

FALL 2026

# StarSkate Newsletter



## A Message from Coach Michelle

What a fantastic summer of training! The different theme weeks of Stampede, Beach week, RainForest and Pop Star themes made all the hard work feel fun and creative! It was a highlight to prepare the Star 1-3 skaters for the second annual club competition Summer Skate by the Lake! With our very own Beach backdrop, selfie station and Lemonade Stand, everyone enjoyed themselves and the on ice performances! Skaters also had the opportunity to perform at the Wild Rose Competition in Edmonton as well as the summer high test days.

The new fall season begins in September with a Boot Breaker during which the skaters set up their goals for the year and learn a fun "Electric Blue" theme performance. The PA training session is also planned for our new and returning CanSkate Program Assistants

Dryland /Off Ice Sessions remain mandatory for all Star Skaters. Dryland sessions are designed to progress in areas of strength, endurance and flexibility. This increased fitness supports all areas of your skaters on-ice learning and helps reduce the risk of injuries. We also practise proper jump technique, spin positions and work through goal setting and the skating journal.

We will continue using the skating journal workbook written by Candice Behm, MSc that each StarSkaters received as a club sponsored gift. This journal is a great tool for the skaters to keep organized all season and it will cost \$20.00 to replace, so please keep it with your skate bag and equipment at all times.

Candice has also developed a Mental Skills training workbook for athletes called "Control your Mind" This is a helpful resource for parents to support their skaters in their learning and preparing for sport. This book will be for sale at price of \$30.00 and can be ordered by email to Coach Candice by clicking on this link:

<https://www.candicebehmpowerskating.com/category/all-products>



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## A Message from Coach Michelle Cont'd

Coach Candice ran two spring seminars on Nutrition and Peak Performance as well provided the mental skills information and handouts for our summer programming. When a skater is mentally prepared to perform, the on ice performance is clean, confident and enjoyable for both the skater and the audience! When mistakes are made, recovery is quicker and the skaters understand how to handle their anxiety. Learning to "control your mind" is a key part to a successful completion of your skating goals!

Star and Pre Star Skaters benefit from the teamwork provided from all of the professional coaches; Michelle Janzen, Candice Behm, Brenda Burger, Kerri Brauner, Josh Brauner, Annette Campbell, Lisa Nahorniak and Grace Doren. Whether it is morning ice, simulations, choreography, new jumps, dance partnering or lessons in Skills, Freeskate and Dance, our coaches work together to give the skaters' top quality instruction.

Along with competitions and assessment, we finished our season with a brilliant performance opportunity "Showcase of the Stars" followed by the Club awards. Thank you in advance to all the volunteers and board for your assistance in getting this season set up. It takes a whole club to help all Club skater's reach their goals and we value and need each and every volunteer hour contributed.

The Coaching team continues to encourage our skaters to become the best version of themselves while they prepare for their future skating goals.

The Canskate and team coaches Harlowe, Katlynn, Jocelyn M, and Neda, are ready for the upcoming Fall Canskate program.

Achieving skating goals takes teamwork; It takes a supportive club along with family encouragement and consistent facility access. It takes experienced coaching and a positive training environment. Then it takes many hours of practice and repetition to perform under pressure. Consult the LTAD guidelines for training hours recommended for your level so you can achieve your skating goals !!

On behalf of our Entire Coaching team, we are looking forward to great season!

*Coach Michelle Janzen, Bsc  
National Coach  
IESC Skating Director*

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## SEPTEMBER 2026

- 9 - Energizer Night 6 - 8pm (for community to learn about our club's programs)
- 12 - Chestermere Country Fair Parade starting at 9am (remember to register to join us!)
- 13 - BootBreaker 12 - 3pm, including on-ice performance of "Electric Blue" at 2:45pm
- 14 - Start of Fall StarSkate On-Ice (weekly Mon, Tue, Wed, Fri & Sun)
- 14 - Start of Fall Dryland for StarSkate & PreStarSkate Group (weekly Mon, Tue, Wed, Fri & Sun)
- 15 - Start of Fall PreStarSkate Group On-Ice (weekly Tue & Thurs)
- 16 - Start of Fall Wednesday AM Ice (weekly Wed)
- 18 - Start of Fall Friday AM Ice (weekly Fri)
- 21 - Program Assistant (PA) Training 3 - 5:15pm
- 27 - Start of Sunday PreCan & CanSkate classes (weekly Sun)

