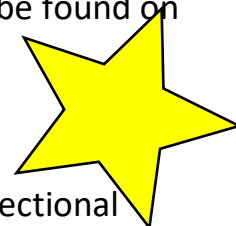


## Welcome to November 2023!

- Good Luck at the 2023 Sectional Championships!
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- Volunteer Opportunities and Upcoming Events
- Purdys' Fundraising is Back!
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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](http://www.calalta.net)



## Good Luck Skaters at the 2024 Sectional Championships

Heading into Sectionals this weekend! 21 Calalta skaters qualified for the 2024 Sectional Championships. Good luck skaters – you've trained hard for this! Big shout out to the coaches and parents who make it all possible!

Sarah Coles	Jr Women	Addison Wolsey	Jr Women
Jaden Kasper	Novice Women	Stella Mitchell	Pre-Nov Women
Vincy Chan	Pre-Nov Women	Chelsea Kuharski	Pre-Nov Women
Brooke Simonson	Pre-Nov Women	Mila Guim	Juv Women U14
Selena Poulin	Juv Women U14	Amara Gouw	Juv Women U12
Raelene Lee	Juv Women U12	Tyson Poon	Juv Men U12
Savanna Martel/Will Oddson**	Junior Dance	Addison Pehl/Daniel Yu	Junior Dance
Stella Mitchell/Kurtis Che**	Novice Dance	Renee Lee/Aaron Zhao	Juv Dance
Gemma Soska/Daniil Armstrong	Pre-Juv Dance	McKenzie Elgie*/Ryan Aruin	Pre-Juv Dance

\*\* Member of Huntington Hills

\* Member of the Glencoe

Check out all the details from Sectionals at <https://skateabnwnun.ca/event/2024-sectionals-560/>

Sectionals is like provincials in hockey – it is the highest competitive event within the AB|NT|NU Section. Skaters on the Podium Pathway (aka competitive stream) must achieve a certain number of points to skate in this event. Those skaters that do well in Sectionals may qualify for Challenge (semi-finals) which is held in December. For those Junior and Senior skaters that do well in Challenge, may earn a spot in the National Championships which is being held here in Calgary at COP in January.

The event is being held at 7 Chiefs Sportsplex beginning November 2 and all details can be found at <https://skateabnwnun.ca/event/2024-sectionals-560/>

## Encouraging Words

As parents it can be very hard to know what to say to our children before and after they skate at a competition– we have to be conscious of our words, our tone, our body language, our facial expressions (and probably lots more).

Here are a few words that may assist you:

### Before a competition

You've worked incredibly hard for this moment. Trust your training and have confidence in your abilities.

Remember to breathe, stay focused, and enjoy every moment on the ice. You've got this!

Skate with your heart and soul. Your passion for skating shines through every move you make.

Believe in yourself. You've prepared diligently, and now its time to show everyone what you're capable of.

The most important thing is to skate your best have have fun. We're proud of you no matter what happens.

### After a competition

We are so proud of the hard work and dedication you put into your performance. You were amazing out there!

No matter the result, your resilience and grace on the ice inspire us. You're a winner in our eyes.

The experience you gained from this competition is invaluable. Use it to fuel your growth and passion for skating

You showed incredible courage and determination today. Your commitment is admirable.

Your performance was fantastic. Remember, every competition is a stepping stone to greater achievements. Keep pushing and reaching for your goals.

Parents please refrain from providing technical feedback – trust us, your skater knows they didn't fully rotate a jump or didn't get in enough rotations on a spin and their coach is equipped to handle this – that is why you pay them. Your job as a parent to be supportive and encouraging at all times.

**Remember, support and encouragement are vital for young athletes. Encouraging words from parents can significantly impact a skater's confidence and mindset before and after their competitions**

## **Volunteer Opportunities**

We have a few opportunities available:

Our first is our **High Assessment Days** which will be held at Jimmie Condon as follows:

Tuesday Nov 14	11:45-3:00 pm
Wednesday Nov 15	1:30-3:30 pm
Thursday Nov 16	11:45-3:00 pm
Wednesday Nov 22	12:00-3:00 pm

We will be looking for one volunteer each day. The role is Runner/Ice Captain and the responsibilities are pretty straightforward – check in skaters prior for each flight, gather documents from the evaluator and take to the organizer, answer any questions (are we running late or early is the usual question) and ensuring our evaluator is warm (set up heater) and has coffee or tea.

