



NEWSLETTER

OCTOBER 2026

Welcome back new and returning families to the 2026/2027 season with the 100 Mile Skating Club. Keep an eye on our white board in the lobby for news and volunteer options.



We respectfully acknowledge we operate within the unceded traditional territory of the Secwépemc Nation, Secwepemcúlcw.

CanSkate is where champions begin! Thank you to all the program assistants who volunteer and make this program possible.



Some of our StarSkaters had fun demonstrating what NOT to wear on the ice. So skip the jeans, baggy pants, hoodies, scarfs, jewelery and untied hair. We are keeping it neat and safe.

DATES TO REMEMBER

October

6th	Board Meeting
12th	No Skating
16th	Registration Due for Kelowna Comp.
20th	Committee Meeting
25th	Club Sponsored Free Skate/Bake Sale

November

11th	No Skating
27-29th	Kelowna Competition

December

18th	Winter Holidays
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January

4th	Winter Session
23rd	Club Photo Day



Inside this Issue: Big Ice Show Announcement and Volunteer Call - Free Skate and Bake Sale - Skill Lab - Competition News - Mystery Guest

Competition Corner

Congratulations Karsyn, Kira, Mazikeen, Cali, and Kaiya!

Competition season is officially underway. We had 5 Starskaters head to Chilliwack this past weekend, for the BC/YT Super Series Autumn Leaves Competition. We brought home 4 silver and 1 bronze

Parents: Don't forget to take lots of pictures on and off the ice. Submit your best ones and help us recognize these hard working athletes.

Club Contact information- President@100mfsc.ca



FUNDRAISER

This month the Skating Club is sponsoring a Free Skate on Sunday Oct. 25th. This is a great opportunity for us to also host a bake sale. We are looking for donations and volunteers, this will count towards your volunteer hours. Please see our white board for more information and a sign up sheet.

The next competition is the 2026 Okanagan Interclub Competiton being held in Kelowna B.C. Nov 27-29th. Registration is open and due Oct 16th.



Off ice training with Kate @ The Union MVMNT has been going really well. Thank you Kate for working with Coach Cindy to create a specialized program for our young athletes. Space is limited, contact the office for more information.

Ice Show 2027



This years Ice Show theme will be "A Trip Around the World in 90 Minutes" It will take place on April 10, 2027.

Guest Skater will be announced later in the season. Keep your eyes and ears open, We will be leaving clues in our monthly newsletters, and taking guesses. Prize for the first correct guess.



Ice Show Committee

Volunteers needed to help organize and run this year's production. Our first Ice Show Committee meeting will be held Oct 20th 7:00pm at the St Timothy Anglican Church off Horse Lake rd. Contact Amanda for more information:
100milefigureskatingclub@gmail.com

Board Meeting

The Skating club's board meetings are typically held the second Tuesday of every month. Due to holidays, this month our meeting will be Oct. 6th, at 7:00pm in the arena, in the Lions Den (behind concession & across from the washrooms). Everyone is welcome to join. You can speak with any board member about attending.



Great job Jina and Elia for helping out the 100 Mile Wranglers by volunteering to be the flag bearers at the Wranglers home opener against the Spokane Braves. Our club provides 2 Skaters for each home game. Flag bearers and their caregiver are invited to stay and watch the game. Sign up is on the office door. Please speak with Coach Cindy before signing up

Skills Lab

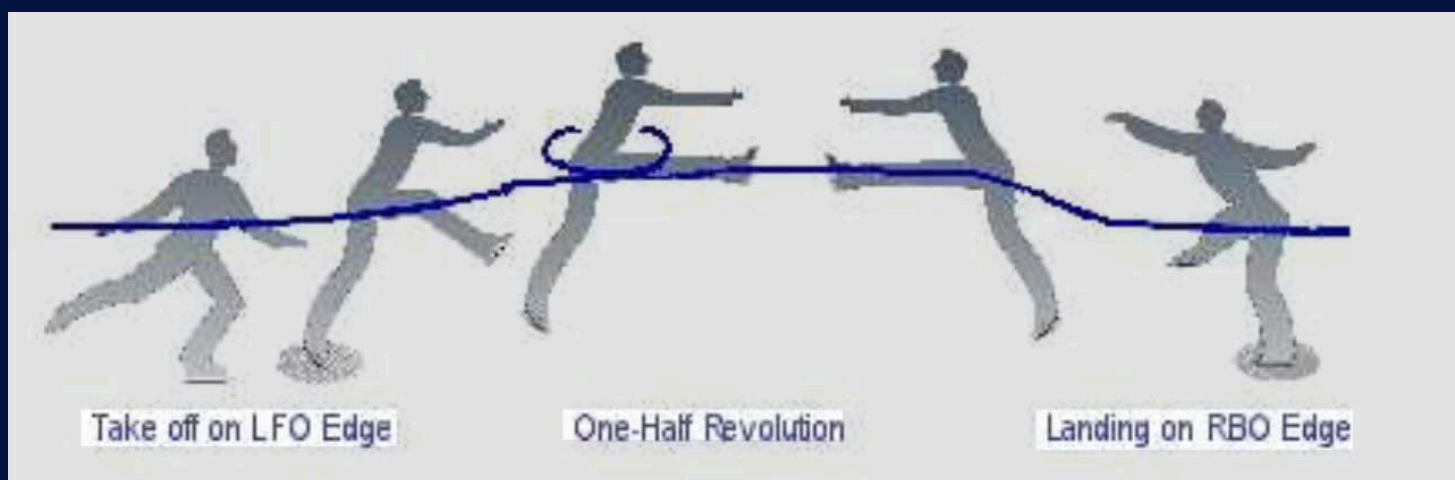
Feature Element: Waltz Jump

What is a Waltz Jump?

- **The Movement:** A half-rotation jump where a skater glides forward, springs into the air, turns a half-turn, and lands backwards.
- **The Edges:** It begins on a forward outside edge and lands on a backward outside edge.
- **For Left-Side/Counterclockwise Skaters:** Push off the left foot, take off, and land on the right foot.
- **For Right-side/Clockwise Skaters:** Push off the right foot, take off, and land on the left foot.

Fun Facts

- **The Transition Jump:** It serves as the stepping stone to the single Axel, which uses the exact same takeoff and landing mechanics plus an extra full rotation.
- **No Toe-Pick Assist:** Unlike advanced jumps like the flip or lutz, the waltz jump is an edge and timing based jump that relies on a smooth forward glide and a strong knee bend.



Arena Humor

Q: Why is a figure skater always the first to know the arena gossip?

A: Because they're always in the loop!

Q: What did the figure skater do when they got a mosquito bite in the middle of their routine?

A: A scratch spin!

Q: Why couldn't the figure skater answer the phone?

A: She was Ina Bauer at the time!

Skateduko

