

Welcome to September 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

Fall Registration

Some sessions are already full and other are filling fast! A few highlights that you should be aware of:

- Our focus continues to be on stroking – power and edges are critical! You will see stroking out at COP as well this year on Monday and Friday mornings and it is strongly encouraged you sign up for it!
- Off Ice sessions! With certain stroking classes, there is a free off ice class that is offered (limit of 15 people). Please ensure you read the schedule carefully when booking to see which sessions this applies to.
- Members receive a 20% discount if they book between July 15 at noon and August 31 at noon if they register for 6 sessions.
- No discounts after August 31 at noon.

Register [here](#) for Fall

Volunteer Policy

If you have registered, you will be aware that there is a volunteer commitment required. Calalta is a non-profit organization, and we rely on our members to volunteer to make for a successful club. We will be sharing all volunteer opportunities through the monthly update and through emails so make sure you read them. Some opportunities go fast!

The full details of the volunteer commitment can be found on our website at <https://calalta.net/volunteer-opportunities/>.

Notice of Annual General Meeting

Thursday October 24, 2024

6:30 – 7:30 pm

Mark your calendars! We are currently debating whether we go virtual, in person (at Jimmie Condon) or a combination of both for our AGM. Stay tuned!

Nominations are Open for the Board of Directors

Within the next week or so, you will receive an email from the Nominating Committee for the Board of Directors. If you have a passion for sitting on a board, please consider putting your name forward. All details regarding the positions available, terms and responsibilities and required skills will be shared then.

Back by popular demand! Davison Orchard Apple Fundraiser

[Davison Orchards](#) is a family farm just outside of Vernon BC, specializing in apples

- All apples are hand-picked into a 15 lb box
- Pick up will September 25 to the Jimmie Condon parking lot - Exact details will be emailed closer to the date

Deadline to order is noon September 11, 2024

Order [here](#)

Did you know that you can earn two (2) volunteer hours of credit for every \$100 of Davison apples sold? This is a great opportunity to share with your friends, family, neighbours and co-workers. Let them help you earn your volunteer hours!



Opportunity to start your volunteer hours - Sign up [here](#) if you can volunteer on Sep 25 from 2-6 pm to distribute apple orders (unload truck, organize in parking lot, load boxes into vehicles)

Used Skate and Dress Sale – September 28

9:00-2:30 pm

We are accepting items for the used skate and dress sale. Please note the items must be in good enough condition that someone else will want to buy them at a reduced price.

Please label item with your name, cell number, brief item description, size and asking price. If the item sells, Calalta takes 20% of sale and the seller makes 80%. Cheques will be available 10 days after the sale date and can be picked up at Jimmie Condon.

Drop items off (usually between 12-7:30 pm weekdays or Saturdays 9-5 pm) at Jimmie Condon, volunteers will sort and display items on sale day. Any questions? Please email the office at info@calalta.net

Opportunity to begin your volunteer hours - sign up [here](#) to help organize and run the sale

Let's Dance!

Looking to improve or develop your skills in the anticipation of competing in competitive ice dance with a partner? Or, does competitive solo dance interest you? It's the latest from the ISU – check it out [here](#) - ice dance without a partner!

- No ice dance experience required - just need to show a desire and interest
- Must have successfully completed assessments at minimum Star 5 level
- Your edges, turns and field moves will be improved
- You will learn patterns, partnering techniques, lifts, spins and twizzles as well as Free Dance elements

Limited spots available!

If interested please contact Kim Weeks at kimijoe@shaw.ca

Begins September 2, 2024

Two time slots available

- 6:15 am - 8:15 am at WinSport
- 8:30 am - 9:45 am at WinSport

Once accepted, you will then need to register on Calalta's Uplifter page

Coached by Kim Weeks, Ben Westenberger and Donna Hallet

Synchro Opportunities

Are you ready to take your skating to the next level? Calalta is thrilled to announce that we are recruiting skaters for the 2024-2025 season to compete at a national level! ✨

Join Our Intermediate Team!

Is your skater eager to advance their competitive experience and represent the AB section on a national stage? This is your chance to join our Intermediate synchronized skating team and be part of an exhilarating journey!

