

Inside Edge

February
2020
ISSUE #4

Important Dates

January 31-February 2 NE/NW Region StarSkate Invitational in Whitecourt
February 3 VIP Meat Forms Due
February 7-9 Central Region StarSkate Invitational in Sylvan Lake
February 13 VIP Meat Pick Up
February 17 Family Day - No Skating
February 24 Star 6-Gold Testday
February 24 Picture Day
March 16 Showcase and Awards Night
March 19 Dress Rehearsal
March 20 Carnival
March 21 Sparkling Etoile Fun Skate



Tests Passed:

Congratulations to these skaters
that passed tests in January.

Leann MacDonald



Star 5B Dance

Sawyer Berkholtz



Star 6C Dance

Callie McFarlane



Star 6B Dance

Megan Semmens



Star 6B Dance

J'lyn Kushnerek



Star 7B Dance

Andrea Ortega Ascoli



Star 7 Freeskate Elements



Star 7B Dance

Julia Ford



Star 7A Dance

Adrianna Davis



Star 6 Freeskate Program



Star 10C Dance

Competitions

**Congratulations to Andrea and Adrianna who
competed last weekend in Grand Prairie!**

Grand Prairie

- Andrea Ortega Ascoli
- Adrianna Davis

**Good Luck to all skaters
going to upcoming
competitions!**

Whitecourt

- Callie McFarlane

Sylvan Lake

- J'lyn Kushnerek
- Meadow MacKinnon
- Andrea Ortega Ascoli
- Sawyer Berkholtz
- Jayda Blackman
- Grace Trautman
- Julia Ford
- Lilly Bendfeld
- Mallory Koch
- Megan Semmens
- Camrose Electric Ice!

Alberta Winter Games

- Adrianna Davis

The schedule is now posted for
these competitions. You can
find the schedules at
<http://skateabnwtun.ca/2019-2020-season-competitions/>

This schedule can change.
Please refer to the above
website for the most up to
date times. Arrive at the rink
1.5 hours before your event is
scheduled to start. Please
refer to the end of this
newsletter for a complete
competition checklist.

Good luck to all of our skaters.
Have fun and represent our
club in a positive way at all
times. Be polite and thank any
volunteers that may help you
throughout the competition.

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STARSkater - Skater of the Month



Congratulations to Ainsley Dyck! Ainsley is StarSkater of the month because she always works very hard in her group lessons and has shown much growth and improvement from the beginning of the year! Keep up the great work Ainsley!

Don't forget :

Picture Day February 24

Please be dressed in complete carnival costume with hair and makeup done at least 15 minutes before your scheduled time slot. If you are receiving individual photos please have 2-3 poses picked out and practiced before your picture time slot.



Test Day February 24

On this day regular star skating may be cancelled to accommodate testing of our Star 6 - Gold skaters.

If you are taking a test on this day please complete an off-ice warm up, stretch, and be dressed with skates on 15 minutes before your test is scheduled to go on the ice.

Please wear a skating dress this day with hair tied back neatly and away from your face. Please also have your skating club sweater to wear for warm up. All skaters from the club are invited to watch their teammates on this day.

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How to Read the Competition Skating Schedule:

Ex. Sawyer skates in Arena # 2 on Friday, February 7. She should get to the rink around 10:45 a.m. When she arrives, she will go to the registration desk and 'check in'. She will turn in her program c.d's and ask what change room she is in. She can 'check in' with the ice captain, find her coach, and find out her order of skate (posted at the rink). Before Sawyer gets on the ice for warm up she will do an off-ice warm up, stretch, and visualize her program off the ice.

If they are running on time, she will be on the ice for her 5-minute warm up at 12:15 p.m. She should have her skates tied and ready to be on the ice around 12:00 p.m. She is in Flight A and there are 7 other skaters that will be on the ice for warm up with her.

After each Flight has finished skating, awards will be handed out. Star 1 -3 will receive a report card with all the skaters the Flight. Please leave your skates and dress on for these awards and pictures. Awards are generally presented about 15-30 minutes after the flight is complete.

