

100 MILE HOUSE SKATING CLUB



Thankful for a successful start!

NEWS UPDATES

Over the last month, the rink has been full of activity and success. The 100 Mile Skating Club is currently in full swing, and we couldn't be happier! This season has already welcomed 114 skaters, with plenty of space for more! Registration remains open at any time. If you know someone interested in skating, please encourage them to reach out! We're offering a free Try-it Canskate session on Tuesday, October 22 for anyone interested in trying skating from 5-5:45pm. Please spread the news!

This Thanksgiving weekend, lessons will continue as normal on Sunday, October 12th. However, there will be no lessons on Thanksgiving Day, Monday, October 13th. We extend our warmest wishes to all our skating families for a joyful Thanksgiving filled with gratitude.

This year, there will be no lessons on Halloween. Our families can start their celebrations earlier and have a fun evening of trick-or-treating, while also making it easier for everyone to get home on a school night.

Our newsletters are created to gather club announcements and information in one convenient location, allowing our members to stay updated on all events. If you have any feedback or information that you would like to share, please get in touch with us at 100mfsc@gmail.com.



Important Dates:

Okanagan Interclub Competition

- Registration Deadline: October 19
- Event Dates: November 22-24 in Kamloops, BC

No Lessons Days

- Thanksgiving Day: October 14
- Halloween: October 31

Lessons as usual

- Sunday October 13
- PRO D Day: October 25

Special Events

- Club Photos for all programs: November 5 & 6
- Try-it Canskate session: October 22 from 5-5:45 pm

Deadlines

- Coffee orders: October 25

Future Event

- 50th Ice Show: April 5, 2025



COACHES CORNER

Fall has arrived and all our skating programs are now up and running. Canskaters/Parent & Tot have all been assigned to their appropriate groups, PSG (power skating) is underway, and Starskaters have been working hard at their Star 1 & 2 levels in preparation for the first events of the season.

Four of our Star 1 & 2 skaters made their way to Kelowna Sept 28, 2024, to participate in a Learn to Train Seminar. These skaters had the privilege of skating alongside four-time Canadian National Champion and Olympic Winter Games Silver Medalist, Kirsten Moore-Towers. The day was filled with on and off-ice activities, creativity, strength training and basic skating skills. Coach Cindy also attended this seminar and participated in the singles seminar training portion and took away some valuable lessons, tips and tricks to further our skaters when they reach a Star 5 and higher level of skating.

Oct. 3 included a trip to Chilliwack for four of our skaters who competed at the Autumn Leaves Competition. Of course, there is always room for improvement, but our skaters were an excellent representation of our club, at the Star 2 level, with enthusiasm and near flawless performances.

Congratulations to:

Chase Thibeault – Gold Standing
Mackenzie Thibeault – Silver Standing
Cali Bishop – Silver Standing
Ava Rywaczuk – Bronze Standing

Looking ahead, many of our Star 1 and Star 2 skaters will be travelling to Kamloops the weekend of November 22 to compete in their first or second competition of the season. This will be an exciting event as we're hoping to have approximately 15 families that will participate over 3-4 days.

When we travel as a big group there are usually fun things in addition to the activities at the arena. This may include team dinners, hotel treasure hunts and/or non-skating events. This event will also be live streamed for friends and family that can't make it to the arena (More information to follow as it becomes available).

Coach Cindy

Dream it, Wish it, DO IT! ~ Unknown



StarSkate Achievements

Autumn Leaves Competition
October 3 - Chilliwack BC



**2024 OKANAGAN
INTERCLUB
COMPETITION**
Kamloops BC Nov 22-24

**Register before
October 19, 2024
Star 1+**

www.skatinginbc.com

REGISTER NOW

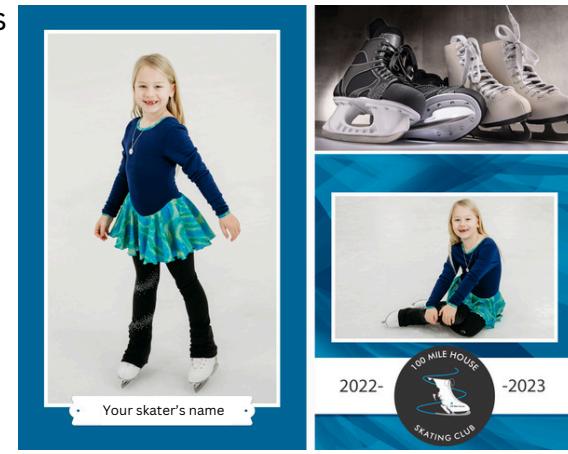


PHOTOS WITH MANDY MCLELLAND PHOTOGRAPHY:

Mandy McLelland Photography is set to take club photos on November 5-6. Photos will be taken on the ice during lessons. Parents/caregivers have the choice to either remove or leave helmets on their skater for their individual photo. Assistance will be provided.

