

SPRING 2025

# StarSkate Newsletter



## A Message from Coach Michelle

What a wonderful season it has been! Witnessing the progress of each skater has been truly inspiring and a privilege. Throughout the year, we've celebrated numerous achievements, including successful new jumps and spins, accomplishments in high tests, medals won in competitions, emerging leaders stepping up as program assistants, memorable first competitions, and so much more. We are grateful for your dedication to enrolling your children and embracing the journey in which they not only acquire skating skills but also cultivate goal-setting abilities, independence, resilience, discipline, friendships, lasting memories, perseverance in the face of challenges, teamwork, leadership, effective communication, mental strength, nutrition awareness, and much more.

In this spring session, we encourage all skaters to join as many off-ice classes as possible, even on non-skating days. This not only boosts on-ice performance but also decreases the risk of injuries. We are particularly excited for Sunday May 11 and 25 dryland classes, when Coach Candice will lead a session on how to "Dominate Under Pressure", and on Sunday June 1 and 8 on "Fuelling the Body for Optimum Performance".

Our coaching team is excited to keep supporting your skaters as they pursue their skating dreams and personal development.

If a skater will miss any skating sessions during the week, please let me know promptly so we can adjust lesson plans accordingly.

So, get ready to tie up those skates, and let's spring into action towards your skating goals with the Ice Edge Skating Club!

NOTHING HAPPENS  
UNTIL YOU MOVE



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## Important Dates

### APRIL 2025

- 1 - Start of Spring PreStarSkate Group On-Ice (weekly Tue & Thurs)
- 1 - Start of Spring StarSkate On-Ice (weekly Mon, Tue, Wed, Fri & Sun)
- 1 - Start of Spring Dryland (weekly Mon, Tue, Wed, Fri & Sun) - **See pg. 5 of this Newsletter for Dryland Calendar and Dryland Room Assignment!**
- 2 - Start of Spring Wednesday AM Ice (weekly Wed)
- 4 - Start of Spring Friday AM Ice (weekly Fri)
- 4 - There is Friday PM StarSkate On-Ice class but **NO Dryland this day!**
- 6 - Start of Sunday PreCan & CanSkate classes (weekly Sun)
- 6 - Start of Thursday PreCan & CanSkate classes (weekly Thurs)
- 13 - Spring High Test Day 12-2pm. There is Sunday Dryland but **NO On-Ice this day!**
- 18-27 - Easter Spring Break. NO skating classes!

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### MAY 2025

- 15-19 - May Long Weekend and Hockey Tournament. NO skating classes!

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### JUNE 2025

- 12 - Last day of Spring Thursday PreCan & CanSkate classes
- 15 - Last day of Spring Sunday PreCan & CanSkate classes
- 18 - Last day of Spring Wednesday AM Ice
- 19 - Last day of Spring PreStarSkate On-Ice Classes
- 20 - Last day of Spring Friday AM Ice
- 20 - Last day of Spring StarSkate On-Ice Classes
- 22 - Last day of Spring Dryland
- 22 - "Showcase of the Stars" Event and Year-End Awards
- 22 - IESC Annual General Meeting (AGM)
- 23 - Start of Summer Break! See you in the summer camps in July and August!



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## Spring Classes

### ON-ICE TRAINING

For training in all 4 areas of figure skating - skating skills, dance, free skate and artistic.

StarSkate:

4 – 5:15 pm Mon, Tue, Wed & Fri

12 – 1:30 pm Sun

Pre-StarSkate:

4 – 4:45 pm Tue & Thurs

### EXTRA MORNING ICE TRAINING

For StarSkaters who desire extra training in edges, jumps and spins. Each class consists of 30 min Annie's Edges and a 30 min jump and spin session.

Registration includes ice time and coaching fees!

6:30 – 7:30 am Wed

6:30 – 7:30 am Fri

### CANSKATE PROGRAM ASSISTANTS (PA)

We would not be able to run our CanSkate classes without the help of StarSkaters and Pre-StarSkaters who volunteer as Program Assistants! So thank you all to who step up and show up to train as future community leaders!

Please watch for an e-mail regarding PA rotation schedule and PA duties.

**SUCCESS IS THE SUM OF SMALL EFFORTS,  
REPEATED DAY IN AND DAY OUT**





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## OFF-ICE TRAINING

Build muscle strength, endurance, balance, agility, flexibility and core stability.