Why Join Us?

- **Competitive Edge:** Skate at a national level and showcase your skills.
- **Team Atmosphere:** Experience the camaraderie and support of a synchronized skating team.
- **Travel Opportunities:** Compete across Canada and gain invaluable experience.
- **Skill Enhancement:** Add to your existing skating skills with our comprehensive on and off-ice programming.

Who Can Join?

- Skaters who are Star 6 or higher.
- Those looking to explore a team environment and take their skating to new heights.

Details:

- **Practice Schedule:** Sundays with both on and off-ice sessions.
- **Season Start Date:** Sunday, September 8, 2024.

We would love to have you join us for an exciting season of growth, competition, and fun! If you're interested, please contact Coach Andrea at andreastcyr@gmail.com or Coach Jaime-Lyn Jackson at calaltagroupprogramsdirector@gmail.com.

2024-2025 Calalta Synchronized Skating Season Teams

We want you! 😍

The 2024-2025 Synchronized Skating season kicks off in September and we are looking for a few additional team members to join this growing discipline! Calalta's Solstice will be running the following teams:

- **Juvenile (Star 4)**
 - Practices Sunday at Jimmie Condon
- **Intermediate (Star 8) – Canada Cup Nationals competitive (must be under 19)**
 - Practices Sunday at Jimmie Condon
- **Open – Canada Cup Nationals competitive (must be 15 & over with some Gold levels/Star 10)**
 - Practices Wednesday evening and Sunday at Jimmie Condon
- **Adult 1 (must be 18 with some Senior Silver levels/Star 8)**
 - Practices Monday evening at Jimmie Condon
- **Adult 2 (must be 18 with some Junior Silver/Star 6)**
 - Practices Thursday evening at Jimmie Condon
- **Adult 3 (must be 18 and have previous skating experience)**
 - Practices Tuesday evening at Jimmie Condon

If you are interested, speak to your coach, or contact the Synchro Program head coach, Andrea St. Cyr at andreastcyr@gmail.com. Don't miss out on this incredible opportunity to be part of something special. **Let's make the 2024-2025 season unforgettable!** ❄️

Upstairs Cleaning – Another volunteer opportunity!

This is for someone that has an extra hour a week. Cleaning of the fitness studio, offices and washrooms upstairs at Jimmie Condon.

- Sweeping stairs and large open floor area from the office to the entrance
- Cleaning bathrooms
- Empty Garbage
- Mop floors and stairs
- Ensure cleaning supplies are replenished (receipts to be submitted for refund)
- Windows and mirrors
- General dusting/organizing

This can be done anytime there is no off-ice classes running even though the sign up indicates Thursday. If interested, sign up and then email Natalie at info@calalta.net to discuss what hours work best for you and your schedule.

Sign up to volunteer [here](#) for the cleaning opportunity.

September 2024		
Jimmie Condon		WinSport/COP
Labour Day – all City rinks closed	Mon Sept 2	Welcome back COP skaters! All sessions running
Welcome back Jimmie Condon skaters!	Tues Sept 3	
Sessions from 11- 5 pm running. Program Assistant training at JC	Sat Sept 14	
Monday CanSkate begins	Mon Sept 16	
Wednesday CanSkate begins	Wed Sept 18	ISU Adult Figure Skating Competition at 7 Chiefs
Friday CanSkate begins	Fri Sept 20	
Saturday CanSkate and Power Skating starts	Sat Sept 21	
	Mon Sept 23	Dance cancelled - both 6:15 and 8:30 am sessions
	Thu Sept 26	Dance cancelled - both 6:15 and 8:30 am sessions
Deadline to drop off items for Used Dress & Skate Sale	Fri Sept 27	Fall Competitive Invitational in Airdrie
Used Dress & Skate Sale at JC – runs from 9 am to 2:30 pm	Sat Sept 28	
Truth & Reconciliation Day – all City rinks closed	Mon Sep 30	6:30 am stroking session cancelled

Follow us on Instagram and like us on Facebook  

Tag us at #ItsGreatTimetoSkateWithCalalta