Photos are available to all skaters including those involved in PSG (powerskating).

Each skater will receive a complimentary 8x10 photo.



GLOBAL COFFEE FUNDRAISER OCT 8-25:

It's time to start working towards becoming our superstar fundraiser of the year!

Once again we have partnered with Global Coffee in Maple Ridge B.C. to bring you their freshly roasted coffee and delicious hot chocolate!

Orders can be placed online at:
www.globalcoffeefundraising.ca/100mhsc
or by using the paper forms and information attached.



TRY-IT CANSKATE:

New to skating? Are you wondering if skating is the right fit for your child?

Join us on October 22, 2024, for a FREE Canskate session from 5:00 to 5:45 PM.

Please arrive early to complete our waiver. Remember, CSA-approved helmets are mandatory.



MEET YOUR 2024/25 PROGRAM ASSISTANTS:

Our CanSkate program thrives thanks to the support of Program Assistants, who are skilled skaters aiding our coaches in instructing the participants. These PAs not only strengthen their leadership skills but also foster the growth of all skaters.

We deeply appreciate this enthusiastic group of young individuals. Please feel free to acknowledge or commend these dedicated volunteers for their outstanding work!



SAFETY INFORMATION & REMINDERS:

Helmets: It is mandatory for Parent & Tot/CanSkate participants to wear a helmet that is CSA approved. (Please note that bike helmets and non-CSA approved ski or snowboard helmets are not permitted.)

Stay in the Rink! A gentle reminder for parents of Parent & Tot/CanSkate participants to remain in the rink in case your skater needs help or in the rare event of an emergency.

Rinkside Reminders: Parents/Caregivers are encouraged to watch lessons from the stands rather than the ice entrances. This helps keep the entrances clear and safe, minimizing distractions for our skaters. If your skater needs assistance, the coaches will signal you. Please refrain from stepping onto the ice in regular footwear. For any issues please reach out to the Coach, Parent/Coach Liaison, or Executive members. Kindly avoid addressing the Program Assistant(s).

JACKET ORDERS AND ONLINE STORE:

SHOP NOW 

Many skaters are eager to get their hands on club jackets!

Details for ordering them will be shared shortly.

In the meantime, don't hesitate to explore our NEW online store for additional merchandise!

You can find it on our website at 100mfsc.ca under the Merchandise tab, or simply click the "Shop Now" link above.



SICKNESS AND ABSENCE POLICY:

If you are ill - please stay home! In the event of any absence, it is important to contact either coaches or the club.

It is mandatory for skaters in our Star programs to notify us of any absences as soon as possible. Only two private lessons will receive exemptions. Charges will be as usual for any absences beyond this.

To report an absence please text: 778-320-2402



CALL FOR VOLUNTEERS:

Our skating club runs on volunteer hours to keep costs lower for our skating membership. We are always looking for parents for our committees. If you have any questions about volunteering or would like to volunteer please e-mail 100mfsc@gmail.com





100 MILE HOUSE SKATING CLUB

Skating Highlights



Emma Rusaw meets Olympic medalist Kirsten Moore-Towers



Cody Thibeault & Emma Rusaw attend their first training clinic



Senior Synchro



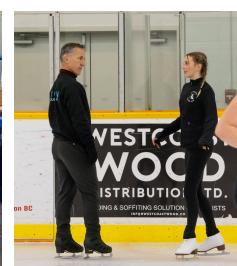
Kirsten Moore-Towers Learn to Train Seminar Kelowna BC



Junior and Senior Synchro



Happy Birthday Elliesia!



Elvis Stojko & Ava Rywaczuk



Canskate

Elvis Stojko & Gladys Orozco Seminar

On September 28 four of our Starskaters went to Mission, BC to attend a seminar hosted by the Mission Skating Club, which allowed them to train with Elvis Stojko and Gladys Orozco. The seminar included both on-ice and off-ice training, along with a Q&A session with the famous skaters.

Elvis' achievements include winning two Olympic silver medals, three World Championships, and seven Canadian National Championships. Stojko was the first to ever land a quadruple toe-triple toe loop combination in competition.

Gladys is a professional show skater, choreographer, coach and model. At age 12, she was the youngest competitor on the Mexican National Team. She represented Mexico for 10 years on the international competitive circuit and was selected to compete in the 2002 World Figure Skating Championships in Nagano, Japan. She holds two junior and two senior national titles. Gladys was also a principal performer with Disney on Ice and other global performing companies, allowing her to perform all over the world.

Gladys and her husband Elvis Stojko teach seminars all over Canada and Mexico. Elvis is also currently touring with Stars on Ice.





100 MILE HOUSE SKATING CLUB

COFFEE FUNDRAISER

Once again we have partnered with Global Coffee in Maple Ridge B.C. to bring you their freshly roasted coffee and delicious hot chocolate!

