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Registration will be available on our website starting in Mid January.

Are you interested in becoming a coach? Find out more information on our courses on www.skatinginbc.com under coaching > NCCP



BC/YK Section Hits the Podium At Skate Canada Challenge

ICE DANCE TEAM A PAIR TO BE RECKONED WITH – Timothy Lum and Brianna Delmaestro improved their personal best score by more than 10 points at Skate Canada Challenge - *Written by Tom Berridge from Royal City Record*

When Timothy Lum and partner Brianna Delmaestro dance, angels don't actually run and hide their wings, like rocker Bryan Adams implied, but judges sure do sit up and take notice.

The newest ice dance pair in Aaron Lowe and Megan Wing's Champs International Skating Centre stable of up-and-coming national-calibre junior dance skaters recorded the highest combined points total of the season, winning the Skate Canada Challenge in Pierrefonds, Que. last week-end.

Lum and Delmaestro, who were partnered together less than two years ago, topped the junior ice dance at Skate Canada with personal -best scores in both the short and free dance programs en route to a best-ever 141.64 total score.

Delmaestro was a singles skater until 2011, and both had different partners prior to being

matched together in 2013.

The match produced instant results internationally, with two fifth-place efforts in International Skating Union Junior Grand Prix events last year and a pair of podium results

this season, including a silver-medal skate at the Ljubljana Cup in Slovenia in August.

"(Timothy) definitely brings a lot of energy to our sessions. It really helps and it makes things fun," said Delmaestro. "Somehow he pulls off being confident with being humble at the same time."

The pair's Skate Canada totals were more than 10 points higher than their previous international personal best, a tremendous leap in improvement in figure skating circles.

Lum and Delmaestro placed first after the short dance with a 56.10 score and then skated away with gold at Skate Canada with an 85.54 total in the free dance.

Lum and Delmaestro placed first after the short dance with a 56.10 score and then skated away with gold .

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From the Board of Directors & Staff of the BC/YK Section



Champs International Skating Centre of British Columbia



“WHERE TECHNIQUE AND ARTISTRY BECOME ONE!”

Winter Term Sept 2, 2014 - May15, 2015

*Competitive Figure Skating
Sanctioned by Skate Canada*

Champs International Skating Centre of British Columbia offers Competitive Single, Competitive Dance, Junior Academy and Learn to Skate. Our programs are unique in the country.

Our world class programs have developed skaters who have become ISU champions/medalists in Junior and Senior Grand Prix Four Continents events, Junior Worlds, and the Olympic Winter Games. Since 1999, Champs International has had over 100 National medalists and champions.

Joanne McLeod, Skating Director, and Megan Wing and Aaron Lowe, Competitive Dance Coaches have won Skate Canada National Competitive Coach of the Year recognition.

We take pride in not just performance excellence, but also in building coping and confidence skills for life.



- *Figure Skating only ice surface*
- *200 x 90 Heated Facility Figure skating ice-thicker, softer*
- *Off ice dance studio with all audio and visual resources*
- *Off-ice physical strength training facility and program (Acceleration Program)*
- *Currently sports a beautiful wall mural*



**Champs International Skating Centre of BC at Burnaby 8 Rinks 6501 Sprott Street, Burnaby BC V5B 3B8
Tel: 604-291-0626 ext 258 www.icesports.com champsinternational@icesports.com**

A Message From Our Chairman



December 2014

I would really like to congratulate everyone on another great BC/YK Section Championships! Congratulations to all of the skaters and their coaches that participated in this event! Congratulations to the Officials that volunteered their time and travelled to Prince George to see our skaters perform! Congratulations to the City of Prince George and the Northern BC Centre for Skating for hosting such a wonderful event! And of course a very special Thank

You to Bev Viger and her competition committee for overseeing such a superb competition!

Congratulations to all of the skaters that participated at the National Challenge event – you all represented our Section with style and grace and the Section Board is very proud of your accomplishments!!

We are looking forward to this year's Canadian Championships in January

in Kingston, Ontario. Good luck to all of our BC/YK Section participants!!

The BC/YK Board of Directors wishes all of our Clubs, Skaters, Coaches, Officials, and Volunteers a very Merry Christmas and a very Happy New Year!

Take care and we'll see you in the arena in 2015!

Lorraine Mapoles
Chairman BC/YK Section
Skate Canada

Safe Sport

Skate Canada works to ensure a positive, meaningful and enriching experience for all who participate in skating. We strive to create a welcoming sport environment for its members built on the values of fairness, excellence, inclusion and fun.



Skate Canada is committed to raising awareness and improving Safe Sport initiatives throughout the organization.

If a member has experienced harassment/bullying, or has witnessed another member being harassed/bullied, the member may submit a complaint to the Complaint Review Officer at the Skate Canada national office. Skate Canada relies on its members to report any harassing behaviours in order to ensure Skate Canada fosters an environment that allows everyone to feel safe and welcomed.

—www.skatecanada.ca

BC Skaters **Abroad...**

BC/YK Section International Skaters



Autumn Classic
Barrie, Ontario
October 14-17, 2014

Jeremy Ten
3rd Place

Nicole Orford/ Thomas Williams
6th Place

Kevin Reynolds
6th Place

ISU Grand Prix Final
Barcelona, Spain
December 11-14, 2014

Madelyn Edwards and
ZhaoKai Pang
Final Results– 5th Place

More Results...

You can find more skating results on our webpage www.skatinginbc.com or on www.skatecanada.ca

Please check Skate Canada's webpage, www.skatecanada.ca For more articles on our skaters.

All the results listed on this page are from the ISU website

<http://www.isu.org/en/home>

NHK Trophy
Osaka, Japan
November 28-30, 2014

Jeremy Ten hit the ice once again and landed his first quad ever in competition!

Rostelecom Cup
Moscow, Russia
November 14-16, 2014

Jeremy Ten– Skated a clean short program and ended up in 10th place.