The shift starts 30 minutes prior to the assessment starting and ends 15 minutes after the event is over. If interested, please sign up at

<https://www.signupgenius.com/go/30E0B48A8AE2DA7F85-calalta>

## **Holly Jolly 2023 Star 1- 3 Event**

**Sunday December 10, 2023**

**Jimmie Condon**

This is a fantastic opportunity to see how a competition is run – we are expecting about 100 skaters! Looking for a number of volunteers to help out on this busy day in December! If you are interested, please click on <https://www.signupgenius.com/go/30E0B48A8AE2DA7F85-star> and check out all the available roles and time slots.

## **Upcoming Volunteer Events**

- 1) We also have the **Calgary Winter Invitational** held Feb 9-11, 2024 at Jimmie Condon - great opportunity to see how a large figure skating competition is run – about 500 skaters with a full officials panel on both Jimmie Condon and Rose Kohn ice.
- 2) Our **casino** will be held March 3 and 4 at Cowboys' Casino downtown.

More to share on the above two events as we get closer to the dates!

## **Purdy's Christmas Chocolate Fundraiser**

It's back! Start your Christmas shopping early! These chocolates make great stocking stuffers and gifts for the teacher, co-worker, coach, neighbour and friend!

Check out the catalogue at <https://www.purdys.com/>

How to Order:

1. Click this link <https://fundraising.purdys.com/1767594-112531>
2. Create an ID or if you participated last year, sign in
3. Enter 34347 (Calalta's campaign number)
4. Fill in the required fields, join the campaign and start shopping!
5. Share with your family and friends!

Did you know you get 2 volunteer hours credited to your account for every \$100 in sales? Great time to share this fundraiser with your friends and family!

Pick up will be from Jimmie Condon arena. Date and time to be shared once Purdys' confirms with us. We will also be looking for volunteers to help sort and distribute the chocolates on delivery day. Stay tuned for more details on this.

## **Christmas Ice**

Christmas ice will run for two weeks over the holiday break for singles and dance at Jimmie Condon. Registration will open to skaters that represent Calalta on November 15 and then open to the public on November 27. Register early – its fills fast!

## **2023-2024 Board of Directors**

Thank you everyone for attending the AGM on October 26 – it was a great turnout! Also, welcome to your Board of Directors for the 2023-2024 skating season.

**President**  
**Treasurer**

Michele Whelan  
Terra-Lee Behiel

**Vice President**  
**Secretary**

Debbie Pinter  
Dawn Marie Wolsey

<b>Assessment Chair</b>	Gayle Stobie	<b>Director at Large</b>	Shelly Graham
<b>Director at Large</b>	Melissa Hill	<b>Director at Large</b>	Stephanie Bissky
<b>Director at Large</b>	Dominique Rohrbach	<b>Director at Large</b>	Dayle Drummond
<b>Coaches Rep</b>	Mercedes Shields		

## Solstice Synchro

Now that Solstice comes under the Calalta banner, we will be sharing regular updates about our Synchro program with you!

Come and skate with World Champion **Marta Pietrasik** on Wednesday evenings from 8:30 - 10 pm. Marta will be coaching a skills session for synchro skaters or skaters wanting to learn more about synchro. She will be working on edges, turns, twizzles, and more! Register on [Uplifter](#) for sessions running Wednesday's until mid-March. Can't commit? Drop-in sessions available. Star 6 and up.

Calalta's Solstice Junior team will be performing their short program as an exhibition skate at approximately **1:10 pm** at the 2023 Skate AB | NT | NU Sectional Championships, **Sunday, November 5** at Seven Chiefs Sportsplex.

The Junior team will also be travelling to their first international competition taking place in California. They will represent Alberta at the Synchro Fall Classic hosted by Glacier Falls FSC on Friday November 10 and Saturday November 11.

