

Welcome to September 2021!

Congratulations everyone! We made it through summer! We are hoping our Fall sessions work out just as well and look forward to having everyone back on the ice with us!

- **Covid-19 Protocol Reminders**
- **Fall Registration**
- **September Weekend Pick Up Ice**
- **Volunteer Commitment for 2021-2022**
- **Upcoming Volunteer Opportunities**
- **Important Dates for September**

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

Covid-19 Protocol Reminders

Please continue to self-monitor for COVID symptoms and don't come to the arena if you are not feeling well.

City of Calgary Facilities (Jimmie Condon, Ed Whalen, Joe Kryczka Arenas)

The City of Calgary requires **everyone** to wear face coverings while inside City of Calgary facilities except when doing athletic and fitness activities. Physical distancing protocols and enhanced cleaning will continue until further notice.

Canada Olympic Park

No spectators at ice level at COP. Physical distancing of two metres is required in the stands unless you are from the same household.

Please note that face coverings are required for athletes and guests when not participating on the ice and all coaches must continue to wear face coverings while on the ice.

Spectators will be asked to leave the facility once the ice time is finished, as there is no loitering permitted in the facility before, after or in between ice times. Please see the Arena Spectator Rules posted throughout the venue for more information.

Fall Registration

The new skating season starts Wednesday September 1 to Saturday December 18 - a new registration will be available for January to June 2022.

With Jimmie Condon opening for January 2022, we look forward to offering expanded programming at NHL size ice!

Organize your sessions and lessons with your coach BEFORE you register. The lesson you want may not be available!	
Book 6 or more on-ice or off-ice sessions per week BEFORE August 31 at midnight and get a 15% discount	Book 6 or more on-ice or off-ice sessions per week from Sept 1 to Sept 30 at midnight and get a 10% discount
Sorry NO discounts after September 30 at midnight	

OFF ICE CLASSES September 1, 2021 to December 18, 2021

Monday COP OFF ICE	Tuesday COP OFF ICE	Wednesday COP OFF ICE	Thursday COP OFF ICE
5:15-5:45 pm JR/INT FITNESS Ashlynn Stairs	5:00-5:30 pm INT/SR JUMP Jeff Langdon	5:15-5:45 pm JUNIOR FITNESS Ashlynn Stairs	5:00-5:30 pm INT/SR JUMP Natasha Taylor
6:00-6:45 pm INT/SENIOR FITNESS PTC	6:00-6:30pm JR/INT JUMP Will Oddson	6:00-6:45 pm INT/SENIOR FITNESS PTC	6:00-6:30 pm JR/INT JUMP Will Oddson
Monday ED WHALEN OFF ICE	Tuesday ED WHALEN OFF ICE	Wednesday ED WHALEN OFF ICE	
6:20-6:50 pm Jump Will Oddson	6:15-7:00 pm Jump/Stretch INTERMEDIATE & SENIOR Nick Martin	7:15-8:00 pm Jump/Stretch INTERMEDIATE & SENIOR	

Lots of great changes this year with Off Ice!

Jeff Langdon – Olympian and High Performance Coach on Tuesday Jump Classes

High Performance Coach **Natasha Taylor** on Thursday Jump Classes

Canadian medallist and dual discipline national competitor **Will Oddson** on T/TH Jump Classes

Ashlynn Stairs - National medallist and Junior World competitor on Strength & Fitness at COP



Performance Training Centre instructor **Bryan Yu**, who brings a lot of experience with training athletes in various sports in a state of the art facility at COP

Jump Classes at Southland

Director Of Group Programs and former Disney on Ice performer, **Jaime-Lyn Jackson** SkateCanada Challenge competitor **Mercedes Shields**, who will also be leading stretch and flexibility classes

Strength and Fitness at Southland

Nick Martin, who brings with him much experience working with Calalta skaters of all levels.

Don't forget to add off ice classes to your skating program! For a child to be successful in skating they need to be strong and flexible! Plus in order for your child to successfully execute a jump on the ice, they MUST be able to execute it on the ground!

September Weekend Pick Up Ice

September Weekend Pick Up Ice			
Ed Whalen Arena	Intermediate/Senior	Junior/Intermediate	<p>Need that extra time and practice? September Weekend Pick Up Ice is the way to go!</p> <p>Register now on Calalta's Uplifter registration page.</p> <p>Drop ins are available through Uplifter Registration</p>
Saturday Sept 4	12:30-1:15 pm	1:15-2:00 pm	
Sunday Sept 5	10:00-10:45 am 10:45-11:30 am	11:45-12:30 pm 12:30-1:15 pm	
Saturday Sept 11	12:30-1:15 pm	1:15-2:00 pm	
Sunday Sept 12	10:00-10:45 am 10:45-11:30 am	11:45-12:30 pm 12:30-1:15 pm	
Saturday Sept 18	12:15-1:00 pm	1:00-1:45 pm	
Sunday Sept 19	10:00-10:45 am 10:45-11:30 am	11:45-12:30 pm 12:30-1:15 pm	
Saturday Sept 25	12:15-1:00 pm	1:00-1:45 pm	
Sunday Sept 26	10:00-10:45 am 10:45-11:30 am	11:45-12:30 pm 12:30-1:15 pm	

Volunteer Commitment for 2021-2022

Calalta runs on volunteers! Whether that is sitting on the Board of Directors, being the rink chair at COP or JC, or helping run a competition, we require your help to continue to be a successful and thriving club.



