



In the Loop

EGANVILLESKATINGCLUB@GMAIL.COM

@EGANVILLE.SKATINGCLUB

EGANVILLESKATINGCLUB.COM



Skater Spotlight

Congratulations to **Gertie**, who moved up to Future Stars from our CanSkate session, and to **Izzy, Freya, Portia & Gavin** who have graduated from CanSkate and moved to Star 1-3 Session! WAY TO GO!!

UPCOMING EVENTS

[Skate Ontario Website](#)

* competitions

Feb 6-8- Oakville SYS Event
- Symmetry Adult 1 & Starlight (Lauren) Star 6 attending

February 6-8 - Brampton Provincial Series Event
- Star 5+ session Skater Zoe B Attending

Feb 13-15- Elizabeth Manley Provincial Series Event
- Star 3+ & 5+ session Skaters Sophie F, Zoe B, Charlotte F and Lauren H Attending

Feb 27-Mar 1 - Brockville Star 1-4 Series Event
- Skaters Evelyn, Lexus, Emma Eva, Olivia, Sophia, Avery Savannah, Charlotte, Carley & Kennady attending

* entry deadlines

Bring on the Fun Renfrew
Registration closes Feb 9th

* no skating dates Feb

Sunday Feb 8th
no skating all sessions



Club Activities Spotlight

We CANSKATE!

Our CanSkate & PreCanSkate sessions are in full force in Eganville and Cobden. Skaters are taking big leaps and strides in their skill development in our foundational Learn-to-Skate program. What are they working on??

Each week CanSkaters follow a set plan of Warm up, three 10 min Fundamental Lesson Circuits in Agility, Balance and Control with a

1 minute Fast Track in between each, followed by a Group Activity involving all skaters to challenge skaters to push their limits in speed and balance. We end each session with a cool down complete a balanced session.

We assess skaters continually so watch for skaters handing you their latest Ribbon or Badge earned notification over the next few weeks.

Coaches Corner

Do it scared!

Whether its your first time skating, your first competition or you're performing something for the first time or the 100th time, do it scared. Embrace the nerves and remember that they are a sign that you care and are about to do something that is important to you. Don't worry about doing it perfectly, just do it. Overcoming the fear by pushing through will take you places you've only dreamed about!



Coach Sara

It's important to warm up!!

Skating Warm Up Tip!

Warming up before hitting the ice is essential for skaters on all sessions! Skaters sit in classrooms for the majority of their day and so in order to ensure their muscles are prepared for the exertion on the ice, it's important to do a 5-10 min warm up before getting on the ice. Look for our guides posted in the lobby & warm up those muscles!



January Highlights!



Skaters had amazing results and many personal bests at Muskoka Whirl Jan 9-11! Congratulations on a great comp Emma, Lexus, Sophia, Carley, Kennady & Charlotte!



Our PreCanSkaters are working hard & as of February 2nd ALL PreCanSkaters are MOVING FOWARD! Can we get a WOOT WOOT!!!! It all starts with just one step!



Our StarSkaters & Future Stars have been working hard OFF the ice too! Thank you to Karen and Maddy for delivering this valuable aspect of our programming!



Our Adult 1 synchro team was preparing for their upcoming comp in Oakville when 6 time national champ Jennifer Robinson stopped by to wish them luck!



Club & Fundraising Activity Corner

50th Anniversary/Year end Show Update

Did you know that Eganville Skating Club is celebrating it's 50th season as a club? We are gearing up for a big celebration with our year end show and are looking for volunteers to help make the show a big success! If you're interested in helping out, send us an email and let us know! Watch for the show title announcement coming soon on our socials!!

Skate Care Reminder!

Proper skate care is critical for success in skating! We recommend to check skates for sharpening each session. When finished skating be sure to dry blades and boots with a soft towel or rag. Be sure to use "soaker guards" to store them in your bag. Don't store skates with their hard guards on them as this can cause skates to rust! If you have questions on skate care, our coaching team is happy to help!

Get Involved!

Many hands make light work. We have a number of volunteer roles that need willing volunteers to fill in order to make our sessions run smoothly. Email us or speak to an executive member if you can help!