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## OCTOBER 2026

- 1 - Start of Thursday PreCan & CanSkate classes (weekly Thurs)
- 11-12 - Thanksgiving Long Weekend. NO skating classes!
- 31 - Halloween Day (no classes scheduled on this day)

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## NOVEMBER 2026

- 11 - Remembrance Day. NO skating classes!
- 13 - 15 Hockey Tournament at the Chestermere Rec Centre. NO skating classes!

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## DECEMBER 2026

- 3 - Last day of Fall Thursday PreCan & CanSkate classes
- 13 - Last day of Fall Sunday PreCan & CanSkate classes
- 13 - Skate a Thon Club Fundraiser
- 16 - Last day of Fall Wednesday AM Ice
- 17 - Last day of Fall PreStarSkate On-Ice Classes
- 18 - Last day of Fall Friday AM Ice
- 18 - Last day of Fall StarSkate On-Ice Classes
- 18 - Last day of Fall Dryland
- 19 - Start of Winter Break! See you in the New Year! Winter 2027 classes start on Jan 4!

Important Dates



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## Fall Classes

### ON-ICE TRAINING

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

StarSkate:

4 – 5:30 pm Mon, Tue, Wed

3:45 – 5:15 pm Fri

1:30 – 3:00 pm Sun

Pre-StarSkate:

4:30 – 5:15 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 could not successfully run our CanSkate classes without the invaluable support of our StarSkaters and Pre-StarSkaters who volunteer as Program Assistants! A heartfelt thank you to everyone who steps up and dedicates their time to train as future community leaders!

Please keep an eye out for an email detailing the PA rotation schedule and the responsibilities of Program Assistants.

SHOWING UP IS YOUR SUPERPOWER —  
EVERY CLASS BUILDS  
THE SKATER YOU'RE BECOMING



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## OFF-ICE TRAINING

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

5:45 – 6:15 pm Mon, Tue, Wed

5:30 - 6:00 pm Fri

12:00 – 1:00 pm 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.

**EFFORT TODAY.  
CONFIDENCE TOMORROW.**



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## StarSkate Fee Structure

For StarSkate, registration fees include 1.5 hours of ice time and 45 minutes per session of coaching fees. Skaters will receive group lessons in dance, skills, freeskate, and stroking. Note that additional coaching fees will be charged to skaters receiving extra private lessons as needed for choreography, assessments, High Test Days, dance partnering and competitions. These additional coaching fees will be invoiced to each skater directly by the coach(es) via email invoice and are due upon receipt. Please speak directly with our Director of Skating, Michelle Janzen to set a monthly lesson budget for your skater that works for your family. Michelle's email is [michellejanzen@me.com](mailto:michellejanzen@me.com).

For the Pre-StarSkate Group, the fee structure is the same as in previous years: the program registration cost includes 45 minutes of ice time and coaching fees. There are no additional lesson fees, aside from additional costs for skaters who sign-up to participate in competitions.

## Fundraising

The club will be doing fundraising again this year. Details will be shared as they become available.

**CHASE THE DREAM. COMMIT TO THE WORK.  
GREATNESS FOLLOWS.**





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## *Volunteer Commitment Bond*

### New for Fall 2026 & Winter 2027!

Volunteers are the fabric of the skating community and our club. Our small parent-run board relies on the support of all StarSkate and PreStarSkate families to create the best possible experience for our skaters while keeping program costs manageable. When parents contribute their time — whether at events, test days, fundraising, or for regular club operations — it directly strengthens the quality of our programs and reduces the financial burden on the club.

New this season is a **\$200 Volunteer Commitment Bond per registered family**. This amount will appear on your invoice at the time of registration but will NOT be charged to your credit card if all of the volunteer hours are completed by March 1<sup>st</sup>, 2027. Families who fulfill 5 hours of their volunteer commitment by March will have the bond removed; families who do not complete their hours will see the bond become an outstanding balance due on March 1<sup>st</sup>, 2027.

