

## Welcome to January 2026!

- **Good Luck to Calalta skaters at Canadians!**
- **2026 Skate AB|NT|NU Awards Program**
- **Social Media Posts**
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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 Slush Puppie Centre in Gatineau, Quebec from January 5-11, 2026. 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

Addison Pehl/Daniel Yu – Senior Dance

Alyssa Robinson / Jacob Portz – Senior Dance

Anjou Karino / Andrew Song – Junior Dance

## **2026 Skate AB|NT|NU Awards Program**

Skate Canada and the Skate AB|NT|NU Section have launched the 2026 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:  
<https://skateabnwtun.ca/about/awards-2/2026-awards-2/>

**Nomination Deadline: Sunday March 1, 2026**

## **Social Media!**

Like what you see on Calalta's social media? Want to see more? Share your or your skater's highlights, achievements and challenges to [social@calalta.net](mailto:social@calalta.net). These can be submitted by a skater, coach or parent and should include name, text (what is it that you want to say about the post) and other relevant details.

## **New Off Ice Class Alert**

We have a new off ice class starting on Sunday January 4<sup>th</sup> with Coach Daniela Sovak, Dr.Sci.Nat. She has 43 years coaching experience!

She holds a Doctoral degree in Kinesiology (Charles University, Prague), Lecturer, Postdoctoral Fellow and Adjunct Assistant Professor at U of C (1983-1996), Research Fellow in the Human Performance Laboratory of U of C (athletic training and its impact on human growth and development), published articles in peer reviewed journals, and presented at international scientific conferences

Daniela's specialty is teaching body awareness and control informed by anatomy. Skaters need to understand how to move different parts of their bodies in isolation as well as a part of a simple or complex body movement. The correct use of muscle groups helps to produce efficient and biomechanically sound movement patterns enabling the skater to achieve optimal execution of the on-ice elements while minimizing possibility of overuse injury. There will be a variety of exercises including spinners utilized in the off-ice classes.

Register here:

[Sep to Jun 25/26 Figure Skating Registration Canada Olympic Park and Jimmie Condon :: Calalta Figure Skating Club](#)

Uplifter Tip: Use the quick search button and type in 'Sun' to narrow down your search!

## **Solstice News**

Congratulations to Solstice teams who competed in December. Star 6 and Adult 3 earned silver at Rose Bowl with the Adult 2 team showcasing two strong performances. Open travelled to Synchro Series #1 hosted by Skate Ontario in Woodstock and received valuable feedback from a National panel. Well done!

January 30 to February 1, 2026 will see six Solstice teams (Open, Adult 1, 2 and 3, and Star 4 and Star 6) travel to Spruce Grove for the Mountain Regional Synchronized Skating Championships. This competition is a national qualifier for the Open category. Watch for livestream information on Solstice's social media channels or check back here [Mountain Regional Synchronized Skating Championships - Skate Canada | AB NWT Nvt](#)

**Everyone is invited to check out all the teams at the Solstice Showcase happening on Sunday, January 25, from 10:00 am to noon at Jimmie Condon.** This is a free show and everyone is welcome! 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**

**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 Saturday April 4 from 12 to 2 pm at Max Bell Arena.

We do need help **NOW** prior to the Ice Show for costume design and production – are you interested? If so, please email the office at [info@calalta.net](mailto:info@calalta.net)

We also have Spring Fling coming in May/June plus a few assessment days still to be scheduled for those that still need to be complete their hours.