Star 4 and up will be ranked and medals given out for first, second, and third place. Your report card will be given to you when you pick up your music.

Please try to watch and cheer for as many Camrose skaters as possible.

FRIDAY, FEBRUARY 7							
Arena #1				Arena #2			
Start Time	Event	Flight	# of Skaters	Start Time	Event	Flight	# of Skaters
11:00 AM	Gold Women Artistic		8	10:30 AM	STAR 4 U10 Girls	A	7
11:35 AM	STAR 9 Women Artistic	A	7	11:05 AM	STAR 4 U10 Girls	B	7
12:05 PM	STAR 9 Women Artistic	B	7	11:40 AM	STAR 4 U10 Girls	C	7
12:35 PM	STAR 7 Women Artistic	A	8	12:15 PM	STAR 4 U13 Girls Sawyer	A	8
1:05 PM	FLOOD			12:50 PM	FLOOD		
1:25 PM	STAR 7 Women Artistic	B	8	1:10 PM	STAR 4 U13 Girls	B	8
1:55 PM	STAR 5 Women Artistic	A	8	1:45 PM	STAR 4 U13 Girls	C	8
2:25 PM	STAR 5 Women Artistic	B	8	2:20 PM	STAR 4 U13 Girls	D	8
2:55 PM	STAR 5 Women Artistic	C	8	2:55 PM	STAR 4 U13 Girls	E	8
3:25 PM	FLOOD			3:30 PM	FLOOD		
3:45 PM	STAR 7 Women	A	8	3:50 PM	STAR 4 U13 Girls	F	8
4:25 PM	STAR 7 Women	B	8	4:25 PM	STAR 4 U13 Girls	G	8
5:05 PM	STAR 7 Women Andrea	C	8	5:00 PM	STAR 4 U13 Girls	H	8
5:45 PM	STAR 7 Women	D	8	5:35 PM	STAR 4 U13 Girls	I	8
6:25 PM	FLOOD			6:10 PM	FLOOD		
6:45 PM	STAR 9 Women	A	8	6:30 PM	STAR 2 Boys	A	7
7:25 PM	STAR 9 Women	B	7	7:00 PM	STAR 2 Boys	B	7
8:05 PM	STAR 9 Women	C	7	7:30 PM	STAR 3 Boys		7
8:45 PM	END OF DAY			8:00 PM	STAR 4 Boys		2
				8:10 PM	STAR 4 13 & Over Girls	A	7
				8:45 PM	END OF DAY		

****Please remember that these times can change. Please refer to the website for the most up to date times. ****

SATURDAY, FEBRUARY 8

Arena #1			
Start Time	Event	Flight	# of Skaters
8:15 AM	STAR 5 U10 Women	A	6
8:45 AM	STAR 5 U10 Women	B	6
9:15 AM	STAR 5 & 6 Men		4 / 2
9:45 AM	STAR 4 13 & Over Girls <i>Mallory</i>	B	7
10:20 AM	FLOOD		
10:40 AM	STAR 6 Women	A	8
11:20 AM	STAR 6 Women	B	8
12:00 PM	STAR 6 Women	C	8
12:40 PM	STAR 6 Women	D	8
1:20 PM	FLOOD		
1:40 PM	STAR 6 Women <i>Andrea</i>	E	8
2:20 PM	STAR 6 Women	F	8
3:00 PM	STAR 6 Women	G	8
3:40 PM	STAR 10 Women		6
4:20 PM	FLOOD		
4:40 PM	Beginner I Synchro		2
4:50 PM	Beginner II Synchro <i>Camrose</i>		2
5:05 PM	Elementary Synchro		6
5:40 PM	FLOOD		
6:00 PM	STAR 8 Women	A	6
6:35 PM	STAR 8 Women	B	6
7:10 PM	Adult Intro Open & Silver Freeskate		1 / 3
7:35 PM	Adult Gold & Masters Freeskate		4 / 2
8:10 PM	Gold Women Freeskate		8
8:55 PM	END OF DAY		