Additional details regarding volunteer opportunities and tracking of volunteer hours will be shared separately with the members.

Your time truly makes a difference — thank you for helping our skaters shine.

**OUR VOLUNTEERS MAKE  
THE MAGIC HAPPEN — ON AND OFF THE ICE!**





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## Special Start-of-Season Events

The poster has a blue background with light rays emanating from a central bright point. Two skaters are shown in silhouette, performing a move. The text "ELECTRIC BLUE" is in large, bold, white letters at the top.

**ELECTRIC  
BLUE**

**PRESTARSKATE & STARSKATE BOOTBREAKER  
ON-ICE PERFORMANCE**

**Sunday, September 13, 2026**  
**BootBreaker: 12-3pm at Chestermere Rec Centre**

12:00 - 1:15 pm Goal Setting & Parent Meeting/ Off-ice Preparation  
in Upstairs Fitness Centre

1:15 - 2:30 pm On-Ice at Blue Rink

2:45 - 3:00 pm On-Ice Performance of "Electric Blue"

The logo for the Ice Edge Skating Club is at the bottom, featuring the text "ICE EDGE SKATING CLUB" and a stylized hockey stick.

### PA TRAINING

Sunday, September 20, 2026

3:00- 4:30 pm on-ice  
4:30-5:15 pm off-ice

at Chestermere Rec Centre

for all StarSkaters &  
PreStarSkaters AGE 10+  
registered as PAs for the  
2026-2027 season



Parents are invited to attend Goal Setting with their skater  
and watch on-ice performance of Electric Blue!



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*Remember to  
register!*

Our club is excited to participate in the Chestermere County Fair Parade.

We welcome skaters from all programs to join us as we walk the parade route while handing out candy to the spectators.

At the end of the route we will have bags of candy for all participants who register.

The parade starts at 9:30am at 333 West Creek Drive (in front of the Family Bike Park) and Rainbow Creek Elementary.

All parade participants should be at the parade starting location between 8:30 and 9:00 am. The parade will start promptly at 9:30 am.



**All PreCANSkaters, CANSkaters,  
PreSTARSkaters and STARSkaters!**

Join us as we walk the always popular  
**Chestermere  
Fall Parade!**

**Saturday,  
September 12th**

Meet at the Chestermere Family  
Bike Park at 8:30am

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Please register at  
[www.iceedgeskatingclub.com](http://www.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!)

*Skate a Thon  
Fundraiser*

**DECEMBER 13, 2026  
(TBC)**

*Fall Competitions*

Fall Invitational hosted by Airdrie Skating Club in Airdrie on Sep 25-27, for Star5 + StarSkaters.

Star Series #1 hosted by Calalta in Calgary, Nov 20-22, for Star 4+ level StarSkaters

Holly Jolly hosted by Calalta in Calgary in December (date TBC) for Star 1-3 level Skaters.

**TRAIN SMART. SKATE STRONG. BELIEVE IN YOUR PATH.**





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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.





# Fall 2026 Coaching Team

|                                                              |                          |
|--------------------------------------------------------------|--------------------------|
| <b>Michelle Janzen</b><br>Director of Skating and Head Coach | michellejanzen@me.com    |
| Brenda Burger<br>StarSkate Coach                             | bburgerskate@yahoo.ca    |
| Kerry Brauner<br>StarSkate Coach                             | kerribrauner@outlook.com |
| Annette Campbell<br>StarSkate Coach                          | ancampbell@telus.net     |
| Lisa Nahorniak<br>StarSkate Coach                            | lisadh75@gmail.com       |
| Josh Brauner<br>StarSkate Coach                              | braunerjosh@gmail.com    |
| Grace Doren<br>Regional Coach in Training                    |                          |
| Neda Ljaljevic<br>CanSkate Coach                             |                          |
| Harlowe Bren<br>CanSkate Coach in Training                   |                          |
| Katlynn Murray<br>CanSkate Coach in Training                 |                          |
| Jocelyn McCutcheon<br>CanSkate Coach in Training             |                          |
| Candice Campbell-Behm, ChPC<br>Mentoring Consultant          | candicesk8@gmail.com     |