

## Monthly Newsletter ~ January 2021



**REMINDER:  
BY ORDER AND DIRECTION  
OF THE PROVINCIAL HEALTH  
OFFICER (PHO) PARTICIPANTS  
MUST MAINTAIN A DISTANCE  
OF 3 METRES FROM ONE  
ANOTHER.**

### Skater of the Month-Lucy Watson

The Sunshine Coast Skating Club Skater of the Month for January is Lucy Watson. Lucy is a committed, dedicated, competitive skater. Lucy is respectful, has a good work ethic, and is a good role model for the up and coming skaters. After winning silver at BC Winter games in the Juvenile category, along with podium placements last year, she moved up to Pre Novice this season. Her goal was to place in the top 10 for her first year in Pre Novice. Lucy placed 9th out of a field of 55 Pre Novice Skaters with personal best scores in both short and free programs. She is set to compete again Jan 26th and 27th at Scotia Barn, Burnaby, where the top 18 out of the field of 55 will vie for top 6 placements to progress to a national competition, Skate Canada Cup. The Sunshine Coast Skating Club is very proud of Lucy's accomplishments and wishes her good luck at her qualifier.



### IMPORTANT DATES:

- February 12th- SD46 Pro-D Day- Stay tuned for StarSkate Schedule changes
- February 15th ~ Family Day, All programs cancelled

### SCHEDULE CHANGES:

The opening of the Sechelt Ice Arena is welcoming news for Youth Ice Sports on the Coast! More ice to go around and programs that have been postponed are able to resume including our Sechelt CanSkate and CanPowerSkate programming. Make sure to double check the schedule here for any changes:

<https://www.sunshinecoastskatingclub.ca/pages/Schedules/>

## Body Positive Guidelines

One of Skate Canada's goals is a commitment to athlete health, performance, and wellbeing. Foundational to this goal is ensuring that all participants have an environment that is safe and inclusive. Skate Canada strives for excellence in competitive success and sets a high priority on ensuring physical, psychological, and emotional safety and wellbeing for its members. As a result, Skate Canada aims to be a national and world leading safe sport organization. The Body Positive Guidelines are essential to ensure that everyone within the organization has a clear understanding of what factors can impact body image, how changes unfold with growth and development, and that everyone involved with the athlete can promote a healthy and safe training and competition environment.



### PROMOTE THE HEALTH AND WELLBEING OF ATHLETES WHILE SUPPORTING POSITIVE BODY IMAGE



#### Growth & Development

- The rate of an athlete's growth has implications to their physical training and performance.
- For more information, refer to the [Canadian Sport for Life Long-Term Development in Sport and Physical Activity resource](#) and [Skate Canada's Guide to Long-Term Development](#).



#### Nutrition

- Proper nutrition and adequate fueling is critical for athlete growth, health, and performance.
- Athletes may face conflicting information about nutrition and how to fuel their bodies.
- Refer to [Appendix A of the Body Positive Guidelines](#) for more information on where to access guidance from a nutrition professional.



#### Training

- Off-ice training should be based on the developmental age of the athlete.
- Information regarding developmentally appropriate training and certified strength and conditioning professionals can be found in [Skate Canada's Guide to Long-Term Development](#) and [Appendix A of the Body Positive Guidelines](#).



#### Communication & Language

- An athlete's body image can be heavily influenced by those around them and comments can hold enormous amounts of influence.
- Examples of giving factual, performance-based feedback, rather than comments on skater's appearance can be found in [Appendix B of the Body Positive Guidelines](#).

## Fundraising through Covid

www.sunshinecoastskatingclub.ca  
COME SKATE WITH US!  
SKATE CANADA  
Sunshine Coast Skating Club  
SUNSHINE COAST SKATING CLUB  
2020 RAFFLE DRAW WINNERS  
1st Prize ~ Chad Watts ~ \$1000.00  
2nd Prize ~ Trevor Cockfield ~ \$500.00  
3rd Prize ~ Ken Gruenberg ~ \$250.00  
Thank you to everyone who supported our club by purchasing tickets!

The COVID-19 pandemic has put immense pressure on amateur sport in B.C. as opportunities for organizations to fundraise and provide programming to their communities has been limited. ViaSport estimates 79 per cent of the 4,100+ local sport organizations across B.C. are at risk of insolvency. Without support for local clubs, many communities will see reduced access to sport, which could take up to two years to rebuild. British Columbians have and will be profoundly affected, as sport and physical activity is an important part of our collective wellness.

The Sunshine Coast Skating Club is a proud recipient of the Canadian Tire Jump Start Grant in the amount of \$5000.00. This along with Raffle Ticket fundraising, Purdy's Chocolates and other small fundraising events will ensure our Skaters have the same opportunities as past seasons. Thank you for your continued support!