Skate Canada International
October 31– November 2

Liam Firus was the only skater from BC to compete at Skate Canada International in Kelowna, BC. He skated well with a final standing of 11th place.



Jeremy Ten brings Hallelujah to the ice for a powerful and emotional last season

BY: Beverley Smith

October 7, 2014



When he bustles through his final competitive season in the coming months, Jeremy Ten will stand before the Lord of Song with nothing on his tongue but Hallelujah.

Music matters to Ten. And his musical choice for the long program this season is epic; it's Leonard Cohen's heart-clutching *Hallelujah*, music that gets under your skin.

His final season was born of a difficult decision. After two national bronze medals, and nary a trip to the Olympics, Ten had to ponder his future very carefully. He missed the Vancouver Olympics when he was off ice for months because of a bone impingement problem. Then he suffered a spiral fracture of his left tibia in a freak fall. He gathered his forces last year for the run-up to Sochi, and had a wonderful run, with his first international medal (bronze at Nebelhorn), two clean short programs on international ice, and some personal bests. It had taken him two years to get to that heady point. But he finished sixth at the Canadian championships and missed the Russia pilgrimage. What was a 25-year-old guy to do?

At a meeting last summer with Ted Barton, the head of the British Columbia/Yukon Skate Canada section –

before Ten even began to train again – was the clincher.

“When you look into the future, do you feel that skating one more time in front of a Canadian audience at the national championships is worth it to you – to have the adrenalin, to have that feeling, knowing that as you age, you've never going to have that again?” Barton asked him.

That was enough to convince Ten that he felt it was worth it, that he wanted that one last performance. It won't matter if he doesn't have a great skate at the Canadian Tire National Skating Championships in Kingston, Ont., come January. All that matters, Ten said, was to enjoy the moment.

“All those nationals leading up to this have been about trying to go to an Olympics, or trying to go to worlds, and the pressure to be the top three in Canada,” Ten said. “But for me, this time, I just get to go and enjoy it.”

Ten was asked: “What if you were to win nationals this year and get to go to worlds? What do you do then?” Ten said nothing will change.

Continued on the following page...

Continued...

This is his last season.

His goal this season, he says, is not about placement, but to be the best he can be. He'll do it for himself. It's not going to be a timid swan song. He wants to land a quad. He's never done it before, but he quipped: "An old dog can learn new tricks." This past summer, he's been landing quad after quad. Once – and it's on video – he landed a quad toe loop – triple toe loop. "It feels like such a great jump," he said. Gone is the worry about risking injury. He finds the jump feels natural – more so than the triple Axel, which he has been doing for years. He started landing them three days after he started to work on them this summer.

Ten had a late start, getting back to training. He's using his short program music from last season: *Dance With Me Wallis*, a melancholic piece by Abel Zorzeniowski. It's a calming piece of music for Ten, who did some of the choreography himself.

The long program choice was terribly important, as his final note to the world. Coach Joanne McLeod recommended K.D. Lang's version of *Hallelujah*. Who doesn't remember Lang in her white suit, singing the song at the Vancouver Olympic closing ceremonies? Ten wasn't there live, but he'd seen it. And he felt the music's immensity. At first, he didn't want to do it. "I thought, oh my gosh, this is such an iconic piece that resonates with so many people, especially in Canada," Ten said. "For a while, I sat on it, and thought there is no way I can pull this off. It's so big."

A friend changed his perspective. "Think of it this way," the friend said. "'Titanic' is an iconic piece. 'Carmen' is an iconic piece." Why should 'Hallelujah' be any different?

So *Hallelujah* it was. Guaranteed, nobody else has ever skated to it, especially a version with vocals, new this year.

But Jeremy Ten being Jeremy Ten, searched out the music he would use. One day in July, he tweeted a question: your favourite version of the Cohen song? By the end of the day, the top three were K.D. Lang, the late Jeff Buckley and Jason Castro, a charming, dreadlocked contestant on *American Idol*.

Ten found the beautiful version by Buckley and knew it was right for him. Buckley's interpretation of it was more introspective and quieter than that of K.D. Lang. After all, he's been called one of the best songsters of his generation: "a pure drop in an ocean of noise," Bono once said.

For starters, the Buckley version starts with a breath or a sigh. Beautiful. Then it goes into an instrumental arrangement that Ten uses to get his triple Axel and quad out of the way without distraction. Then the words come (When K.D. Lang was introduced on stage at the Olympics, the emcee called it a song of peace, but it is anything but). The instrumental version returns for Ten's footwork and then the piece ends with two beautiful, powerful Hallelujahs. It will be memorable, and it's a clever use of instrumental intertwined with vocals. "It's quite something," Ten said.

Into the rink, Ten will trail the essence of Buckley, whose voice is touched by melancholy. He was the son of renowned U.S. folk singer Tim Buckley, who separated from his mother early on: Buckley died of a drug overdose at age 28, within months of having met his son as a 7-year-old. Jeff and his mother weren't invited to the funeral. Jeff Buckley released only one album, and was just preparing another when he drowned at age 31 in 1997.

This season, Ten will unleash this gem at the 2014 Autumn Classic International in Barrie, Ontario in October and at Cup of Russia. Getting that Grand Prix assignment was epic, too. "It was a shock," Ten said.

**"It feels like it's
my time"
- Jeremy Ten**

Ten was visiting friends Asher Hill and Kharis Ralph, the threesome strolling down a street in Toronto, when Ten was alerted by a tweet: "Congratulations on getting Cup of Russia." Ten stopped dead in his tracks as his friends kept walking. "I got Cup of Russia!" Ten yelled. The three of them started screaming in the street. "It was this great feeling that all the hard work I had done last season really translated into this season," he said. "the fact that I got a Grand Prix on my own – and didn't have to go through Skate Canada to get it, was a nice feeling." It feels like it's the right thing to do, Ten concludes about his final-season journey. "It feels like it's my time," he said. "I've just been enjoying skating, good or bad. I'm just out on the ice, loving it."

