



Hello and welcome to February, our busy competition and carnival prep month!

Opening Number Practice: Opening number practice is mandatory for all star skaters. It will be from 6:30-7:00 on Wednesdays (warm ice). Wear tight sleeves (or sleeveless) with no gloves. Please remember we only have 5 more opening number practices and 4 more Friday smaller group practices so attendance is very important!

Extra Carnival Practice: The first week of March, regular lessons will be canceled for extra carnival practices. A schedule will come out closer to the date.

No Skating:

- Skills 6&7 February 12th - Cancelled
- Canasta and Baby Blues February 12th - Jaylene will sub
- Freeskate groups 1 & 2 February 13th - Jaylene will sub
- Freeskate groups 3 & 4 February 13th - Cancelled
- Monday February 16th, Family Day - No skating

Totem Competition: Please register at the front table 1 - 1.5 hours prior to your skate time. It is important to do a good warm up with off-ice shoes before putting your skates on. Have your skates on 20 minutes before going on the ice. Once your skates are on, keep moving to stay warm. It is very common for flights to run up to half an hour early so please be prepared. Our club will share a dressing room with other clubs. Only skaters are allowed in the dressing room - no parents but there will be a common area for skaters to meet parents for any help needed. I have the USB's ready and will give them to the skaters when we arrive in FSJ.

Checklist

- Skating Tights
- Skating Dress
- Skates
- Soft and hard guards
- Dryland Shoes
- Club Jacket
- Static guard
- Safety pins, bandaids, etc.

Carnival: Carnival will be March 7th & 8th at 1pm. Dress rehearsal is Thursday March 5th at 3:45. Star skaters have to provide their own nude coloured skating tights for carnival.

Skate Sharpening: Hard Edge Sports in FSJ is a fantastic place to get your skates sharpened. It is in the Pomeroy Centre which is the arena Totem is held in. They are very knowledgeable about the proper way to sharpen figure skates there. I highly recommend!

Skaters Lobby: With our growing amount of star skaters, it is getting very crowded around the lockers. Please put on/take your skates off AWAY from the lockers. Do not sit in front of the lockers or leave your belongings on the ground.

Everyone did such a wonderful job at Prince George and Grande Prairie Competitions. I am so proud to be your coach! Good luck to our skaters heading out to compete this month, you will do an amazing job!

Coach Marcy
Mile 300 FSC