

502 Heritage Drive SW, Calgary AB, T2V 2W2 | 403-245-2425 | www.calalta.net

IN THIS ISSUE

- ❖ Welcome to the 2015-16 Skating Season
- ❖ Message from Director of Skating
- ❖ Skating Etiquette – A reminder
- ❖ Review of the Off Ice Summer Program
- ❖ Available Ice Sessions!
- ❖ **NEW** Seminar Series: Nutrition
- ❖ Important Dates for 2015-16
- ❖ Synchro Sessions
- ❖ **Calalta Apparel Fitting Weekend**



Welcome to the 2015-16 Skating Season

Message from Club President, Diana Peters



Welcome to an exciting year of skating with Calalta!

Our vision of 'Being the Premier Skating Club in Western Canada' is well in hand. Our focus for the 2015-2016 season is ambitious:

- Secure more ice. Both ice surfaces we use are almost filled to capacity and we are working to secure more ice at the new Great Plains Facility that will be operational in September 2016;
- Continue to increase the effectiveness of our programs – both on ice and off ice. We understand that skating is not just about technical skills and strength but about focus, discipline and being mindful which we hope to develop in our skaters to help make them more successful.

Calalta would like to recognize our generous sponsors for their support of not only our club but of

our sport. Specifically the monetary support of Petrogas and Enerplus who generously donated funds for the past two years which has made our club that much more successful.

As a club, we look forward to a skating year filled with competitions, tests, and events! We will not be able to successfully execute any of these events without the support and help of you, the Calalta families. So thank you in advance and we look forward to your volunteer spirit and engagement this season.

New at the club this season, is the Calalta Parent and Skater Handbook, which will be available online and on paper from the office shortly. Thank you to our Handbook sponsors for helping to make its publication possible.

Message from the Director of Skating

Hello Calalta members!

Welcome back to another season of skating. It has been a productive summer with many fantastic new programs being started and the continuation of some great training for the year! I want to welcome all new Calalta members to the club and to remind everyone to stay up to date with everything relevant on the website.

I want to congratulate Calalta members, Bryn Hoffman and Bryce Chudak, with their coaches, Anabelle Langlois and Cody Hay, on their first International assignment coming up during the ISU Junior Grand Prix circuit in Colorado Springs, CO. Good luck and we are already proud of you!

Skaters and parents, please remember to register for all your sessions including dryland and stroking with the office. Please check the level of each session to make sure you are signing up for the correct one. Let me know if you have any concerns or questions.

The Fall skating season is an important time for you to show off all the hard work you have done over the summer during upcoming competitions. Please talk to you coach and set up a plan for your year so that you have goals and a focus for each time you are out on the ice.

Now is a great time to be a Calalta member, and I look forward to watching your continued improvements within this amazing sport!

Happy Skating!

Scott Davis
Director of Skating

There will be OBSTACLES
There will be DOUBTERS
There will be MISTAKES
But with HARD WORK
There are **NO LIMITS**

Skating Etiquette

Keep it Clean Skaters!

- ✓ Pick up after yourself in the change rooms. We have been warned by the City that if we can't keep our change rooms clean, they will take them away from us and we'll be putting our skates on in the hall way! If you have made a mess, there is a broom and dustpan to tidy up after yourself.
- ✓ Inappropriate discussions are not appropriate anywhere in the rink! This includes but is not limited to talking about drinking, drugs, sex and/or swearing.
 - If violated, you can and will be removed from the dressing room for specified amounts of time;
 - 1st incident will be a discussion from the coaches;
 - 2nd incident is a week suspension from the dressing room and informing your parents;
 - 3rd incident is permanent removal from dressing room and informing your parents.
- ✓ Keep the bad attitude elsewhere! Skating is a wonderful and enjoyable sport so don't wreck it for others!
 - Don't kick the boards or ice in anger;
 - Keep the language clean and the tone pleasant;
 - Don't intimidate others with your skating – so no cutting close to other skaters or other nasty moves;
 - If violated, a coach will tell you to leave the ice session and your parents will be informed. Further incidents may result in a suspension or expulsion from the club.
- ✓ There will be no bullying of others.
 - If violated, you will be dealt with immediately by a coach.
 - Skaters involved in the incident will be met with by Director of Skating and/or Director of Group Programs and your head coach to discuss and try to find tools to change the situation.
 - If the situation continues, your parents and Board member will be included in the discussion. If necessary, this may result in mediation and/or counselling whereby the cost will be absorbed by the parent of accused bully;
 - If there is no change in the situation, the accused bully may be suspended or expelled from the club.

Safety on the Ice

- ✓ **Each skater needs to aware of their surroundings and respect everyone on the ice**
- ✓ Be on time for your session **AND** check in with the rink chair **BEFORE** you get on the ice;
- ✓ Use the bathroom **before** you get on the ice;
- ✓ Skaters performing their program have the right of way on the ice so please everyone keep your eyes open!

