

Welcome to November 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



Good Luck Skaters at the 2025 Sectional Championships

Heading into Sectionals this weekend! 25 Calalta skaters qualified for the 2025 Sectional Championships. Good luck skaters – you’ve trained hard for this! Big shout out to the coaches and parents who make it all possible!

Grace Johnson	Senior Women	Addison Pehl/Daniel Yu	Senior Dance
Addison Wolsey	Junior Women	Stella Mitchell/Kurtis Che*	Novice Dance
Liel Oren	Pre-Nov Women	Vincy Chan	Pre-Nov Women
Reegan Power	Pre-Nov Women	Stella Mitchell	Pre-Nov Women
Cambie Stollery	Pre-Nov Women	Mila Guim	Pre-Nov Women
Chelsea Kuharski	Pre-Nov Women	Ellie Begley*/Aaron Zhou	Pre-Nov Dance
Daniil Armstrong	Juv Men (U14)	McKenzie Elgie*/Ryan Aruin	Pre-Nov Dance
Evyn Rawlyk	Juv Women (U14)	Tyson Poon	Juv Men (U14)
Amelia Meisner	Juv Women (U14)	Vladislav Kryzhanivskiy	Juv Men (U14)
Amara Gouw	Juv Women (U14)	Caitlyn Carey	Juv Women (U14)
Isla Moch	Juv Women (U14)	Selena Poulin	Juv Women (U14)
Madison McBride	Juv Women (U14)	Mikaela Van Geloven*/Kash Hill	Juv Dance
		Gemma Soska/Daniil Armstrong	Juv Dance

* Member of another club

Check out all the details from Sectionals at <https://skateabnwtun.ca/event/international-adult-competition-748-536-252/>



Reigning Senior Women Champion and Calalta member, Kaiya Ruiter has a bye right through to the Canadian National Figure Skating Championships held Jan 14-19 in Laval, Quebec.

Jake Portz and Alyssa Robinson, both Calalta members will be competing for the AB|NT|NU section at the Sectionals event in Ontario next weekend in Senior Ice Dance.

Sectionals (like Provincials in hockey) 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 qualify and 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 in January.

Club Jackets and Clothing

It's that time of year!! We are offering club-wear this season. Please remember that we only offer this once a year and club-wear won't be available again till fall 2025.

Revolutions Activewear, view and order here:

<https://www.revolutionsactivewear.com/calalta2024>

Sizes and samples from Revolutions Active Wear will be set up in the lobby at Jimmie Condon on Saturday, November 9th from 2:30 to 4:30pm.

We are also offering Lululemon jackets and clothing with the Calalta logo. Please visit a local Lululemon store for accurate sizing. View and order here:

<https://calalta.uplifterinc.com/pages/calalta-store/calalta-club-wear/2021-2022/>

The order deadline for Lululemon is Saturday, November 9th at 4:30pm.

Drop-In sessions for Nov 29/30 at Jimmie Condon

We have been bumped from our regular sessions on Friday Nov 29 and Saturday Nov 30 due to a hockey tournament at Jimmie Condon. We have secured some drop ice at Jimmie Condon. Follow this link to register:

https://calalta.uplifterinc.com/registration/figure-skating/drop-in-skating-for-cancelled-sessions-nov-29-30-jca/?sort=start_date

Fri Nov 29: 2:45-3:30 pm OPEN
3:30-4:15 pm OPEN

Sat Nov 30: 12:00-1:00 pm Junior
1:15-2:45 pm Int/Sr

Regular drop in rates will apply.

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	After a competition
<p>You've worked incredibly hard for this moment. Trust your training and have confidence in your abilities.</p> <p>Remember to breathe, stay focused, and enjoy every moment on the ice. You've got this!</p> <p>Skate with your heart and soul. Your passion for skating shines through every move you make.</p> <p>Believe in yourself. You've prepared diligently, and now its time to show everyone what you're capable of.</p> <p>The most important thing is to skate your best and have fun. We're proud of you no matter what happens.</p>	<p>We are so proud of the hard work and dedication you put into your performance. You were amazing out there!</p> <p>No matter the result, your resilience and grace on the ice inspire us. You're a winner in our eyes.</p> <p>The experience you gained from this competition is invaluable. Use it to fuel your growth and passion for skating</p> <p>You showed incredible courage and determination today. Your commitment is admirable.</p> <p>Your performance was fantastic. Remember, every competition is a stepping stone to greater achievements. Keep pushing and reaching for your goals.</p>
<p>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!</p>	

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:

Thursday Nov 14	11:45-3:00 pm	2 volunteers needed
Friday Nov 15	9:00-1:15 pm	2 volunteers needed

We will be looking for two volunteers each day for the times listed above.

