- Shannon & Nikolai Balarbardin

### SUMMER ICE!

We are excited to welcome our skaters back to the ice for our summer session, running July 4<sup>th</sup> to August 13<sup>th</sup>. Looking to keep your skills sharp over the summer break? There are still a few spots left - check out our ice times on the registration page of our website.

### COACH'S TIP

"If a skater wants to remember their corrections to improve productivity on the ice, start a skating journal."

- Coach Nikolai Balabardin

### ANNUAL GENERAL MEETING

The Club held its 73<sup>rd</sup> Annual General Meeting on June 20<sup>th</sup>. Thank you to everyone who attended!

### COMPETITION RESULTS

Congratulations to the 17 skaters who participated in the 2022 Belairdirect BC/YK Super Series Victoria Day Competition. We had some exceptional results!



#### Star 2

Evelyn Chen – Gold  
Grace Hu – Gold

#### Star 3

Tessa Clinch – Gold  
Katelyn Wei – Gold  
Nanako Kasahara – Gold  
Nathalie Zierbock – Silver  
Ava Anselmo – Silver

#### Star 4

Rinako Kasahara, U10 – Gold Medal  
Chloe Wei, U13 – Bronze Medal  
Olivia Kostiw, U13 – Silver Medal

#### Star 5

Sofie Li, U13 – Silver Medal  
Claire Liu, U13 – Silver Medal  
Stephanie Hu, U13 – Bronze Medal  
Aaron Sun, Men – 7<sup>th</sup>

#### Star 7

Nina Tsai – 5<sup>th</sup>

#### Star 8

Jade Holness – 4<sup>th</sup>  
Kyra Uyeda – 7<sup>th</sup>



## HAPPY 50<sup>TH</sup>, COACH NIKOLAI!

The skaters were excited to help celebrate Nikolai's 50<sup>th</sup> birthday. Happy birthday, Nikolai!



## TESTING

The Club hosted an evaluator in June to conduct high tests for our senior skaters. The highest level achieved was Star 8 Freeskate Elements & Program by both Jade Holness and Kyra Uyeda and Star 8 Skills by Kyra Uyeda. Congratulations Kyra and Jade!

Also, the coaches administered a total of 68 Star 1-5 tests this spring! Congratulations to everyone who participated and passed!



## CONGRATULATIONS TO THE CLASS OF 2022!



A warm and heartfelt congratulations to our graduating skaters! Everyone at KFSC wishes you happiness and success in your future endeavours. Read on to learn more about them!



### KYRA UYEDA

Kyra has been skating since she was 5 years old, and has been with KFSC for 13 years. She is currently a Star 8 skater. Kyra has graduated from Kitsilano Secondary School, and will be pursuing a degree in Science/Biology at Dalhousie University.

Q: What is your favourite memory of skating with KFSC?

A: I made so many amazing memories while skating with KFSC. Some of my favourites include performing in the Music Throughout the Years carnival, competing in duos with Jade and groups at Fun and Frolic competitions, fooling around on empty Thursday morning sessions and attending the Kelowna Junior Development Camps.

Q: What valuable lessons did you learn from your time with KFSC that you will carry forward with you?

A: Having the opportunity to be a volunteer PA showed me how much I loved helping people learn to skate and encouraged me to pursue a coaching certification. I hope to continue coaching as well as skating during my time at school!

Q: What will you miss most about KFSC?

A: The things I will miss then most is the people; my amazing coaches, friends and everyone that I had the pleasure of skating with and coaching. Thank you Shannon and Nikolai for everything that you have taught me.



### NICK KAMAL

Nick has been figure skating for 1.5 years (all with KFSC) and has progressed to a Star 3-4 level. He has graduated from UBC with a BSc. Degree in Computer Science, Immunology and Microbiology and is now working as a Software Engineer at EA Sports.

Q: What valuable lessons did you learn from your time with KFSC that you will carry forward with you?

A: It's never too late to learn something new; you just need to have the desire to do it, and the right people to guide you.

### **CELIA ZHOU**

Celia has been skating since she was 4 years old, competing since she was 6 and has skated with KFSC since 2009. She has passed Star 10 Freeski and is now on Gold. Celia has graduated from Crofton House School, and will be pursuing a degree at UC San Diego in Cognitive Science with a specialization in Neuroscience.

Q: What is your favourite memory of skating with KFSC?

A: My favourite memory is playing ice games at the end of seasons or playing games with CanSkaters.

Q: What valuable lessons did you learn from your time with KFSC that you will carry forward with you?

A: Nikolai once told me that life is like an edge, sometimes you just have to follow the edge and go with the flow, and know that some things are out of your control.

Q: What will you miss most about KFSC?

A: I'll miss most the arena and funnily enough the smell of the ice rink – since I spent so much time there it's a second home to me.



### **LAURA LI**

Laura started skating when she first entered high school, and so has been at it for 4.5 years now (all with KFSC) and is in Star 2. Laura is graduating from Point Grey Secondary and will be attending UBC Sauder School of Business in the fall.

Q: What is your favourite memory of skating with KFSC?

A: One of my favourite memories of skating with KFSC is being a part of the Fun and Frolic group competition in the winter of 2019 I believe. That was the first skating competition I've ever done and even though I wasn't confident enough to be less awkward or "shine under the spotlight", it was the jolly, memorable, and slightly chaotic experience that mattered the most! Shout-out to Martine for tirelessly coaching and supporting us during that time!

Q: What valuable lessons did you learn from your time with KFSC that you will carry forward with you?

A: Some of the countless lessons I've learned throughout my time at KFSC that I will definitely carry forward with me are:

- It is never ever too late to start learning something new as long as you put your mind to it and take specific actions accordingly.
- Believe in yourself and don't ever give up on yourself no matter how challenging the circumstances are. We have limitless potential within us, sometimes all it takes is that one leap of faith!
- Things might get a little competitive out there, but please remember that the only person you should compare yourself to is your past self.
- The tiniest of progress will make the biggest difference in the long run, so trust the process and keep up the hard work! YOU GOT THIS!
- Listen to your body. Sometimes pushing yourself over the limit won't result in a desirable outcome, resting is also productive so please remember to take care of yourself <3
- Setting SMART goals on a regular basis will help you grow and improve consistently as a skater (or any aspirations); it is definitely something I wish I could've done more often in the past few years.

Q: What will you miss most about KFSC?

A: I will miss KFSC's community the most for sure; the amazing coaches I've been trained by (thank you so much Shannon, Nikolai, Diana, Ella, Darcee, Martine, and Michelle!), talented skaters I've befriended, and the heart-warming kids & parents I've encountered as a PA for CanSkate all made such a profound impact on me!



And a big congratulations to **CHANTELLE WANG**, who is also graduating high school this year.

## **QUESTIONS? CONCERNS? PLEASE REACH OUT!**

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