5:30 – 6:15 pm Mon, Tue, Wed & Fri

10:45 – 11:45 am Sun

## About Off-ice

We cannot emphasize enough how crucial off-ice training is. The enhancement in motor skills, strength, and movement patterns among those who participate regularly is quite evident. Additionally, it's vital to allocate extra time for jumps and flexibility exercises for older skaters. This not only provides additional training hours in a technical sport but also simulates the warm-up process for competitions or test days, allowing the body to neurologically recognize these patterns and movements. Practicing the athletic demands of spin positions off the ice, such as camel grabs and upright spins with the leg raised above the shoulder, is essential for effective transfer to on-ice performance.

Off-ice training is specifically designed to help prevent injuries by promoting muscle balance. While some exercises may appear easy for the child, activating the right muscles is crucial. Engaging in specific stretches or strengthening certain muscle groups can significantly lower the risk of injury.

**STARTING APRIL 1, OUR REGULAR DRYLAND TRAINING ROOM WILL BE UNDERGOING RENOVATIONS AND WILL NO LONGER BE AVAILABLE.**

**PLEASE SEE DRYLAND CALENDAR FOR TRAINING ROOM ASSIGNMENT!**



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Date	Day	Start - End Time	Facility
1 Apr 2025	Tuesday	05:30 PM - 06:15 PM	Main Hall
2 Apr 2025	Wednesday	05:30 PM - 06:15 PM	Main Hall
6 Apr 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
7 Apr 2025	Monday	05:30 PM - 06:15 PM	Main Hall
8 Apr 2025	Tuesday	05:30 PM - 06:15 PM	Main Hall
9 Apr 2025	Wednesday	05:30 PM - 06:15 PM	Main Hall
11 Apr 2025	Friday	05:30 PM - 06:15 PM	Studio #1
13 Apr 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
14 Apr 2025	Monday	05:30 PM - 06:15 PM	Main Hall
15 Apr 2025	Tuesday	05:30 PM - 06:15 PM	Main Hall
16 Apr 2025	Wednesday	05:30 PM - 06:15 PM	Studio #2
28 Apr 2025	Monday	05:30 PM - 06:15 PM	Studio #2
29 Apr 2025	Tuesday	05:30 PM - 06:15 PM	Studio #2
30 Apr 2025	Wednesday	05:30 PM - 06:15 PM	Main Hall
2 May 2025	Friday	05:30 PM - 06:15 PM	Main Hall
4 May 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
5 May 2025	Monday	05:30 PM - 06:15 PM	Main Hall
6 May 2025	Tuesday	05:30 PM - 06:15 PM	Main Hall
7 May 2025	Wednesday	05:30 PM - 06:15 PM	Main Hall
9 May 2025	Friday	05:30 PM - 06:15 PM	Studio #1
11 May 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
12 May 2025	Monday	05:30 PM - 06:15 PM	Main Hall
13 May 2025	Tuesday	05:30 PM - 06:15 PM	Main Hall
14 May 2025	Wednesday	05:30 PM - 06:15 PM	Main Hall
20 May 2025	Tuesday	05:30 PM - 06:15 PM	Main Hall
21 May 2025	Wednesday	05:30 PM - 06:15 PM	Studio #1
23 May 2025	Friday	05:30 PM - 06:15 PM	Studio #1
25 May 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
26 May 2025	Monday	05:30 PM - 06:15 PM	Studio #1
27 May 2025	Tuesday	05:30 PM - 06:15 PM	Studio #1
28 May 2025	Wednesday	05:30 PM - 06:15 PM	Studio #1
30 May 2025	Friday	05:30 PM - 06:15 PM	Studio #1
1 Jun 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
2 Jun 2025	Monday	05:30 PM - 06:15 PM	Studio #1
3 Jun 2025	Tuesday	05:30 PM - 06:15 PM	Studio #1
4 Jun 2025	Wednesday	05:30 PM - 06:15 PM	Studio #1
6 Jun 2025	Friday	05:30 PM - 06:15 PM	Studio #1
8 Jun 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
9 Jun 2025	Monday	05:30 PM - 06:15 PM	Studio #1
10 Jun 2025	Tuesday	05:30 PM - 06:15 PM	Studio #1

## Dryland Calendar

### Training Room Assignment

During 2025 Spring and Summer session, our regular training room will be undergoing renovations.

The CRCA has allocated alternate training space for us, but please note that the location is not consistent in April and May, so please make sure to refer to this calendar with room assignment.

Starting May 21<sup>st</sup>, the allocated space is Studio #1 for the rest of the season.