## **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

January 2026		
Jimmie Condon		WinSport/COP
Welcome back JC skaters!	Sun Jan 4	
	Mon Jan 5	Welcome back COP skaters!
	Tue Jan 13	No 4:00-5:00, 4:45-5:45, 4:00-6:45 (with PTC) or 6:00-7:00 pm sessions running (unknown cancellation, credits will be issued)
	Wed Jan 14	6:15am-8:15am moved to Perry Cavanaugh 8:30am-9:45am CANCELLED (unknown cancellation, credits will be issued)
	Thu Jan 15	6:15-8:15 and 8:30-9:45 AM sessions cancelled (Known cancellation and not part of your registration fees)
	Fri Jan 16	All sessions cancelled except 6:30-7:45 AM (Known cancellation and not part of your registration fees)
Sunday sessions will run 8:00-8:45 & 8:45-9:30 am (Jan 18, Mar 8, 15) a 45 min credit for 8-9 am skaters will be issued as 15 minutes will be lost each day for 3 dates.	Sun Jan 18	
	Thu Jan 22	All sessions cancelled (Known cancellation and not part of your registration fees)
	Fri Jan 23	All sessions cancelled except, 6:30-7:45 AM (Known cancellation and not part of your registration fees) 6:15-8:15 and 8:30-9:45 am new unknown cancellations credits will be issued
	Mon Jan 26	6:15am-8:15am (unknown cancellation, credits will be issued)
	Wed Jan 28	No 6:00-7:00 pm session running (unknown cancellation, credits will be issued)
	Thu Jan 29	All sessions cancelled except 6:15-8:15 and 8:30-9:45 AM (Known cancellation and not part of your registration fees)

# CALALTA

FIGURE SKATING CLUB

	Fri Jan 30	All sessions cancelled (Known cancellation and not part of your registration fees)
<b>February 2026</b>		
<b>Jimmie Condon</b>		<b>WinSport/COP</b>
	Mon Feb 2	6:30-7:45 am cancelled (unknown cancellation, credits will be issued)
	Wed Feb 4	6:15am-8:15am and 8:30am-9:45am CANCELLED (unknown cancellation, credits will be issued)
	Thu Feb 5	All sessions cancelled except 6:15-7:45 AM(Dance) (Known cancellation and not part of your registration fees) 8:30am-9:45am CANCELLED (unknown cancellation, credits will be issued)
	Fri Feb 6	All sessions cancelled (Known cancellation and not part of your registration fees)
	Tue Feb 10	6:15-8:15 AM, 8:30-9:45 AM, 2:00-2:45 PM, 3:00-3:45 PM sessions cancelled (Known cancellation and not part of your registration fees) 4 PM session with PTC moved to 4:15-5:45 (Price adjusted in your registration fees) 4:45-5:45 and 6:00-7:00 PM sessions running
	Wed Feb 11	6:15-8:15 AM, 8:30-9:45 AM, 2:00-2:45 PM, 3:00-3:45 PM sessions cancelled (Known cancellation and not part of your registration fees) 4 PM session moved to 4:15-4:45 (Price adjusted in your registration fees) 4:45-5:45 and 6:00-7:00 PM sessions running
	Thu Feb 12	6:15-8:15 AM, 8:30-9:45 AM, 2:00-2:45 PM, 3:00-3:45 PM sessions cancelled (Known cancellation and not part of your registration fees) 4 PM session with PTC moved to 4:15-5:45 (Price adjusted in your registration fees) 4:45-5:45 and 6:00-7:00 PM sessions running
	Fri Feb 13	All sessions cancelled (Known cancellation and not part of your registration fees)
Family Day – All City rinks closed (Known cancellation and not part of registration)	Mon Feb 16	Family Day - All sessions cancelled (Known cancellation and not part of your registration fees)
	Tue Feb 17	2:00-2:45 and 3:00-3:45 PM sessions cancelled (Known cancellation and not part of your registration fees)
	Wed Feb 18	6:15-8:15 AM session cancelled (Known cancellation and not part of registration)
	Tue Feb 24	2:00-2:45 and 3:00-3:45 PM sessions cancelled (Known cancellation and not part of your registration fees)
	Wed Feb 25	6:15-8:15 AM session cancelled (Known cancellation and not part of registration)
	Thu Feb 26	2:00pm-2:45pm and 3:00pm-3:45pm CANCELLED (unknown cancellation, credits will be issued)

Follow us on both Facebook and Instagram!  

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