Arena #2				
Start Time	Event	Flight	Side	# of Skaters
8:15 AM	STAR 1 Girls	A	A	6
8:45 AM	STAR 1 Girls	B	B	6
	STAR 1 Girls	C	A	6
	STAR 1 Girls	D	B	6
9:10 AM	STAR 1 Girls	E	A	6
	STAR 1 Girls	F	B	6
9:35 AM	STAR 1 Girls <i>Grace</i>	G	A	6
	STAR 1 Girls	H	B	6
10:00 AM	STAR 1 Girls	I	A	6
	STAR 1 Girls	J	B	6
10:25 AM	STAR 1 Girls	K	A	6
	STAR 1 Girls	L	B	6
10:50 AM	STAR 1 Girls	M	A	6
	STAR 1 Girls	N	B	6
11:15 AM	STAR 1 Boys		A	6
11:40 AM	FLOOD			
12:00 PM	STAR 2 Girls	A		8
12:30 PM	STAR 2 Girls	B		8
1:00 PM	STAR 2 Girls	C		8
1:30 PM	STAR 2 Girls <i>Lilly</i>	D		8
2:00 PM	FLOOD			
2:20 PM	STAR 2 Girls	E		8
2:50 PM	STAR 2 Girls	F		8
3:20 PM	STAR 2 Girls	G		8
3:50 PM	STAR 2 Girls	H		8
4:20 PM	FLOOD			
4:40 PM	STAR 2 Girls	I		8
5:10 PM	STAR 2 Girls	J		8
5:40 PM	STAR 2 Girls	K		8
6:10 PM	STAR 2 Girls	L		8
6:40 PM	FLOOD			
7:00 PM	STAR 2 Girls	M		8
7:30 PM	STAR 2 Girls <i>Jayda</i>	N		8
8:00 PM	STAR 2 Girls	O		8
8:30 PM	STAR 2 Girls	P		8
9:00 PM	END OF DAY			

SUNDAY, FEBRUARY 9

Arena #1			
Start Time	Event	Flight	# of Skaters
8:30 AM	Pre-Juvenile U13 Women Freeskate		15
9:55 AM	STAR 5 U13 Women	A	8
10:30 AM	STAR 5 U13 Women	B	8
11:05 AM	FLOOD		
11:25 AM	STAR 5 U13 Women	C	8
12:00 PM	STAR 5 U13 Women	D	8
12:35 PM	STAR 5 U13 Women	E	8
1:10 PM	STAR 5 13 & Over Women	A	8
1:45 PM	FLOOD		
2:05 PM	STAR 5 13 & Over Women	B	8
2:40 PM	STAR 5 13 & Over Women	C	8
3:15 PM	STAR 5 13 & Over Women	D	8
3:50 PM	END OF DAY		

Arena #2			
Start Time	Event	Flight	# of Skaters
8:15 AM	STAR 3 Girls	A	8
8:45 AM	STAR 3 Girls	B	8
9:15 AM	STAR 3 Girls	C	8
9:45 AM	STAR 3 Girls	D	8
10:15 AM	STAR 3 Girls	E	8
10:45 AM	FLOOD		
11:05 AM	STAR 3 Girls	F	8
11:35 AM	STAR 3 Girls	G	8
12:05 PM	STAR 3 Girls	H	8
12:35 PM	STAR 3 Girls	I	8
1:05 PM	FLOOD		
1:25 PM	STAR 3 Girls <i>Julia</i>	J	8
1:55 PM	STAR 3 Girls	K	8
2:25 PM	STAR 3 Girls <i>J'lyn / Meadow</i>	L	8
2:55 PM	STAR 4 13 & Over Girls <i>Megan</i>	C	7
3:30 PM	Adult Silver, Gold & Elite Interpretive		2 / 1 / 2
3:50 PM	END OF DAY		

If you are in Star 1, I would recommend that you bring a blanket with you to put over your shoulders in between your elements.