—www.skatecanada.ca

2015 Sectional Champions

Pre- Juvenile Women U11



Alexis Garost
Kelowna FSC

Juvenile Men

Christopher Fan- Burnaby FSC



Juvenile Women U11

Leah Lee- Sunset SC

Pre- Juvenile Men

Carson Consiglio- Kelowna



Juvenile Women U14

Angela Chen- Burnaby FSC



Pre-Novice Men

Beres Clements- Connaught SC



Pre-Novice Women

Olivia Gran- Kelowna FSC



2015 Sectional Champions

Novice Pairs

Tessa Jones/ Matthew den Boer
Raquet Club of Victoria



Novice Men
Benjam Papp- Coquitlam SC



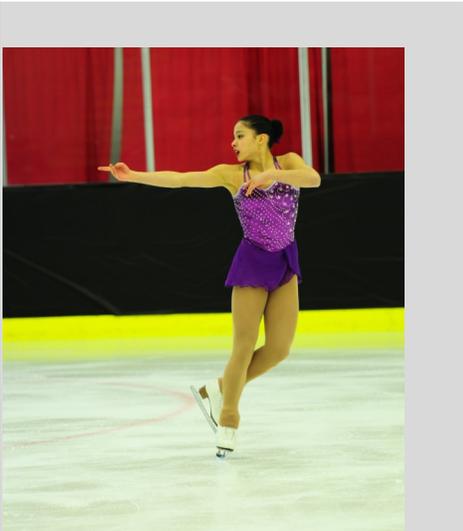
Novice Women
Mckenna Colthorp- Kelowna FSC

Junior Men

Alexander Lawrence
Vancouver SC



Senior Men
Mitchell Gordon- Connaught SC



Junior Women
Kelsey Wong- Burnaby FSC



Senior Women
Julianne Delaurier- Kelowna

CHALLENGE

results

Pre– Novice

Ladies: Olivia Gran (5th), Alisa Lyesina (11th), Rochelle Reeve (13th), Danica Vangsgaard (17th)
Men: Beres Clements (14th), Justin Hampole (15th), Ehren Chang (17th), Basil Wang (24th)

Novice

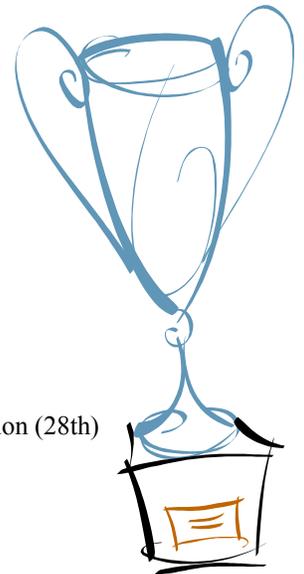
Ladies: Rachel Pettitt (2nd), Ajsha Gorman (4th), McKenna Colthorp (8th), Jessica McHugh (13th), Elvie Carroll (15th), Renee Lim (29th)
Men: Benjam Papp (9th), Brian Le (11th), Veniamins Volskis (16th), Austin Ma (18th)
Dance: Ashlynn Stairs & Lee Royer (6th), Ravie Cunningham & Cedar Bridgewood (16th)
Pairs: Tessa Jones & Matthew den Boer (7th), Sarah Kedves & Lucas Pallard (12th)

Junior

Ladies: Kelsey Wong (2nd), Cailey England (3rd), Sarah Tamura (4th), Megan Yim (5th), Danielle Gordon (28th)
Men: Shawn Cuevas (8th), Alexander Lawrence (17th), Kelly Basisty (20th)
Dance: Brianna Delmaestro & Timothy Lum (1st), Danielle Wu & Spencer Soo (2nd), Haley Sales & Nikolas Wamsteeker (9th)

Senior

Ladies: Julianne Delaurier (9th), Jayda Jurome (20th), Belvina Mao (22nd), Larissa Horobec (23rd), Claire Shih (34th)
Men: Mitchell Gordon (2nd), Anthony Kan (14th), Kurtis Hori (18th)
Dance: Alexa Linden & Jean Luc Jackson (8th), Roxette Howe & Troy Shindle (10th)



Front Cover *continued...*

Focusing on the details and working together on accomplishing those much-needed higher levels is hard work, but making it feel like fun can not be understated.

“I think we really like each other and we’re very good friends,” Delmaestro added. “I think we really enjoy skating together. We’re both pretty motivated.”

Burnaby’s Danielle Wu and Spencer Soo placed second in the junior dance with a 130.30 total at Skate Canada, edging out third-place finishers Lauren Collins and Shane Firus of Central Ontario.

The Skate Canada Challenge is the only qualifying event for novice, junior and senior skat

ers for the national figure skating championships to be held in Kingston, Ont. from Jan. 19 to 25.

The Champs centre also had a strong contingent of junior women competing at Skate Canada.

Sectional singles women’s champion Kelsey Wong of Burnaby placed runner-up with a 126.38 total score to Alberta’s Triena Robinson at Skate Canada.

Sarah Tamura of Burnaby, who won last year’s novice sectional title, placed fourth. Cailey England of Kelowna nipped Tamura and Champs centre skater Megan Yim by mere fractions of a point for a spot on the podium –

all with 122-plus points – in a tightly packed race between B.C. skaters for the bronze medal. In international news, former national junior ice dance champions Madeline Edwards, 18, and 19-year-old ZhaoKai Pang of Burnaby are currently in Barcelona, Spain for the ISU Junior Grand Prix figure skating final.

Edwards and Pang are the only B.C. skaters that qualified for the final.

The Champs centre couple had a silver-medal performance in France and a gold-medal win in Aichi, Japan later in the GP season.