Are you in Star 1 - 4 and curious about synchro? Come and try out synchro on Sunday mornings from 8 to 9 am at Jimmie Condon with coaches Megan and Lauren.

## Missed Ice Policy

If a skater misses an ice session for any reason, the session cannot be made up at another time nor can the amount paid be credited to their account. The skater must skate the sessions they are registered for or pay applicable drop-in fees.

A skater may switch sessions within the same day if the session is not full and the session is the appropriate level for the skater. To do this, an email must be sent to [info@calalta.net](mailto:info@calalta.net) PRIOR to the switch. It is important to advise your coach as well.



## COP Known Ice Cancellations

WinSport Arena is a world class facility that boasts amenities like the Performance Training Centre and Group 23 Sports Medicine Clinic. We feel privileged to utilize this facility for some of our programming. WinSport is host many national and international events. While we may



not always be pleased with the ice cancellations necessary for these events, it is an unavoidable aspect for us. Fortunately, most cancellations at WinSport are planned in advance, and the session fees are adjusted accordingly. In the instances of sudden cancellations, credits are issued to the skaters' accounts, reflecting the original payment amount.

### **#itsagreattimetoskatewithCalalta**

Hashtag alert! Don't forget to tag **@Calaltafsc** and include **#itsagreattimetoskatewithCalalta** and **#jimmiecondon** in your posts! Follow us on both Facebook and Instagram!  

## Important Dates to Remember

<b>November 2023</b>	
<b>Wed Nov 1</b>	All sessions cancelled at COP except for Dance All Jimmie Condon sessions running
<b>Thu Nov 2</b>	<b>Skate AB NWT NUN Sectionals Begins – Good Luck Skaters!</b> All sessions cancelled at COP except for Dance which runs 6:15 am to 7:15 am, 7:45 am to 9:45am All Jimmie Condon sessions running
<b>Fri Nov 3</b>	All sessions cancelled at COP – Dance and Jimmie Condon sessions still running
<b>Wed Nov 8</b>	All sessions cancelled at COP except for Dance which runs from 6:15 am to 8:15 am
<b>Thurs Nov 9</b>	All sessions cancelled at COP except for Dance which runs from 6:15 am to 8:15 am
<b>Fri Nov 10</b>	All session cancelled at COP except for Dance (normal session from 6:15 am to 8:15 am and 8:30 am to 9:45 am)
<b>Sat Nov 11</b>	All sessions cancelled at Jimmie Condon – No CanSkate or PowerSkate
<b>Fri Nov 17</b>	<b>Star Series # 1 begins in Airdrie – Good Luck Skaters!</b>
<b>Wed Nov 22</b>	COP Dance sessions moved to Perry Kavanaugh Arena (6:30-9:30 am)
<b>Thu Nov 30</b>	COP Dance sessions cancelled – all other sessions running at COP
<b>December 2023</b>	
<b>Fri Dec 1</b>	All sessions cancelled at COP except Dance from 6:15- 8:15 am - all JC sessions still running
<b>Fri Dec 8</b>	<b>Star Series #2 begins – Good Luck Skaters!</b>
<b>Sat Dec 9</b>	Last day of Power Skating
<b>Sun Dec 10</b>	<b>Holly Jolly Star 1-3 Event at Jimmie Condon</b>
<b>Mon Dec 11</b>	Last day of Monday CanSkate
<b>Wed Dec 13</b>	Last day of Wednesday CanSkate
<b>Fri Dec 15</b>	Last day of Friday CanSkate
<b>Sat Dec 16</b>	Last day of Saturday CanSkate
<b>Sat Dec 16</b>	Synchronized Skating Invitational begins – Good Luck Skaters!
<b>Tue Dec 19</b>	6:00 – 7:00 pm COP session cancelled – all other sessions running
<b>Wed Dec 20</b>	6:00-7:00 pm COP session cancelled – all other sessions running
<b>Dec 23 – Jan 8</b>	Winter Break – No regular sessions running Stay tuned for Christmas Ice Schedule