Although we are expecting a busy year (we are hosting 3 competitions) our volunteer requirement has remained the same.

1 skater in the family = 12 volunteer hours or equivalent done before June 30, 2022

2 or more skaters in the family = 16 hours or equivalent done before June 30, 2022

Volunteer hours can take many forms:

- Fundraising – sell \$100 worth of product and get 2 hour towards your account (and we do lots of fundraising – Apples in Sept/Oct, Purdys’ for Christmas, Flowers for Mothers’ Day, Spolumbos for Fathers’ Day)
- Helping with a competition, annual carnival, Assessment Day or being a rink chair at one of our rinks
- Being a Board Member – right now we are looking for a board member to take on the role of the Health & Safety portfolio

The point is we will have numerous opportunities to volunteer and fundraise. All volunteer opportunities will be emailed to the membership as required.

If you choose not to volunteer your time or to not fundraise you can forego your hours and a \$600 fee will be applied to your invoice on June 30, 2022.

Upcoming Volunteer Opportunities

Calalta will be hosting 3 competitions this season and they will all be held at [7 Chiefs Sportsplex!](#)

Calgary Region StarSkate Invitational	November 19-21, 2021
Mountain Regional Synchronized Skating Championships	January 28-30, 2022
StarSkate & Adult Championships	March 18-20, 2022

This is a great opportunity to get involved, meet other members and skaters and be part of the skating community! We always have so much fun at these events. If you are interested, we are looking at bringing on committee leads for the Calgary Region StarSkate Invitational. This is usually a big event with up to 700 skaters! This year we will also be hosting a Christmas Market during the competition and will be looking for vendors!

Stay tuned for the next email describing each role required and its responsibilities!



Heard Around the Rink

Calalta Ice Dancers, Jake Portz and Alyssa Robinson have been named to a Junior Grande Prix representing Canada in Ljubjana, Slovenia in late September Congratulations!!

Jimmie Condon is coming along nicely – it has been expanded by 15 feet (to bring it up to NHL size) and should be ready for us in January 2022! We should have a Grand Opening!

Coach Nicole Grenon (Calalta Coaches Rep) has been named as a Coach for the Special Olympics and will begin in October 2021! She is thrilled to be part of such an amazing opportunity!

Calalta Coach Jeff Langdon and Guest Coach Scott Davis are proud of the accomplishments of Glencoe member Kaiya Ruitter who skated beautifully in the last 2 Junior Grand Prix events held in Courcheval, France and received a bronze and silver medal!

Big thanks to Calalta Board Member Tamera-Lynn Falconer for all of her work on the Health & Safety portfolio – we wish you best with your new position!!

Important Dates to Remember

September 2021	
Wed Sept 1	Welcome back everyone!
Wed Sept 1	Ed Whalen 5:30-6:15 changed to 6:30-7:15 pm Ed Whalen 6:15-7:00 changed to 7:15-8:00 pm Ed Whalen Off Ice 7:15-8:00 changed to 8:15-9:00 pm
Fri 2:45-3:45 pm sessions	Most 2:45-3:45 sessions will be at Joe Kryczka (Sep to Dec) Check the Board at the arena entrance
Sat Sept 4 and 11	Ed Whalen Groups 11:00-12:00 changed to 11:15-12:15 pm Off ice 12:30-1:00 pm
Mon Sept 6	Ed Whalen – No sessions running – Labour Day COP – All sessions running (PTC will be rink side fitness)
Sat Sept 18	PA Training Ed Whalen (On Ice 10:00-10:45 am)
Tue Sep 21, 28	Ed Whalen 4:30-5:15 changed to 6:45-7:30 pm Ed Whalen 5:15-6:00 changed to 7:30-8:15 pm Ed Whalen 6:15-7:00 Off ice will run as scheduled
Wed Sept 22 and 29	Ed Whalen 5:30-6:15 changed to 6:45-7:30 pm Ed Whalen 6:15-7:00 changed to 7:30-8:15 pm Off Ice changed to 5:45-6:30 pm
Sat Sept 25	CanSkate begins 10:00-10:45 am
Fri Sept 24	COP No 5:00-6:00 pm session (all other sessions running)
Fri Sept 24	Fall Competitive Invitational Competition begins Good luck Calalta skaters!