11 Jun 2025	Wednesday	05:30 PM - 06:15 PM	Studio #1
13 Jun 2025	Friday	05:30 PM - 06:15 PM	Studio #1
15 Jun 2025	Sunday	10:45 AM - 11:45 AM	Studio #1
16 Jun 2025	Monday	05:30 PM - 06:15 PM	Studio #1
17 Jun 2025	Tuesday	05:30 PM - 06:15 PM	Studio #1
18 Jun 2025	Wednesday	05:30 PM - 06:15 PM	Studio #1
20 Jun 2025	Friday	05:30 PM - 06:15 PM	Studio #1
22 Jun 2025	Sunday	10:45 AM - 11:45 AM	Studio #1



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## Special Off-ice Sessions with Coach Candice

The poster for the "Dominate Under Pressure" session features a background image of a snowy forest. The title "Dominate Under Pressure" is in large, white, bold letters. Below the title, the text "Learn the skills you need to control your mind when it counts" is in a smaller white font. The session is scheduled for "Sunday May 11 and 25" from "10:45 am-11:45 pm" in "STUDIO #1" at the "Chestemere Rec Centre". A small photo of Coach Candice Behm is in the bottom left corner. The Ice Edge Skating Club logo is in the bottom right corner.

**Dominate Under Pressure**

Learn the skills you need to control your mind when it counts

**Sunday**  
May 11 and 25  
10:45 am-11:45 pm  
STUDIO #1  
Chestemere Rec Centre

Candice Behm MSc.

ICE EDGE SKATING CLUB

The poster for the "Fuelling the Body for Optimal Performance" session has a green background with illustrations of various fruits like lemons, oranges, and bananas. The title "Fuelling the Body for Optimal Performance" is in large, white, bold letters, with "Tips" in a yellow starburst. Below the title, it says "Candice Behm MSc." and "For skaters and parents." The session is on "Sunday June 1 & 8" from "10:45-11:45 am" in "STUDIO #1" at the "Chestemere Rec Centre". A plate of food with a sandwich, tomatoes, and cucumbers is on the right. The Ice Edge Skating Club logo is in the bottom right corner.

**Fuelling the Body for Optimal Performance** Tips

Candice Behm MSc.

For skaters and parents.

**Sunday June 1 & 8**  
10:45-11:45 am  
STUDIO #1  
Chestemere Rec Centre

ICE EDGE SKATING CLUB

Parents are invited to attend with their skater!





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\$40

*Remember to register!*

Registration is now open for PreStarGroup and StarSkate 1-5 skaters participating in this event! The cost is \$40.

Whether the skater has a Star 2, 3, 4 solo or whether the skater is at a Star 1 level, is in a PreStar group or has just moved up to StarSkate; they all have skills to do that they feel confident with! Everyone gets a medal, and it is their time to perform and show off what they have learned over the year!

StarSkaters 6+ will be asked to help during the event and stay for the awards as well.

*Free to attend for spectators!*

PreStarGroup and StarSkate

## SHOWCASE OF THE STARS

SUNDAY, JUNE 22, 2025

Join us at the rink as skaters in the PreStarSkate Group and StarSkate 1-5 showcase their skills for friends and family!

All Ice Edge Skaters are encouraged to attend this fun year-end event!

Location: Chestermere Rec Centre

Time: 12 - 3:30pm

Includes performances and  
Year-End Awards

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*Important to attend!*

Both the "Showcase of the Stars" event and the AGM will take place on Sunday, June 22, 2025.

We will have the AGM from 10:45 - 11:45am, in Meeting Room 1 while the skaters are in Studio 1 for dryland.

After the AGM, parents are invited to join us for the on-ice performances and year-end skater awards and PA gifts.

**Ice Edge  
Skating Club**





# ANNUAL GENERAL MEETING


We will reflect on the year and discuss the club's plans for the upcoming season. Attendance for the members is essential for the club to operate effectively!

## AGENDA

E-mailed to members prior to the event

**SUNDAY**  
June 22, 2025

**START AT**  
10:45AM - 11:40AM

**MEETING ROOM #1**  
CHESTERMERE REC CENTRE

Followed by the  
"Showcase of the Stars"  
and Year-End Skater Awards  
12pm - 3:30pm  
in the Blue Rink

**JOIN US!**

For more information visit  
**[iceedgeskatingclub.com](http://iceedgeskatingclub.com)**





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## The Alberta Figure Skating Foundation

Figure skaters are encouraged to register as members of the Alberta Figure Skating Foundation (AFSF). There are numerous benefits to holding an AFSF membership, including discounted rates at AFSF sponsored clinics, access to sponsorships and clinics, summer skating assistance opportunity, discounted fees for the Junior Development Team, access to the Wildrose Competition and Triple/Quadruple Achievement Awards.

