

## Welcome to January 2025!

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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 to Calalta Skaters at the Canadian National Championships

The Canadian Nations Figure Skating Championships are being held at Place Bell, in Laval, Quebec from January 14-19, 2025. This is where the best of Canada's figure skaters (Junior and Senior) compete for medals.

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

Kaiya Ruitter - Senior Women

Grace Johnson – Senior Women

Alyssa Robinson / Jacob Portz – Senior Dance

## 2025 Skate AB|NT|NU Awards Program

Skate Canada and the Skate AB|NT|NU Section have launched the 2025 Skate Canada Awards Program and we want to spread the good news.

***Any parent, coach, skater or volunteer can nominate a deserving, potential Award recipient!***

Details for each Award may be found on the Awards Section of the Section Website here: [2025 Awards - Skate Canada | AB NWT Nvt](#)

**NOMINATION DEADLINE: SATURDAY MARCH 1, 2025.**

## **Solstice News**

Congratulations to our Solstice Open team for their recent Gold medal finish at the Synchro Series #1 hosted by Skate Ontario in Woodstock in early December. Well done!

January 24-26 will see six Solstice teams (Open, Gold/Intermediate, Adult 1, 2 and 3, and Star 6) travel to Richmond, B.C. for the Mountain Regional Synchronized Skating Championships. This competition is a national qualifier for Open and Gold categories. Watch for livestream information on Solstice's social media channels or check back here [2025 Mountain Regional Synchronized Skating Championships | Skating in BC](#).

**Everyone is invited to check out all the teams at the Solstice Showcase happening on Sunday, January 19, starting at noon at Jimmie Condon.** If you are curious about synchro for next season, this is a great opportunity to see this growing discipline and feel the energy!

## **Volunteer Opportunities**

Lots of great opportunities for our volunteers!

- 1) **Calgary Winter Invitational Figure Skating Competition** held at Jimmie Condon/Rose Kohn from Friday February 21-23, 2025, and hosted by Calalta.

The volunteer links for **Calgary Winter Invitational Figure Skating Competition** will be sent as soon as we know the schedule.

If you are interested in joining the LOC (local organizing committee) we are looking for:

**Set Up Supervisor** (must be able to be on-site Friday February 21 from 8 am to 12 noon) or

**Take Down Supervisor** (must be on site Sunday February 23 from about 2:30 pm to 6 pm).

These roles are busy and exciting! Set up involves everything from putting signs on walls, setting up the Coaches/Volunteer Hospitality area, Officials' Hospitality area, moving tables and chairs, wrapping windows, setting up the podium, sweeping and mopping. Take down involves putting everything back and returning the entire facility back to the City in better shape than we found it.

Another key role on the LOC is the **Ice Patching Supervisor** – this role involves managing the ice patchers over the course of the weekend. This could be done by 2 mature teen skaters that have availability that weekend that are looking to develop and refine their leadership skills. This type of experience looks **GREAT** on a resume too!



- 2) **The Ice Show is fast approaching!** We always need plenty of volunteers for those that have not gotten all of their hours yet! Plus for those that have accumulated all of their hours, we would love the help! Mark your calendar for Sunday April 7 from 10 to 2 pm at Max Bell Arena.
- a. We do need help now prior to the Ice Show – are you interested? If so, please email the office at [info@calalta.net](mailto:info@calalta.net)

## **Sport Injury Prevention Research Centre (SIPRC) at the University of Calgary**

New research is being done at the U of C! The study is for females ages 9-19 and is studying bone density in figure skaters.

Please check out the attachment if you or your female skater is interested in participating.

This study is extremely simple to participate in and will provide valuable insight in how to keep figure skaters healthy and performing at their best. The study involves a one 1-hour visit to the University of Calgary for X-Ray images to look at athlete's bones.

## **A Few Reminders**

### **Missed Ice Policy Podium Pathway / StarSkate Sessions**

If a skater misses an ice session for any reason, the session will NOT be credited back to their account, nor will the session be allowed to be made up on another day or time. Skaters must skate the sessions they are registered for or pay applicable drop-in fees.


If a skater is a **Home Club Member** of **Calalta** (represents Calalta) they may switch sessions within the same day if space allows. Prior to switching sessions, the skater must:

- Advise their coach of the switch.
- Verify that the session is not full (An email must first be sent to the office at [info@calalta.net](mailto:info@calalta.net) and/or check in with the rink chair on that session.)
- Verify the session is an appropriate level for the skater.

If a skater is a **Non-Home Club Member** of **Calalta** (represents a club other than Calalta), ice sessions **CANNOT** be switched. **Non-Home Club Members** must skate the sessions they are registered for or pay applicable drop-in fees.

## Important dates for January and February

| <b>January 2025</b>   |            |  |
|---|------------|--|
| <b>Jimmie Condon</b>  |            | <b>WinSport/COP</b>  |
| Welcome back JC skaters   | Mon Jan 6  | Welcome back COP skaters!  |
| Friday CanSkate/Pre-Can begins  | Fri Jan 10 |  |
| Saturday CanSkate/Pre-Can/Teen/Adult and Power begin                          | Sat Jan 11 |  |
| Monday CanSkate begins  | Mon Jan 13 |  |
|   | Tue Jan 14 | Canadian National Championships begin in Laval, QC   |
| Wed CanSkate begins   | Wed Jan 15 |  |
|   | Thu Jan 23 | 2pm, 3pm, 4pm, 4:45pm & 6pm sessions cancelled. NO PTC   |
|   | Fri Jan 24 | 1pm, 2pm, 3 pm, 4pm sessions cancelled<br>Star Series #3 begins in Grande Prairie                            |
| <b>February 2025</b>  |            |  |
| <b>Jimmie Condon</b>  |            | <b>WinSport/COP</b>  |
|   | Thu Feb 6  | Skate Canada Trophy (Pre-Novice/Novice Nationals) begins in Edmonton   |
|   | Fri Feb 7  | 1pm, 2pm, 3 pm, 4pm sessions cancelled   |
|   | Wed Feb 12 | 6:15 am & 8:30 am sessions cancelled   |
|   | Thu Feb 13 | 2, 3, 4, 4:45 & 6 pm sessions cancelled. NO PTC  |
|   | Fri Feb 14 | 1pm, 2pm, 3pm, 4pm sessions cancelled<br>Star Series #4 begins in Lethbridge                                 |
| Family Day – all City rinks closed  | Mon Feb 17 | All sessions running   |
| 6:30-8 am ice only – all other sessions cancelled due to CWI being held at JC | Fri Feb 21 |  |
| All sessions cancelled at JC  | Sat Feb 22 |  |
| All sessions cancelled at JC  | Sun Feb 23 |  |
|   | Mon Feb 24 | 6:30 am stroking session ends at 7:30 am   |
|   | Fri Feb 28 | All sessions cancelled except the 6:15 and 8:30 am Dance sessions<br>Skate Canada Cup begins in Waterloo, ON |

Follow us on both Facebook and Instagram!  

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