Ontario’s Mackenzie Bent and Garrett MacKeen will also compete in junior ice dance in Barcelona.

.....*Article from Royal City Record*
Tom Berridge, December 11th, 2014

CHALLENGE

Memories



Castlegar Skating Club

The Castlegar Rebels Hockey Team joined the on-ice fun



The 2014-15 skating season of the Castlegar Skating Club is underway with lots of energy and enthusiasm. Our dynamic skating programs are led by coaches Rachel Stewart and Andrea Poznikoff. Their combined experience and passion for skating provide a solid foundation for all our members. Our CanSkate program has more than 30 excited and eager skaters of various ages and abilities. Our coaches and program assistants endeavour to make sessions lively and enjoyable. This year they are joined on the ice by members of the Castlegar Rebels Hockey Team which adds to the on-ice fun.

This season, our club has a good size group of Juniors, who have come up from our CanSkate program and are working hard to earn their badges. Our keen STARSkaters have been busy both on and off the ice. In September, they had an early start to the season with jump, spin, and flex dry-land training. In the fall, the STARSkaters attended the informational Learn to Skate Seminar in Nelson.



The Castlegar STARSkaters

Our STARSkaters have been actively preparing for low and high test days as well as competitions. Many participated in their first low test day of the season in Beaver Valley with impressive results. Shortly after, several participated in high test day and the East Kootenay Invitational in Cranbrook with notable results. In addition, our club came away from the competition with the Spirit Award. In the new year, our STARSkaters are looking forward to competing in the West Kootenay Invitational in Rossland and the Kootenay Regional Championships in Fernie. Congratulations to all our STARSkaters for their hard work, dedication and accomplishments. We have had a wonderful start to this skating season and look forward to more great experiences and continued success as our skaters grow and develop.



CONNAUGHT SKATING CLUB

The Connaught Skating Club receiving a community grant of \$92,000 this fall

The Connaught Skating Club is delighted to have received a Community Gaming Grant of \$92,000 from the Province of British Columbia this Fall. Seen in the picture are many of the club's skating and board members, along with our MLA Mr John Yap. The funding is instrumental in allowing the club to flourish and accomplish its mission: "To provide the highest quality competitive freeskate training at an affordable price". Everything we do at our club, and all the resources we utilize, are within the objective of attaining this mission. Because we are so focused on delivering top quality competitive Freeskate training, we don't do Dance, we don't do Pairs, and we don't do Synchro. We don't have the ice time for those disciplines and all of our ice is dedicated to competitive Freeskate. Even our recreational skating component is very small. By concentrating on one discipline, our superb coaching team is able to focus on one goal - competitive success. The other component of our mission is "affordable prices".

We want to ensure that our highly competitive skaters can afford the financial longevity required to stay in this sport for the long term; we keep our prices at the best possible place to ensure the quality of training and ice time, yet remain affordable. Having lots of skaters buying lots of affordable ice and lesson time is also what allows us to keep a large, strong and committed coaching team. This requires knowledgeable management to realize - we work very hard at it, and we are delivering the positive results that show that we are indeed achieving our mission - every day.

This Fall we sent 35 skaters to BC/YK Sectionals and came back with many great results including medals in Pre-Juvenile Ladies (Samantha Yeung - Bronze), Juvenile Ladies (Emily Ni - Silver), Juvenile Men (Wilson Leung - Bronze), Pre-Novice Ladies (Danica Vangsgaard - Bronze), Pre-Novice Men (Beres Clements - Gold, Basil Wang - Pewter), Novice Ladies (Elvie Carroll - Bronze), Junior Men (Shawn Cuevas - Silver), Junior Ladies (Danielle

Gordon - Pewter), Senior Men (Mitchell Gordon - Gold). Of our Sectional Competitors, we qualified 10 skaters to Skate Canada Challenge: Beres Clements, Basil Wang, Danica Vangsgaard, Elvie Carroll, Jessica McHugh, Danielle Gordon, Shawn Cuevas, Mitchell Gordon, Garrett Gosselin (SK), and Jarius Godfrey (PE). At Skate Canada Challenge our skaters were up against the best in Canada and we were able to qualify 5 skaters to Nationals in January 2015: Elvie Carroll and Jessica McHugh in Novice Ladies, Shawn Cuevas in Junior Men, and Mitchell Gordon and Garrett Gosselin (SK) in Senior Men.

All of these great results and our ability to achieve our mission would not be possible without the generous participation of the Province of British Columbia, to which we are truly thankful!



Photo: Some of our flower retrievers at Skate Canada International

Greetings from the Okanagan! It is hard to believe how quickly the summer and fall months have gone by!

Our skaters and coaches have been very busy as always. In the summer, 22 of our skaters attended the Jo Williams Memorial competition at Spokane, where they competed with strong skaters from Washington State, Oregon, Utah, and Alaska. They won 11 medals in total, including gold medals for Mckenna Colthorp, Cailey England, and Carson Consiglio.

At the Super Series BC Summerskate event later, we had 28 skaters returning home with 17 medals in total. Olivia Gran, Daria Carr, Ashley Sales, Maya Rose, Vienna Harwood, and Julia Crowther won gold medals in their respective events.

In the fall season, our skaters once again had great results at the Super Series Autumn Leaves competition at Kamloops, as they won an amazing 20 medals from only 34 entries. Jayda Jurome, Cailey England, Kelly Basisty, Rachel Pettitt, Olivia Gran, Ashley Sales, Alexis Garost, Vienna Harwood, Madeline Foley, and Emily Sales won gold medals.

In late October, eight year-old Carson Consiglio was invited to perform during an intermission of a Kelowna Rockets hockey game at Prospera Place. Carson proceeded to bring the packed house down with an entertaining performance! It was a special night as Kelowna's own Craig Buntin was also present in promotion of Skate Canada International.



