100 MILE HOUSE SKATING CLUB NEWSLETTER

November 2026

Welcome to the Team Coach Michelle!

We are so pleased to officially announce the addition of our club's new CanSkate Coach, Coach Michelle! You have probably seen her around the arena helping out in many ways. Michelle has been part of our club for several years, as a student, volunteer P.A., and also served on our board of directors. Michelle has accomplished all required courses through SkateCanada BC/YT. Please see her full write up on our web page.



Club Apparel



With Christmas around the corner don't forget to check out our website for club Apparel. We still have plenty in stock and if you can't find your size or colour we have a new order link so you can custom order your size and colour. Make sure you order in time!



DATES TO REMEMBER

November

9th	Ice Show Committee meeting
10th	Board Meeting
11th	Remembrance Day No Skating
24th	Cash Calendars due
27-29th	Okanagan Interclub Competition

December

18th	Winter Break begins

Happy Holidays!

January

4th	Winter Session
23rd	Club Photo Day

Club Contact:

President@100mfsc.ca

www.100mfsc.ca



Inside this Issue: Ice Show Committee update and Volunteer Call - Cash for Christmas fundraiser - Skills lab: What is a Salchow? - Competition Corner: Steps to Competition level

Competition Corner

Good Luck
Ava, Kira, Karsyn, Mazikeen, Kaiya, Johannah, Jina, Chloe, and Michelle at the 2026 Okanagan Region Interclub Competition November 27th to 29th



How did they get to competition level? This diagram shows the steps our club offers. Whether you want to figure skate, play hockey, or skate for fun, we have a place for you!



CanSkate is where skaters start. There are six stages, each focusing on three fundamental areas: balance, control, and agility. Designed for beginners of all ages. This program builds essential skills for figure skating, hockey, ringette, speed skating, or just having fun on the pond.

Academy is a bridge program for skaters transitioning into figure skating. It focuses on building core techniques and introductory elements.

PowerSkate is the next step for hockey players looking to sharpen their edge work and game performance.

StarSkate

StarSkate is a progressive ten level curriculum and Canada's premier figure skating program. Skaters begin testing and competing.

Podium Pathway

Podium Pathway is an intensive program tailored for skaters aiming for high level competition. For skaters STAR 3 and higher

Adult Skate

Adult/Teen Skate is a supportive and relaxed environment where skaters learn fundamentals and build confidence on the ice.



Academy and Junior StarSkaters



Ice Show 2027



Ice Show Committee

100 Mile House Skating Club has officially started the 2026/2027 Ice Show Committee. Each meeting we will be running through a list of to-dos and making decisions. Our first meeting we worked on creating our sponsorship packages, and brainstormed about some other topics such as fundraisers, raffles and food possibilities. There is a lot to achieve and we have space for more volunteers, so please don't hesitate and join us for the next meeting:

Nov 9th @ A&W at 6:30pm

If you need more information, contact Amanda:

President@100mfsc.ca





















Cash Calendar sales have started! Make sure you have yours, they can be sold to family and friends anywhere in B.C. Cheques will be mailed out to the winners. Fundraising and volunteering are a huge part of operating a not-for-profit organization.



Skateduko



Skills Lab

Feature Element: Salchow Jump

What is a Salchow Jump?

The Movement: A full-rotation (or multi-rotation) jump where a skater glides backward, takes off from a back inside edge, and lands on the back outside edge of the opposite foot.

The Edges: It begins on a backward inside edge and lands on a backward outside edge of the opposite foot.

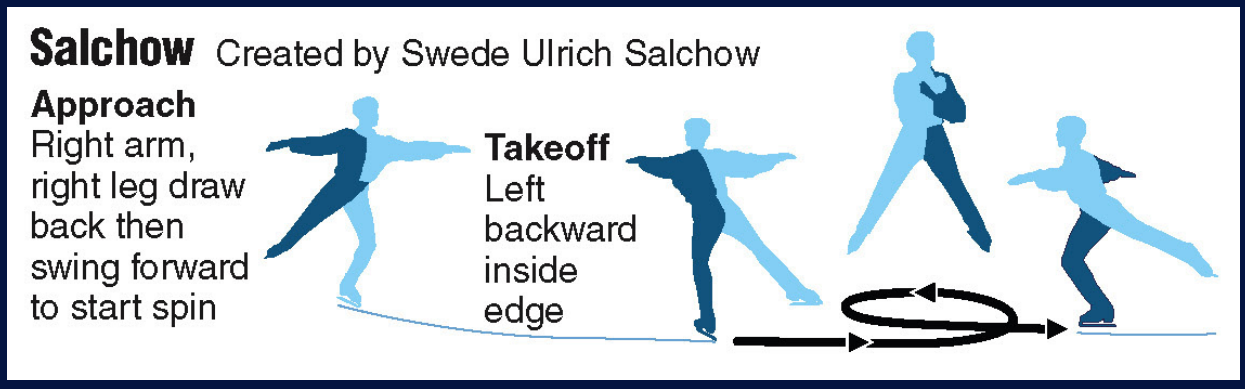
For Left-Side / Counterclockwise Skaters: Glide backward on the left back inside (LBI) edge, swing the right leg forward and around, take off, and land on the right back outside (RBO) edge.

For Right-Side / Clockwise Skaters: Glide backward on the right back inside (RBI) edge, swing the left leg forward and around, take off, and land on the left back outside (LBO) edge.

Fun Facts

Historical Roots: Invented in 1909 by Ulrich Salchow of Sweden, the first Olympic champion in men's figure skating. It was the first "edge jump" ever created!

No Toe-Pick Assist: Unlike toe jumps (like the toe loop or flip), the Salchow is an edge jump that relies entirely on a deep knee bend, a powerful edge push, and a sweeping motion of the free leg to take off, without using the toe-pick for lift.







Arena Humour

Why are figure skaters great at solving problems?

They know how to pick themselves up, adjust their rotation, and work through the rough patches.

What did the Zamboni driver say to the coach?

"Don't worry, everything's going smooth from here on out."

What did the ice say to the landing skate?

"You really made an impression on me."

What do you call a figure skater who loves yard sales?

A scratch spinner looking for a clean catch.

Skateduko answer key for October