- 1) Runner/Ice Captain: Check in skaters prior for each flight, gather documents from the evaluator and take to the organizer.
- 2) Hospitality: Prepare and maintain snacks and refreshments.

If interested, please sign up at <https://www.signupgenius.com/go/30E0B48A8AE2DA7F85-calalta#/>

Star Series #1

Friday-Sunday November 22-24, 2024

Jimmie Condon/Rose Kohn

This is the first of two major competitions that Calalta will be hosting this year. We have 524 entries with skaters coming from all over Alberta. We are currently awaiting the schedule before we can plan the volunteer! We will be looking for over 80 volunteers to help us over the weekend. Stay tuned!

Holly Jolly 2023 Star 1- 3 Event

Sunday December 15, 2024

Jimmie Condon

This is a fantastic opportunity to see how a smaller competition is run – we are expecting about 100 skaters! Looking for a number of volunteers to help out on this busy day in December! Expect to see an email for the sign up genius in the next couple of weeks.

Calgary Winter Invitational
Friday-Sunday November 22-24, 2024
Jimmie Condon/Rose Kohn

The second of the major competitions. We are expecting about 500 skaters (550 last year) with a full officials panel on both Jimmie Condon and Rose Kohn ice. More to share as we get closer to the dates!

Purdys 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. Visit the [Purdys Fundraising Website](#)
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! Please email us your orders so we can track your volunteer hours.

Pick up will be from Jimmie Condon arena. Date and time to be shared once Purdys confirms with us.

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 Nov 27. Register early – its fills fast!

2024-2025 Board of Directors

Thank you everyone for attending the AGM on October 24 – it was a nail biter but we got quorum with minutes to spare! We are so excited to have the revised bylaws passed by the membership!

Welcome to the Board of Directors for the 2024-2025 skating season.

President	Diana Peters	Vice President	Dominique Rohrbach
Treasurer	Terra-Lee Behiel	Secretary	Suzy Mitchell
Assessment Chair	Gayle Stobie	Director at Large	Jennifer Kuharski
Director at Large	Melissa Hill	Director at Large	Stephanie Bissky
Coaches Rep	Jaime-Lyn Jackson	Director at Large	Dayle Drummond
		Past President	Michele Whelan

Solstice Synchro



Solstice teams are getting ready for competition season, with the competitive Open team travelling to Woodstock, Ontario for the Synchro Series challenge taking place December 6-8. The next competition will be the 40th Rose Bowl Synchronized Skating Invitational held here in Calgary at Max Bell arena on December 14 - come and cheer on the teams! This is an enjoyable free family outing!

If you are interested in what Synchro has to offer or have any questions, please contact Andrea St. Cyr at solsticesynchro@gmail.com

Holly Jolly 2024 Star 1-3 Event Sunday December 15, 2024 Jimmie Condon

Accepting registrations now for this fun event for our little Star 1-3 skaters! Please speak with your coach before registering! Before you sign up make sure you have your music ready (in an MP3 format) as you will not be able to complete the registration unless you have loaded the music. Registration can be found at [Calalta's Uplifter site](#)

#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

November 2024		
	Fri Nov 1	No sessions at COP
	Wed Nov 6	All sessions cancelled except the 6:15 am session
	Thu Nov 7	All sessions cancelled except the 6:15 am session. NO PTC
	Fri Nov 8	All sessions cancelled except the 6:15 am session
Remembrance Day – all City rinks closed	Mon Nov 11	All sessions running as scheduled
6:30-8 am ice only – all other sessions cancelled due to Star Series #1 being held at JC	Fri Nov 22	
All sessions cancelled at JC	Sat Nov 23	
All sessions cancelled at JC	Sun Nov 24	
Wednesday CanSkate cancelled	Wed Nov 27	
	Thu Nov 28	Skate Canada Challenge begins in Winnipeg, MB
6:30-8 am ice only. Drop in from 2:45-4:30 pm. Register on-line	Fri Nov 29	
Drop in from 12 – 3 pm. Register on-line	Sat Nov 30	
December 2024		
Last day of Wednesday CanSkate	Wed Dec 11	
Last day of Friday CanSkate	Fri Dec 13	1pm, 2pm, 3pm, 4pm sessions cancelled
Last day of Saturday CanSkate	Sat Dec 14	Rose Bowl held in Calgary
Holly Jolly Star 1-3 Event from 11:30-5:30 pm	Sun Dec 15	
Last day of Monday CanSkate	Mon Dec 16	
Last day of skating at JC for regular season	Fri Dec 20	Last day of skating at COP
11- 5 pm sessions only	Sat Dec 21	
Holiday Ice – register on-line	Mon Dec 23	
Holiday Ice – register on-line	Fri Dec 27	
Holiday Ice – register on-line	Mon Dec 30	
Holiday Ice – register on-line	Tues Dec 31	