Photo: Kelowna Rockets game with Jason, Craig, Carson, and Karen

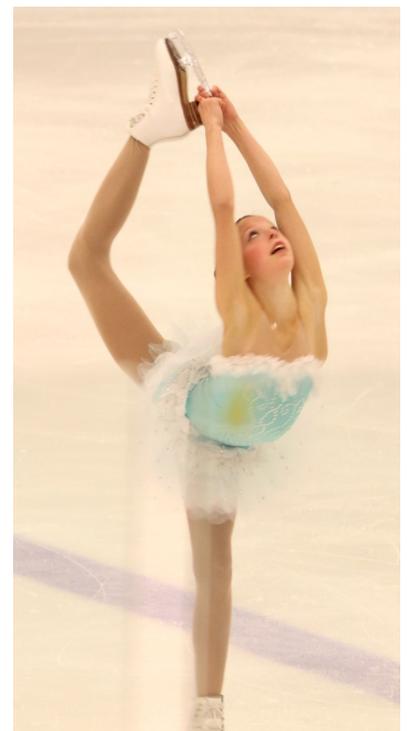
Speaking of SCI, what an incredible opportunity it was to host such a high calibre event! Many of our club members and skaters volunteered in various capacities, including Local Organizing Committee work, flower retrieving, and medal presentations. Having the event in Kelowna did a lot to both inspire our skaters and raise the profile of competitive figure skating in the Okanagan.

There was no time to relax after the SCI, as 23 of our skaters were off to Prince George for BC/YK Sectional Championships the next week. The results were outstanding as Kelowna won the most gold medals of any club – 5 in total – this is also the most gold medals won in KSC history. Eleven year-old Olivia Gran won one of the gold medals in Pre-Novice Women with an unbelievable score of 105.88 points, a Sectionals record and the highest posted in Canadian Sectionals. Julianne Delaurier took the title in Senior Women and Mckenna Colthorp won the title in Novice Women, while Carson Consiglio (Pre-Juvenile Men) and Alexis Garost (Pre-Juvenile Women) struck gold as well. In addition, our team won 2 silver medals, one bronze and one pewter medal, as well as 2 Artistic Awards. Jayda Jurome, Cailey England, Kelly Basisty, Rochelle Reeve, as well as Olivia, Mckenna and Julianne also qualified to the Skate Canada Challenge in December. We are so proud of our team!

Wishing everyone a great holiday season and the best in the New Year!

Kelowna Skating Club

Photo: Olivia Gran at Sectionals



CanSkate Training Session

Kootenay Region

If your club is interested in hosting a CanSkate Training Session with one of our BC/YK CanSkate Resource Team members please contact bcyksection@skatinginbc.com

The Kootenay region recently held a CanSkate Training session for nearby clubs to learn new and fun ways to run their CanSkate sessions. There were 4 clubs that participated: Beaver Valley Skating Club, Creston Valley Figure Skating Club, Preston Figure Skating Club, and Castlegar Skating Club. Beaver Valley Skating Club hosted the training session in Fruitvale, BC. There were a total of 6 coaches and 43 Program Assistants who attended. The clinic included both off and on-ice portions where Coaches and Program Assistants were able to learn a variety of coaching techniques including setting up and drawing new on-ice circuits. The clinic was a huge success!

The BC/YK CanSkate Resource Team member who led the training session was Diane Knutson. The resource team has been developed at the National level to ensure all CanSkate programs are running effectively and to aid clubs in any way possible. With the new goal of constant movement for CanSkaters on-ice, the resource team members are there to help implement the September 1, 2014 launch of the new CanSkate curriculum.



RAQUET CLUB OF VICTORIA

**JULY/
AUGUST**

Skaters worked hard over the summer, had some fun days, a successful test day and Summerskate competition. RCV also ran its "SKATE TO WIN" camp, a skating program developed for hockey players.



RCV skaters took part in the Vancouver Island Development seminar with Olympic coach Ravi Walia in Parksville. Skaters had fun with the "Theatre on Ice" segment. Maekawas competed in Finlandia.

**SEPTEMBER/
OCTOBER**



SAANICH Skating Club of Victoria

December 2014

Thanks to the dedication of our coaches and program assistants, the updated CanSkate program is running very well. Program Assistants have become very proficient at drawing the new circuits, and the Canskaters are having lots of fun practicing their skills while skating through all the circuits. The feedback from parents about the new program has been very positive.

A fun time was had by all at our Spooktacular Halloween Family & Friend Skate. Parents & friends got to experience skating through a large Canskate circuit. The costume parade showcased some very creative costumes and was a highlight of the day.

Eleven skaters represented our club at the Vancouver Island Interclub competition in Port Alberni. Congratulations to all the skaters who attended: Jasmine Dhama, Olivia McKillop, Kelly Hwang, Jo Jo Berginc, Jenny Hwang, Sequoia Korner, Railyn Cid, Tiffany Sherrah, Lauren Wagner, Cypress LeBlanc and Olivia Williams.

Test days were held in November and December, with many skaters participating successfully. Congratulations! We are now busy preparing for our December performance at the Butchart Gardens outdoor rink, always a highlight as we head into the holidays!



TERRACE SKATING CLUB

The club will be putting on a Christmas Exhibition on Thursday Dec 18th followed by a Skate With Santa session for our CanSkaters.

So far this season...