Global Coffee uses only the best grade, 100% Arabica beans, ethically & organically sourced from around the world. All coffee is roasted on site at their Maple Ridge location. Their coffee is packaged in 16oz (1lb) re-sealable bags and available in both whole bean and ground. They fresh roast and ship within 48 hours, assuring you the freshest coffee possible!

HOW TO ORDER:

Online orders can be submitted by visiting the following link:
www.globalcoffeefundraising.ca/100mhsc

For online orders you may choose to have your order shipped directly to the club for pickup (free of charge) or delivered to you by Canada Post (charge applied at checkout)
This is a great option for out of town family and friends!

Online orders can be paid by Visa, MC or e-transfer. Please do not e-transfer the club for online orders! Payment can be sent to orders@globalcoffeefundraising.ca. Please make password coffee. Include your 3 digit order number in the message.

Orders may also be placed by using the paper order form attached. Please be sure that your form is complete and includes your name, contact number and skater's name. Payment can be made by check, cash, or e-transfer. Checks can be made payable to 100 Mile House & District Skating Club. E-transfers can be sent to 100milefsctreasurer@gmail.com. Please put coffee and skater's name(s)" in comments.

Paper order forms need to be handed into the club by October 24. Online orders can be submitted until October 25. Coffee will arrive during the first week of November and can be picked up during lessons.

Please remember that fundraising is essential to keep our club running! Fundraising helps with ice rental costs and allows for our skaters to put on ice shows. For every bag of coffee sold \$5 will go directly to our club! We ask that each skater try to sell a minimum of 5 bags each.

If you have any questions please email 100mfsc@gmail.com
Thank you for your support!

GLOBAL COFFEE FUNDRAISING

Our coffees are roasted freshly to order in small batches to ensure you get the perfect cup of coffee.

Organic & ethically sourced. 100% Arabica beans.

Resealable zip-lock bag for freshness.

**\$17.50
EACH**

Order online at www.globalcoffeefundraising.ca/100mhsc

LIGHT ROAST



454g

Glide into your Day!

This lighter brew will give you a bold flavor that wakes you up, and a smooth flavor that will make you happy you didn't hit that snooze button.

MEDIUM ROAST



454g

Jumping Java

A carefully crafted blend of beans, specially roasted to create a rich, sweet coffee. A favorite all day coffee!

DARK ROAST



454g

Double Edge

This is not your average joe. This four bean blend is roasted to perfection and will have you chugging your mug and begging for more.

ESPRESSO



454g

Wired Bean Espresso

A unique espresso blend with a bold, intense flavor and sweet undertones. This blend makes a superb espresso. Excellent as a drip coffee too!

DECAF



454g

Daring Decaf

All the flavor of real coffee without the Jitter! This decaf offers a traditional rich, bold cup of coffee.

HOT CHOCOLATE



454g

Premium Hot Cocoa

The kids need something fun! Stock up with a 454 gram bag of specialty gourmet hot chocolate.

Help Support Us!

By purchasing any of the products above, you are helping us reach our goal!

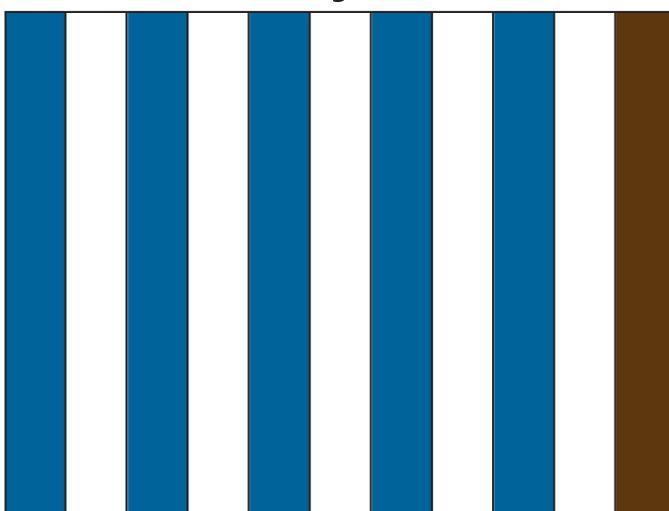


**100 MILE HOUSE SKATING CLUB
Coffee Fundraiser**

GLOBAL COFFEE FUNDRAISING

Form Due date	Delivery Date
Seller's Name:	
Seller's Phone No.:	
School / Group/ Organization:	
Make Checks Payable to:	

Ridiculously Fresh Coffee!



Collect
money
when
taking
order

Customer Name / Phone		TOTAL					
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Phone: 604.618.6085 www.globalcoffeefundraising.ca

TOTALS FOR THIS ORDER FORM	
# of items sold	total amount received
\$	\$