Example of Star 1 - Grace will warm up, in the Arena # 2, in the middle of the ice. There are 5 other skaters in her flight. After warm up Flight G will move to "Side A" of the rink for the competition. If Grace skates first in her flight, she will complete her first element, (stroking exercise) then the other 5 skaters will complete the same element, one at a time. While the other 5 skaters are performing their element Grace will be with her coach getting ready for the next element and keeping warm. The creative routine will be the last element. The music will be played twice. The first time is only a practice. The second time the routine will be marked. The mark for the creative routine is complete/incomplete. All the girls in Flight G skate the routine at the same time.

If you need to contact Emily during this weekend you can call or text (780) 679-8328. She will be in Sylvan Lake from Friday-Sunday.

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What to Bring for a Skating Competition

What to bring for the locker room:

- Your skates
- Music (Both C.D's) These c.ds will be handed in at the registration desk when you arrive and check in.
- Your dress and back up dress in case of rips, stains, etc.
- Competition tights (plus a backup pair)
- Blanket (Star 1)
- Runners
- Other dresses if you are doing multiple events (optional)
- Matching scrunchies, hair accessories, etc.
- Hair ties, bobby pins, hair spray, glitter, gel, brush,
- curling iron, hot rollers etc.
- Make up
- Camrose Warm up jacket
- Gloves (black mini mitts)
- Skate Guards are a must!
- Spare skate laces. Make sure they will fit if you've gone up in size on skates
- Small size tissues, hand sanitizer
- Your emergency kit (see below)
- Clothes to wear after competing or going home
- Water and possibly a small non messy snack. Stay away from candy and sugar.

What Information to bring to the competition:

- Bring your event information with flight numbers, times, rinks, etc.
- Check <http://skateabnwtun.ca/2019-2020-season-competitions/> the night before to make sure skating times have not changed.

Prepare for your trip:

- Decide what dresses you will wear. Test any new outfits on home ice for fit, comfort and safety. Know what hairstyle you will do and practice it at home.
- Hair should be pulled up away from the face. Make sure all hair pieces are secure and that bobby pins will not fall out. It is best to criss cross two together. Use lots of hairspray and gel to control "fly aways".
- Get lots of sleep and eat healthy foods
- Polish your skates. Rubbing alcohol will remove marks, A new pair of laces finishes the pretty white boots! **(test a small area first)**.
- Know how to get to the rink


Your emergency kit may include:

A small sewing kit, Pre glued Velcro for last minute costume fixes, Extra skate laces


Clear nail polish, Rubber bands

Screw driver for blades (check and tighten up screws before leaving) Band aids, Tylenol or other OTC meds

When you arrive:

 Go to registration and check in. You will turn in your music c.d's and ask if there are locker room assignments.

 If there are multiple rinks know their names and where you will skate. Locate bathrooms.

 Arrive 1.5 hours before your first event. Find your coach and check in with the ice captain, ask if they are running ahead/behind schedule. Find out the order that you will skate. This will be posted on the wall.

Miscellaneous....

Whenever possible try to watch your fellow Camrose skaters and cheer them on.

Important!!! Before you leave go back to registration and pick up your music. Most clubs will not mail it back to you if you forget.

Have Fun!!

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VIP Meats Fundraiser

Order forms are due on February 3. Orders will be available for pick up on February 13 at the Border Arena. Orders will only be available on this day. If you are unable to pick up your order please arrange to have your order picked up by a friend or family member.



If your skates have not been sharpened in a while please get them sharpened 2 weeks before competition.



Coach Emily's email is elgrose@ualberta.ca Please be sure to use this email so that communication is not missed.



Sparkling Etoile Fun Skate Competition
Registration is now open. Talk to your coach to see if you are eligible.



Camrose Skating Club would like to thank our Club Sponsors:

- ❖ Camrose Co-op
- ❖ Home Hardware

