

Merry Christmas!

Calalta publishes a monthly update sharing information such as important dates, volunteer opportunities, safety issues and other items of interest. This document can also be found on our website at www.calalta.net

- **Credit for Missed Sessions due to COVID-19**
- **Congratulations to Calalta Challenge Skaters**
- **Skate Canada: The Body Positive Guidelines**
- **Skate Canada: AB/NWT-NUN: Support and Resources for COVID-19**
- **Looking Forward to 2021**

Credit for Missed Sessions is being Calculated

We are currently managing credits for our members.

- Your December 1st payment was cancelled.
- All January 1st payments for Feb/March Season have been moved to March 1st
 - These were originally scheduled to process Jan 1st and Feb 1st
 - Now they will process Feb 1st and March 1st
- All January 1st payments for COP skaters will be processed as usual
 - We are scheduled to return to COP January 13, further credits will be applied after we resume

While it has not been confirmed, it is unlikely we will return to programming at Jimmie Condon in January. When this is confirmed we will be able to process credits and put them on your account to go towards future registration.

WinSport (COP) has issued a permit with our return date Wednesday January 13th. This could change if the province extends current restrictions. We are uncertain as to how long we will be closed because of COVID-19, the exact amount of the credit will be issued once we return to programming. Please be patient – we are working diligently to deal with every single account!

Congratulations to Calalta Challenge Skaters

Challenge (usually held in the beginning of December) which is the semi-finals to the Canadian National Championships was modified to allow skaters to compete in a virtual environment. Prior to the 4-week lockdown that began on December 13, skaters were able to perform and have their programs videotaped and submitted to Skate Canada. These videos will be streamed mid-January for audiences and judged virtually – kind of like watching from home in

a way! This event will serve as the qualifier for the Canadian National Championships held in February. We wish our skaters the best!

The Calalta Skaters:

- Jessica and Jackson Behiel - Senior Dance
- Mia Saunders and William Oddson (representing Huntington Hills) - Junior Dance
- Alyssa Robinson and Jake Portz - Junior Dance
- Torri Hollstein and Joshua Burger - Junior Dance
- Grace Pele and Zaheen McKnight - Junior Dance

Skate Canada Update

The Body Positive Guidelines

One of Skate Canada's goals is a commitment to athlete health, performance, and well-being. Foundational to this goal is **ensuring that all participants have an environment that is safe and inclusive**. Skate Canada strives for excellence in competitive success and sets a high priority on ensuring physical, psychological, and emotional safety and wellbeing for its members. As a result, **Skate Canada aims to be a national and world leading safe sport organization**. The Body Positive Guidelines are essential to ensure that everyone within the organization has a clear understanding of what factors can impact body image, how changes unfold with growth and development, and that everyone involved with the athlete can promote a healthy and safe training and competition environment.

Figure skating has struggled with issues associated with body image and disordered eating due in part to sport performance demands, the nature of a judged aesthetic sport, and thoughts and feelings about the body of an athlete. Rarely are there clear-cut answers and there is no one size fits all approach when tackling these issues. Despite the best of intentions, words, actions, information, and advice can be potentially damaging to the athlete's wellbeing, development, and performance.

The goal of this document is to provide guidelines when dealing with these sensitive topics and issues surrounding the body. [Click here](#) to learn more about this topic.

Skate Canada: AB/NWT-NUN Section Update

Lots of great information from the Section – starting with a letter from the Executive Director who answers questions on insurance and coaching on outdoor rinks to mental support and



resources links to a good summary on the financial support available during the pandemic – it's worth the click to check it out!

<https://skateabnwnun.ca/wp-content/uploads/2020/12/December-13th-COVID-19-Section-Update.pdf>

Looking forward to 2021!

We know 2020 has been challenging for everyone. We would like to take a moment to thank each and every skater, parent, coach and volunteer who worked so hard to follow the protocols and allow us to offer programming and ice in a safe environment. We hope that our new normal allows us all back on the ice in January!

We will be communicating with you again in early January once we know more about what skating looks like!

Until then, we hope you have a safe holiday and look forward to seeing you in 2021!

Best Wishes!!