- ✓ Spin in the spinning zone only (middle of the ice);
- ✓ Be prepared for your session – hair tied back, no gum, mitts on, dressed properly (no baggy clothes);
- ✓ Skaters performing their program have the right of way on the ice so please everyone keep your eyes open!
- ✓ Spin in the spinning zone only (middle of the ice);
- ✓ Jump in the jumping areas only – ends of the ice only;
- ✓ The ice is meant for skating not socializing – if you must talk to friends, move to the boards.

Music

- ✓ Please hand in your CD/phone to the rink chair if you will be practicing your program; CDs that are left behind will be filed alphabetically in the music room;
- ✓ Skaters in a lesson with a coach have the right to bump other skaters' music that are not in a lesson;
- ✓ Be respectful of the person running the music – using your manners goes a long way in making for a successful skating session for everyone!

Review of the Off Ice Summer Program

The summer dryland program was a huge success! The skaters at Jimmie Condon had the amazing opportunity to work with exciting instructors in a new holistic approach to training figure skaters. In order for skaters to make improvements on the ice, they must be strong and focused athletes off the ice. Each component of this holistic approach – tai chi, gymnastics, hip hop, and meditation – provided our skaters with enrichment in different aspects of their development.

Tai chi gave the skaters a good warm up and the opportunity to understand the tensions of the body and the importance of the balance of your centre. **Physical literacy** is the catch phrase that refers to the basic fundamental movements needed for all kids irrespective of their sport.

Gymnastics taught the skaters how to strengthen their bodies with their own body weight while challenging their balance and coordination. **Hip hop** was fun and allowed skaters to let loose at the end of the week! Skating is after all, performance based and all skaters need to learn to move with music in front of an audience. **Meditation** was a time for the skaters to cool down, focus on their breath and bring their mind to their body. This class instilled mental focus and taught skaters the ways of controlling their breath.

I am pleased to announce that the instructors were so impressed with our athletes that they have agreed to continue into the Fall and Winter season! Please go online and register for the classes.

Let me know if you have any questions or concerns

Scott Davis

New Seminar Series for Senior/Elite Skaters

Every **Sunday** after the Senior Stroking session the skaters have the opportunity to attend a dryland class or seminar (seminars run once per month in lieu of a dryland class) from **10:05 to 11:05 am**.

Calalta is excited to introduce this series of seminars, based around the theme: **'It's All About the Food'** - yes that's right - nutrition.



The dates and topics of the seminars are as follows:

September 20: Guess the Food Challenge; Reading Snack Bar Labels; Pre-Exercise Nutrition Planning

November 28: Training Diet Quiz; Top 10 Performance Nutrition Tips; Training Diet Menu Planning with Recovery Nutrition Taste Testing

January 10: Fluid Facts; Composition of Orange Pop (we'll make it on site); Fast Food & Restaurant "Healthy" Options – planning from actual menus

March 6: Competition Planning; Solving Competition Case Scenarios

May 15: Off-Season Nutrition – keeping healthy, adjusting body composition; personal contract for dietary goals.

Registered skaters and their parents are welcome to attend.
Drop in fees apply for those not registered.

This seminar series will be conducted by **Kelly Ann Erdman**, MSc., RD, Performance Dietician

To register for this informative session please contact the office at 403-245-2425.

Important Dates for 2015 – 2016 Season

Mon Aug 31, 2015	Skating starts at both JCA and COP
Mon Sep 7	Labour Day: JCA Closed
Tue Sep 8	No Group Sessions (HP/Jr Prep ice and off ice) – all other sessions running
Fri Sep 11	No PM Ice at COP
Wed Sep 16	CanSkate begins
Sat Sep 19	Power Skating begins
Sun Sep 27	No stroking nor off ice – normal ice sessions running
Sun Oct 11	Thanksgiving: JCA Closed
Mon Oct 12	Thanksgiving: JCA Closed
Wed Nov 11	Remembrance Day: JCA Closed
Fri Nov 13	No PM Ice at COP
Fri Nov 20	No AM or PM Ice at COP
Mon/Tues/Thu Nov 22/23/24	Test Days at JCA – no other sessions booked
Fri Nov 27	No AM or PM Ice at COP
Sat Dec 19	Pop Concert at JCA
Sun Dec 20	Last day of skating session
Sun Jan 3, 2016	No stroking nor off ice – normal ice sessions running
Mon/Tues/Thu Feb 8/9/10	Test Days at JCA – no other sessions booked
Sun Feb 14	No Ice at JCA
Mon Feb 15	Family Day: No Ice at JCA
Tue Feb 16	No Group Sessions (HP/Jr Prep ice and off ice) – all other sessions running
Sat Mar 5	Annual Spring Event (no classes at JC)
Sun Mar 13	No stroking nor off ice – normal ice sessions are running
Fri Mar 25	Good Friday – JCA Closed
Sat Mar 26	Easter Weekend - No Ice at JCA
Sun Mar 27	Easter Sunday – JCA Closed
Mon/Tue/Wed Apr 18/19/20	Test Days at JCA – No other sessions running
Thu Apr 21 to Sat May 7	No sessions at JCA
Fri May 6	CanSkate begins – no other sessions running
Sat May 7	CanSkate & Power Skate begins – no other sessions running
Sun May 8	All sessions running
Fri May 20	May Long Weekend: No ice at JCA
Sat May 21	May Long Weekend: No ice at JCA
Sun May 22	May Long Weekend: No ice at JCA
Mon May 23	May Long Weekend: No ice at JCA
Tue May 24	No Group Sessions (HP/Jr Prep ice and off ice) – all other sessions running
Tue June 21	Last day of skating JCA
Wed/Thu/Fri Jun 22/23/24	Test Days at JCA