The Terrace Skating Club has been off to a busy season. The club welcomes back Jennifer Kuehne-Director of Skating and Shannon Benmore-Head Can Skate & Can Power coach. Also returning as freelance coach is Kelsey Minhinnick. This season we welcomed Shelby Stach, a former TSC skater as a Can Skate coach. Figure skating started in August, followed by an intense Can Power Skate sessions in September, and during regular season our figure skating program includes synchronized skating on top of freeskate, dance and skills. Off-ice training includes fitness, jumps, spins, stretch and yoga. The club brought up a guest coach, Kevin

Burse from Delta BC (thanks to sponsorship from McCarthy GM) for a club seminar at the end of September. 'This is a huge bonus for our skaters to get coaching from Kevin, he is very inspirational'. Many skaters then traveled to Prince George for the Cariboo North Central Region seminar. Can Skate & Tot Skate started in October and with full enrollment the skaters are learning the basics and enjoying the new CanSkate program which our club has been running for a few years! TSC held a Club Competition on November 1st where all figure skaters competed against each other (compared to their level) and judged by the club coaches and

previous (now adult) figure skaters. The top three skaters were: Gold- Camryn Monsen Silver- Makayla Forrest Bronze- Alayna Fowler Figure Skaters are looking forward to the Northwest Jamboree in Smithers on November 15/16 (a fun competition where all skaters are put on different teams with skaters from other northwest clubs and compete as a group). November 21-23 is the centralized test day in Kitimat. Kla-How-Ya competition in Prince Rupert is on Dec 4-6. The club will be putting on a Christmas Exhibition on Thursday Dec 18th followed by a Skate With Santa session for our Can Skaters.

Check out our website at
www.terraceskatingclub.com



Vancouver Skating Club

This season...



Presents "The Nutcracker on Ice"

During the Christmas season, the Vancouver Skating Club always holds an annual Christmas gala. This year the ice show is titled "The Nutcracker on Ice". The ice show is also followed by a Skate with Santa!

Gold Feet



Megan Keating

Megan Keating started skating in Unionville, Ontario at the Unionville Skating Club in the Canskate Program when she was 6-years-old. Megan and her family moved to B.C. when she was 10-year-old and she started in the Junior Entry Program at Peninsula Figure Skating Club.

Since then, Megan has passed her Gold Dance, Gold interpretive and Sr. Bronze Freeskate tests, and, in December of 2013, Megan passed her Gold Skills test.

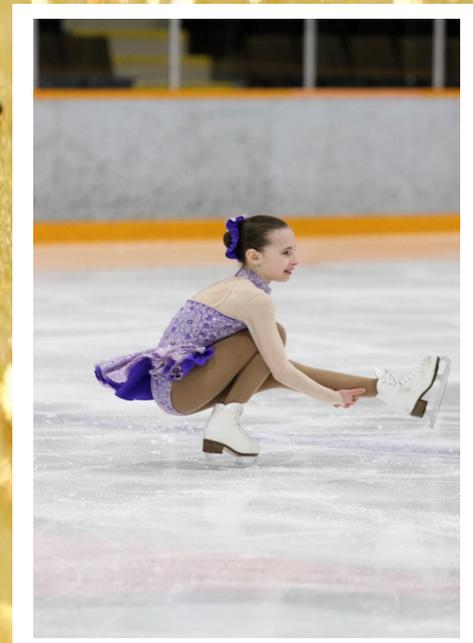
Megan is now 18-years-old and attends Camosun College in Victoria. She currently skates for fun once a week.

Saffron Hilder

Saffron Hilder learned to skate in the Canskate program at Peninsula Figure Skating Club when she was 6-years-old. Now age 13, she competes in freeskate at the Pre-Novice level.

Since the 2012/13 season, Saffron has passed many skating tests, including her Gold Interpretive. Most recently she passed her Gold Skills (August) and her Gold Freeskate (November).

Saffron skates five days per week and she is also heavily involved with dance. She dances six days per week in and enjoys jazz, tap, ballet, lyrical and hip hop.



Gold Feet



***Shannon, Rae Anne Hesketh,
& Krystal Moore***

From Left to Right

Shannon Mather started skating at age 9 with the Campbell River Skating Club and has skated ever since! She recently passed her Gold Skills Test in April 2014 and would like to thank her coach of 28 years Rae Anne Hesketh, for encouraging her to achieve skills that she didn't know were possible.

Shannon balances her passion of skating with her Skate Canada Judging and feels this is an excellent way to give back to the skaters! Along with being a skater herself, Shannon is a Registered Massage Therapist and a Pilates Instructor to add to her fields of expertise!

Krystal Moore (Janicki) passed her Gold Skills in April 2014. Krystal started skating at the age of 6 and won many competitions along the way. When she was in her teens, she found a new passion and that was horses. She took a few years off to work with them and then her love for skating brought her back to the ice when she was a young adult. Krystal is currently working on her Silver Interpretive and will continue to skate as long as possible! Krystal also thanks her long-time coach Rae Anne Hesketh along with her family and friends for their support and encouraging words for her to continue skating.



Mairin Sheilds

Mairin Sheilds Brown was 8 years old when she joined the Canskate program with the Campbell River Skating Club and has loved it since the first day she cut an edge! Every year Mairin balances her sports both on and off the ice. In the spring, she participated in the provincial Track and Field Event and took part in the "Summer Provincial Games 2014" placing 7th in "Triple Jump" in the province! We are very proud of her! At school, Mairin continues to excel as a "Straight A Student" in Grade 10 and has volunteered as a Canskate Program Assistant for the past three years. In April, she passed her Gold Skills and continues to work hard to master her goals! A big thank you goes out to Mairin's coach Rae Anne Hesketh, for encouraging her to reach her goals and never look back!

Gold Feet

Andrea Beattie



Andrea began skating at the age of 3 on the outdoor rinks of Dryden, Ontario. She joined the Campbell River skating club in the winter of 2006 at the age of 5. Through hard work, dedication and a passion for skating, Andrea has worked her way up to become a senior skater. This past winter, she passed her Senior Silver Skills. In April 2014, Andrea overcame a sprained ankle from a basketball injury to proudly complete her Gold Skills. In her spare time, she enjoys skiing, playing basketball, track and field, as well as giving back to her club by being a Program Assistant. Andrea would like to thank her coach, Rae Anne Hesketh, for her on going support.