Registration is online. Visit AFSF website for more information and to register.

The membership year runs from January 1 to December 31 of each year. To access Triple /Quadruple Gold awards or the summer skating assistance, skaters must be members in the year they apply for and receive benefits, as well as the year prior.

### ANNUAL MEMBERSHIP FEES

\$40 Individual Membership

\$65 Family Membership (Families with 2 or more skaters can join for a discounted rate. After the second skater, the rest of the siblings are free!)

*Spring High Test Day*  
**SUNDAY, APRIL 13, 12 - 2pm!**

**THE ONLY PERSON YOU ARE DESTINED TO BECOME  
IS THE PERSON YOU DECIDE TO BE**



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*Club embroidery on your skater's jacket or clothing*



Ice Edge Skating Club has set up embroidery services with Angela Embroidery, a local Chestermere business:

Website: [www.sewsen.com](http://www.sewsen.com)

Email: [sales@sewsen.com](mailto:sales@sewsen.com)

Telephone: 403-399-6555

Address: 233 Kinniburgh Way, Chestermere, AB

Warm up Jacket standard embroidery includes front left Ice Edge logo, right sleeve Skate Canada logo and large Ice Edge logo on the back. A name bar on the left sleeve if you wish can be added for an additional cost.

In addition, Angela Embroidery has our club logo in silk screen, approx. 8.5"W x 7.5" H that can be applied to hoodies, t-shirts or sweaters. Colour of the logo can be adjusted to show up on what ever colour of clothing.

## *Skates and Skate Sharpening*

Skates should only be sharpened at professional skate shops. In Calgary, there are two reputable options: Professional Skate Service and Skate Lab. Figure skate blades feature a crucial part called a "rocker" that aids in spinning. If sharpened elsewhere, this rocker can be inadvertently removed. Some places might also unintentionally round the back of the blade during sharpening, whereas you want it to remain straight.

Professional skate shops also offer a wide selection of used inventory. If purchasing used skates, check the remaining thickness of the blade and ensure they are not excessively rusty. To determine the right fit, have your child step on the insole, ensuring there is approximately a thumb's width of space in front of their toe. This should indicate a suitable fit for the season, taking into account your child's growth. If you're unsure, feel free to reach out to us for assistance.





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## Club Policies

- If your skater will be away or is sick, please contact Coach Michelle
- Whenever possible, please direct questions or concerns regarding programming to Coach Michelle, the Director of Skating at contact information below.
- IESC has a zero-tolerance policy for bullying. Profanity, harassment, or otherwise inappropriate behaviour towards skaters, coaches, board members and arena staff will not be tolerated and may result in suspension or expulsion.
- Due to insurance restrictions, parents cannot step onto the ice.
- Ice Edge Skating Club is not responsible for lost or stolen items.

**FOLLOW US ON SOCIAL MEDIA  
AND STAY SUBSCRIBED TO OUR E-MAILS!**

*Did you know?*

We are SkateCanada sanctioned skating club with over 25 years of operation in the City of Chestermere. The club is also a member of TrueSports and Responsible Coaching Movement organizations! Visit their websites to learn more about these initiatives.



# StarSkate



## Spring 2025 Coaching Team

<b>Michelle Janzen</b> Director of Skating and Head Coach	<b>coaching@iceedgeskatingclub.com</b> or <b>michellejanzen@me.com</b>
Brenda Burger StarSkate Coach	bburgerskate@yahoo.ca
Kerry Brauner StarSkate Coach	kerribrauner@outlook.com
Annette Campbell StarSkate Coach	ancampbell@telus.net
Lisa Nahorniak StarSkate Coach	lisadh75@gmail.com
Justin St. Cyr StarSkate Coach	junglejustin@gmail.com
Grace Doren Regional Coach in Training	
Justin Ma-Phan CanSkate Coach	-
Neda Ljaljevic CanSkate Coach	-
Harlowe Bren CanSkate Coach in Training	-
Michelle Fawcett CanSkate Coach in Training	-
Katlynn Murray CanSkate Coach in Training	-
Candice Campbell-Behm, ChPC Mentoring Consultant	candicesk8@gmail.com