

Welcome to January 2024!

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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

Volunteer Opportunities

Lots happening for our volunteers!

- 1) **Casino** – held March 3 & 4, 2024 at Cowboys Casino. If interested, please click [here](#) to sign up for a shift. Please note that the key roles (GM, Alt GM, Banker, Cashier, and Count room Supervisor) will require the volunteer form to be completed – attached in the link above.
- 2) **Calgary Winter Invitational Figure Skating Competition** held at Jimmie Condon/Rose Kohn from Friday February 9-11, 2024, and hosted by Calalta. This competition attracts over 550 skaters, 55 officials and MANY, MANY volunteers – from ice captains to announcing to hospitality. The link for the volunteer positions will be published as soon as we get the schedule from the Alberta section. Stay tuned!
- 3) **Cleaning the office and fitness studio is available** – check out the details [here](#) - one hour per week for 12 weeks.

Good Luck to Calalta Skaters at the Canadian National Championships

The Canadian National Figure Skating Championships are being held in Calgary this year at Winsport (COP) from January 8 to January 14. This is where the best of Canada's figure skaters (Junior and Senior) compete for the medals! Of the 10 entries from the AB|NT|NU section, 5



of those are from Calalta! If you can't make it to COP, the Senior categories will be televised on Friday and Saturday.

Best of luck to all Calalta skaters competing at Canadians! We'll be cheering for you!

Kaiya Ruiter – Senior Women – competing Friday & Saturday Jan 12 and 13. Kaiya is also a member of Skate Canada's National Team and competes internationally for Canada.

Jake Portz and Alyssa Robinson – Senior Dance – competing Friday and Saturday Jan 12 and 13

Savanna Martel & William Oddson (Huntington Hills) – Junior Dance – competing Tuesday & Wednesday Jan 9 & 10

Addison Pehl & Daniel Yu – Junior Dance - competing Tuesday & Wednesday Jan 9 & 10

Solstice Junior Synchronized Skating Team – competing Wednesday & Thursday Jan 10 & 11

A Few Reminders

Do not leave valuables in the dressing rooms – we see keys, wallets, phones, and other valuables left on the bench in the dressing room and items get stolen ALL THE TIME. As you know, Jimmie Condon is a public facility and is located next to a C Train station and attracts many visitors. Please take your items to the boards or lock them securely in your vehicle. This happens at COP (Canada Olympic Park) as well :(

Please exit the ice promptly when the session ends. Rink staff at both COP and Jimmie Condon are extremely frustrated with us when we do not get off the ice when our session has ended. If you are in the middle of your program, your music will be stopped as the session has ended – next time plan accordingly. If you stay on after your session, you will be billed.

New Seminar Series – F.I.R.S.T Place for Human Performance

Being successful is not just about what happens on the ice – some say how we train our minds influences our performance more than anything else. Come join us for a 4 series seminar that takes your performance to the next level. The 4-part series focuses on living intentionally, the 5 behaviours of champions, the championship performance cycle and building resilience – skills that can be used in any part of a successful life!

Conducted by Doug Swanson MSc – Principle of F.I.R.S.T. Place for Human Performance

January 27	February 24	March 23	April 13
Sessions runs 5:15 to 6:45 pm		Bring your own snacks – microwave and fridge available	
Upstairs at Jimmie Condon		Early bird registration for skaters that represent Calalta from Jan 3 to 15. Opens to everyone else on Jan 15 if spots remaining	
Open to skaters ages 10 and up. Skaters from ages 10-12 may be paired with an older skater during session 4		Attendance at all 4 sessions is required as the information is progressive and builds on concepts from previous sessions	
Cost is \$80.00 for all 4 sessions – no partial sessions sold No refunds permitted		Homework and/or self study may be required and is expected to be complete prior to next session	

2024 NATIONAL COACH APPRENTICESHIP PROGRAM (NCAP)

Congratulations to coaches Marta Pietrasik, Bradley Hazelton, Mercedes Shields, and Alexandra Young for being selected by Skate Canada to participate in the 2024 National Coach Apprenticeship Program held during the Canadian National Figure Skating Championships from January 8-14, 2024, at COP.

Fifteen coaches will have the opportunity to attend the NCAP and learn from some of the best Canadian and International Coaches, Officials as well as various Skate Canada experts and sport leaders. This educational opportunity will be a combination of live, headset observation and classroom learning.

Raffle at Calgary Winter Invitational



Nothing better than a good raffle! We are seeking sponsorships from local businesses, offering advertising opportunities in return. We offer sponsorship packages ranging from Friends of Calalta (\$100) to our platinum sponsors who donate \$1000.

Donations can include product baskets and/or gift cards and will be considered by retail value for the levels noted. Check out the sponsorship and donation letter located [here](#)

New this year! For all sponsorship dollars you collect over \$1000, 25% of the sponsorship dollars will be credited back to your account. Speak with your employer or a business you know to see if they would be interested. If so, please download the sponsorship letter located in this [link](#) at the bottom of the page

Important dates for December and January

January 2024	
Mon Jan 8	Regular skating at JC resumes – Welcome back skaters!
Mon Jan 8	2024 Canadian National Skating Championships begins at COP – Good Luck Skaters!
Mon Jan 8 – Thurs Jan 11	No sessions running at COP except Dance. JC sessions still running. Limited ice during the day is available here - drop in rates apply
Fri Jan 12	All sessions running at COP (Rink D) and yes, we double checked – we have during Canadians!
Fri Jan 12, Sat Jan 13, Mon Jan 15, Wed Jan 17	CanSkate and Power Skate begins!
Mon Jan 15	All sessions cancelled at COP except Dance. JC sessions still running
Thu Jan 25	All sessions cancelled at COP except Dance. JC sessions still running
Fri Jan 26	Mountain Regional Synchronized Skating Championships begin – Good Luck Skaters!
Fri Jan 26	All sessions cancelled at COP – JC sessions still running
Fri Jan 26	Dance – 6:15-8:15am COP session time change – 6:15-8:00 am
Sun Jan 28	No Synchro Ice
February 2024	
Fri Feb 9	CWI (Calgary Winter Invitational) Begins – Good Luck Skaters!
Fri Feb 9, Sat Feb 10, Fri Feb 14	No CanSkate or any other programs running during CWI – if you’re not skating you should be volunteering at CWI! Volunteer link out soon!
Wed Feb 14	6:00-7:00pm COP session cancelled – all other sessions running
Fri Feb 16, Sat Feb 17	No CanSkate or Power Skate. We only have ice from 11 to 5 pm
Fri Feb 16	All sessions cancelled at COP – Dance and JC sessions running
Mon Feb 19	No sessions running at JC or COP - Family Day!
Tue Feb 20	All sessions cancelled at COP – Dance and JC sessions running
Wed Feb 21	2024 Novice Canadian Championships / Skate Canada Cup begins – Good Luck Skaters
Thu Feb 22	All sessions cancelled at COP – Dance and JC sessions running
Fri Feb 23	All sessions cancelled at COP – Dance and JC sessions running
Tue Feb 27	Morning dance sessions cancelled – all other sessions running

Follow us on both Facebook and Instagram!  



Do not forget to tag **@Calaltafsc** and include **#itsagreattimetoskatewithCalalta** and **#jimmiecondon** in your posts!