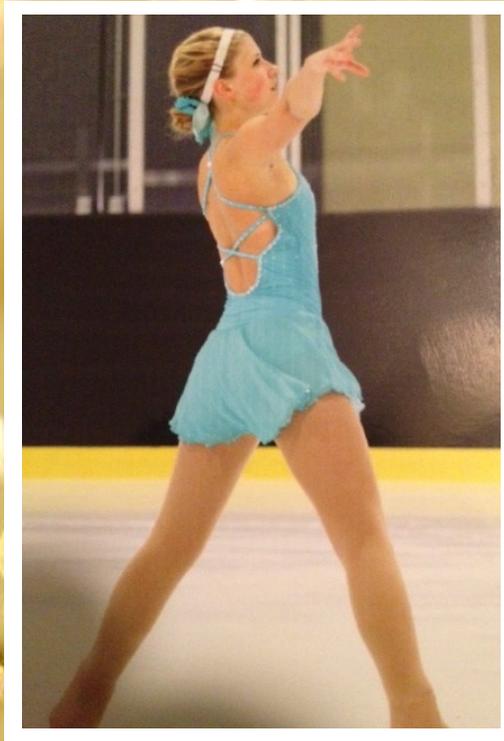
Sharon Phillips (nee Griffin) from the Aldergrove Skating Club has completed her Gold Skills in Spring of 2014. This is a tremendous task for most skaters as they progress thru the ranks from Preliminary up to the final goal of Gold, but for Sharon she came back to skating as an adult after being off the ice for 18 years. Twenty years ago Sharon achieved her Gold level in Dance, soon after she finished her skating career to continue on her education to become a teacher, get married and have children, Griffin 10, and Georgia 7. Having placed her children in the Aldergrove Skating Club 3 1/2 years ago, she was asked to help out at a competition that the club was hosting in March of 2012. It was there that she saw adult skaters getting out on the ice and competing. Having the love of skating rejuvenated, Sharon decided to get back on the ice, in the same club she once skated at. Under Coach Colleen Laferriere, she started at the beginner level of Preliminary, learning the skills, getting her skating feet back under her and over 2 seasons completed the level of Gold in May of 2014. Sharon just can't stay off the ice, and this year is setting new goals with a possibility of another Gold level in the future in Interpretive skating. Congratulations Sharon on this incredible achievement!!

Sharon Phillips



Gold Feet

McKenna Nickel



McKenna Nickel started skating at 5 years old because her sister skated. She entered her first competition that year (in Hawaii), won her group and was hooked. Now, at age 16, she continues to love to skate.

McKenna passed her Gold Interpretive in May 2014 and her Gold Skills this December. Her next goal is her Gold freeskate. **McKenna** is in her 6th year as a program assistant with the Cloverdale Skating Club. She would like to thank her coach, Elise Magill, for always being there for her, both on and off the ice and for always encouraging her to strive for more.

Congratulations McKenna .

Terrace Skating Club congratulates **Hannah Jay** on passing her first gold test - Gold Interpretive. **Hannah** is a grade 11 student who is also a star basketball player and high achieving student. **Hannah** has been an active Program Assistant for the TSC and is a great role model for other skaters.

Hannah Jay



Coaches Corner

UPCOMING NCCP COURSE DATES

NCCP Instruction Beginner CanSkate Course

March 20-22, 2015

August 17-19, 2015

NCCP Instruction Intermediate Primary STARSkate Course

March 13-15, 2015

NCCP ISPC Components

June 5-9, 2015

NCCP CanPower Course

June 20-21, 2015

** All courses will be held in Burnaby, BC*

Level 3

If you are interested in taking the Level 3 course this summer please contact Courtney at courtney@skatinginbc.com

Register online at www.skatinginbc.com starting in Mid January



Meet Coaches Extraordinaire: Karen and Jason Mongrain

BC Coaches make National Headlines

By Debbi Wilkes

Skating Coaches Karen and Jason Mongrain are nervous. It's not because their students are competing at Sectionals next week or because of the demands their community and rink are facing this week at Skate Canada International in Kelowna, BC. As top-notch figure skating coaches with some 40 years of combined experience, this husband and wife coaching team is accustomed to that kind of stress.

What makes them worried this week is the fact that for Sunday's Exhibition Gala they have to design and teach close to six minutes of choreography to over twenty international skating stars, most of whom they have never met, many of whom do not speak English ... and there is only ONE 45-minute rehearsal Sunday morning at Prospera Place in which to make it happen.

Sounds like a nightmare.

When Skate Canada called to ask them if they'd take the job, they instantly knew it would be a tough assignment but they also knew it was a rare opportunity that a coach may have only once in a lifetime. The chance to work with this elite level of skater, regardless of the situation, would be considered a

coach's dream. They agreed to the challenge despite the fact that this time of year is one of their busiest, with competitions and training at their most frantic pace.

So what's the plan?

Key to the success of the number will be selecting great music. Karen and Jason have decided to use what they describe as "cheesy, 80's hard rock", made up of super-popular, positive and energetic music.

Keeping their choreography simple and showcasing individuals will also help build a great number. Between now and that first step on the rehearsal ice Sunday morning, Karen and Jason will do some additional research online to get to know the performers' individual skills a bit better and to look for any special tricks that will help make the number original. They'll also encourage skaters to come up with a few of their own unique ideas to add to the choreography and give it some extra sizzle.

The team is well aware that after a week of competition and the stress that goes along with performing, the skaters want to break loose, show their personalities and have some fun.

They'll be counting on those motiva-

tors to engage the athletes who are an eager bunch and easy to inspire with new ideas.