Please note that the above dates may change – please contact the office if you require further information.

Also note that all sessions have been prorated to accommodate known cancellations (see above table).



Used Skate and Dress Sale

Calalta is hosting a Fall Used Skate and Dress Sale
Saturday September 19 and Sunday September 20
Jimmie Condon Arena Foyer
9 am to 2 pm

Skates

If you are looking to get rid of your child's skates that are too small, feel free to add them to our skate sale.

A few conditions apply:

- Be in decent shape ('Would you buy them?' is always a good question to ask yourself);
- Priced reasonably;
- Please no hockey skates - we're a figure skating club after all!
- Tie your skates together with the laces;
- Labeled with your name, size of skate, cell phone number and the price you want for your skates (write details on a piece of paper, put into a baggie and attach to the laces works best).

Skating Dresses

- Clean and in good condition (no rips and tears);
- On a wire hanger;
- Labeled with your name, size of dress (e.g. Child medium), cell phone number and the price you want for the garment (write details on a piece of paper, put into a baggie and attach to the garment with a safety pin works best);
- Priced reasonably.

Active Wear

Ivivva, Triple Flip etc

Must be in good shape - no rips, tears, stains

You will receive 80% of your selling price with Calalta receiving 20%. If your skates/dresses/active wear sell, we will have your cheque available to you within 7 days of the sale. If your items do not sell, we expect them to be picked up. All unclaimed items will be donated to charity.

If you require more volunteer hours this is the place to do it! We need help on the weekend of the sale. Please contact the office at [403-245-2425](tel:403-245-2425) or email Natalie or Dianne at info@calalta.net for more information.

CALALTA

FIGURE SKATING CLUB



Solstice Synchronized Skating

CALALTA with Solstice are pleased to announce Synchro Sessions!

Come out and try one of the fastest growing sports in the world!

DATES:	TIME:	LOCATION:
September 6 th , 13 th , 20 th , 27 th , 2015	1:00PM-1:45PM	Jimmie Condon
October 4 th , 18 th , 25 th , 2015	1:15PM-2:45PM	Jimmie Condon
November 1 st , 8 th , 15 th , 22 nd , 29 th , 2015	1:15PM-2:45PM	Jimmie Condon
December 6 th , 13 th , 20 th , 2015	1:15PM-2:45PM	Jimmie Condon

COST for all 15 Sessions: \$300

(This includes all ice & coaching fees)

All skaters and skill levels welcome!

For further information: solsticesynchro@gmail.com



Skating Sessions still available!

The following sessions at Jimmie Condon Arena still have lots of room:

Monday (Open and Adult) 9 - 10pm

Tuesday 6:45 - 8:15am

Tuesday 11:45 - 12:15 Pre-CanSkate - Great for the little ones!

Tuesday 12:15 - 1:00 pm Pre Juvenile and Up

Tuesday 1:15 pm - 2:00 pm Pre-Juvenile and Up

Thursday (Open) 6:45 - 8:15am

Thursday 12:15 - 1:00pm

Thursday 1:15 - 2:00pm

Friday (Open) 1:45 - 2:45pm

Saturday (Open) 2:30 - 3:15pm

Saturday (Open) 3:15 - 4:00pm

Sunday (Junior & Int) 12:15 - 1:00pm

Introduction to Synchro 1:15 - 2:45pm

If you are looking for quiet sessions please consider moving from a busy session to one of these quieter sessions.

There are some available sessions at COP, please talk to your coach to see if this is an option for you!

Calalta Apparel Weekend

Looking to outfit your skater in club apparel in time for Sectionals?

We have partnered with Triple Flip once again and look forward to having the skaters in Calalta shirts, scarves, jackets and leggings!



Order forms will be available shortly. Put in your order form with the office ASAP.

Deadline for all orders: September 20

Not sure which sizes your skater needs?

Calalta's club apparel sizing weekend: **September 19 (9am – 2pm) and 20 (9am -1pm)**

Where: **Jimmie Condon Arena foyer**

PLEASE NOTE THESE ARE THE ONLY FITTING SESSIONS AVAILABLE.

PAYMENT and ORDER FORMS can be submitted in person during the weekend.

Deadline for all order forms and payments: **September 20**

PARENT SUPPORTERS – ADULT SIZES ALSO AVAILABLE!