Logistics will come into play once the teaching process begins. The skaters will be spilt up into teams, likely playing the girls against the boys. And as always, the music will dictate exactly who goes where, does what and when. Six minutes is a massive amount of choreography but, despite their nervousness, Karen and Jason will use their considerable experience to get the job done to create a finale hit which is memorable and fun for both the skaters and the fans. And the Mongrains have come to this challenge with the same kind of dedication, enthusiasm and energy that have been the trademarks of their successful coaching careers.

Jason admits it was just pure luck that got him into coaching. As a skater, he didn't have any desire to coach ... it seemed like a very stressful job! He'd just completed his second year of college and was unsure where he wanted to head when he received a phone call out of the blue from a club in the tiny remote village of Nakusp, BC, asking if he'd be interested in coaching their 60 members, over half of which were at the CanSkate level. Recognizing it would be a fascinating experience, Jason thought it would also give him time to make some decisions regarding his future. But once he started, he was surprised to realize just how rewarding coaching could be, and after the first season, he knew he was hooked! On the other hand, Karen, his wife and coaching partner, always knew she wanted to be a coach. She was twenty-five or so the day she found a time capsule from her own Grade 5 school project. In it was a Q & A page that asked what she wanted to be when she grew up. Her answer? "Skating coach!"



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Continued...

Karen also started in a small community, Grand Forks, BC, and like Jason, counts herself fortunate to have begun her career in a small town where she learned to value different perspectives and was forced to develop her craft with limited resources.

Looking back, some of the couple's happiest moments teaching have been seeing little kids having a blast on the ice. Watching children have fun on skates and being eager to learn are the qualities they notice most in skaters that become lifelong participants in the sport. Karen and Jason teach a lot of competitive skaters ... and there is often high pressure involved ... but at the end of the day, both coaches attempt to create an experience that's still full of fun and adventure, one that will help build a desire to remain in-

involved with the sport in some way after their competitive careers end.

"Nothing is more satisfying than coaching a skater from CanSkate all the way to the end of a long and productive career," says Karen. "We will often get visits from our past skaters, updating us with their current lives ... this is something we both cherish!"

Both partners find that coaching is a great competitive and creative outlet and are particularly proud of the amazing accomplishments of their skaters in Kelowna. In recent years the club has produced a good number of podium finishes at nationals up to the junior level, a special achievement for their club, thanks in part to the support and commitment of the club's amazing volunteers.

"I love coaching and developing skat-

ers," adds Jason, "but I think the most important contribution I make is in working with young coaches. This has a greater impact on more skaters and on future generations. I'm also very proud to be part of a team with our club volunteers ... a team that is raising the profile and value of figure skating in our city."

Karen and Jason feel skating is a great life skill. The patience required to learn at all levels, to cope with fear, challenge creativity, fulfill fitness needs, deal with the ups and downs in both practice and performance, and most importantly, to persevere ... are all skills to be transferred to life.

Local Headlines

Awards Season is Upon Us!

Here is the perfect opportunity to highlight valuable volunteers in your skating community. There are a variety of Skate Canada achievement awards to choose from— something for everyone. All of the awards and their descriptions are listed on our website under clubs > awards.

Any questions can be directed to bcyksection@skatinginbc.com



EVENTS

2014/ 2015 Season

Calendar

2015 BC/YK Open Synchro & Adult Competition

January 3, 2015
South Surrey, BC

2015 West Kootenay Invitational

January 9-11, 2015
Rossland, BC

2015 CNCR Regional Championships

January 23-25, 2015
Quesnel, BC

2015 Kootenay Regional Championships

January 30– 1, 2015
Fernie, BC

2015 Mountain Regional Synchronized Skating Championships

January 31, 2015
Langley, BC

2015 BC Coast Regional Championships - Winterskate

February 6-8, 2015
North Delta, BC

2015 Vancouver Island Regional Championships

February 6-8, 2015
Victoria, BC

2015 Okanagan Regional Championships

February 13-15, 2015
Armstrong, BC

2015 Totem Interclub Competition

February 13-15, 2015
Dawson Creek, BC

2015 BC Special Olympic Games

February 20-22, 2015
Kamloops, BC

Featured event



2015 Canadian Tire National Skating Championships

January 19-25, 2015
Kingston, Ontario

West Coast Challenge

February 21, 2015
Coquitlam, BC

2015 Canada Winter Games

Feb 21– Mar 1, 2015
Prince George, BC

2015 Skate Canada Synchronized Skating Championships

Feb 27– Mar 1, 2015
Quebec City, QC

2015 Super Series STARSkate Final & Adult

March 6-8, 2015
Kelowna, BC

For more information on these events please visit our website

www.skatinginbc.com

HAPPY HOLIDAYS!

*FROM THE BOARD OF DIRECTORS &
STAFF OF THE BC/YK SECTION*



About Us...

We are the Skate Canada British Columbia and Yukon Section. We are run by a Board of Directors and Executive Committee supported by individual and specific discipline and operational committees. The BC/YTK Section has approximately 19,000 skaters, 115 clubs, 430 coaches and 229 officials which we serve.



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Past Chairman: Gail Weber
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Coaches Rep: Marilyn Kreuzinger
Skater Development Chair: Laura Carr

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CNCR: Sandra Lenuik
Kootenay: Shelly Verhelst
Okanagan: Joan Omasta
VI: Lynne Henderson– Drake

coming soon >>>

In The Next Issue

*2015 Canadians
Canada Winter Games
Mountain Synchro Competition
2015 STARSkate Final*

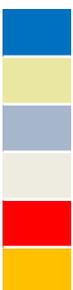
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Danielle Williams	Executive Assistant	(604) 205-9702
Bev Viger	Financial Administrator	(604) 205-9703
Courtney Baerg	Coaching & Communications Coordinator	(604) 205-9700
Jesse Sturdy	Production Manager	(604) 205-9704
Steve Muff	Director of Development	
Jamie McGrigor	Director of Development	

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We want to hear from you!
Please send us your club news, and photo's for the next Thin Ice Newsletter
courtney@skatinginbc.com