



SUNSET skating club

FALL NEWSLETTER

December 2019



Amy Shao Ning Yang
Novice Champion



Vanessa Ho
Pre-Novice Champion



Bella Han
Juvenile U14 Champion



Michelle Xie
Pre-Juvenile U11 Champion

*Welcome Back! We have just finished a busy Fall session. Our Competitive Skaters had a successful showing at the BC/YK Sectional Championships in Kelowna. Our skaters finished **1st** in four of the skating categories. Well done to Amy, Vanessa, Bella, Michelle, Jennifer and the coaching team. Amy and Vanessa qualified for the Skate Canada Challenge competition in Edmonton, where they represented Team BC at the National event.*

Three of our Canskate sessions were full, with many of our Canskaters returning to learn with us. Our Junior Development and Junior Star programs have been restructured and energized.

Our Holiday Exhibition and Family skate was well attended. The performances by the guest ice dancers, Special O, Competitive skaters, JD, Junior Star, JDT groups and Sunset coaches were entertaining. Family and friends filled the rink for the family skate after the exhibition. What a wonderful way to end the season



Wishing everyone a Happy and successful New Year!

Your Sunset Board of Directors

Coach in the Spotlight

Our coach in the spotlight is our Sunset Skating Director, Jennifer (Yibing) Jiang. We asked Jennifer about her experiences as a skater, figure skating judge, and coach.



At what age did you start skating?

I started skating when I was 7 years old. At that time, we skated on an outdoor rink and sometimes even on rivers. The first indoor rink was built in 1986.

What were the highlights in your skating career?

I competed in a Junior international competition in 1984 and then the World Figure Skating Championship in 1985. I competed in the NHK Trophy Competition three times in my career. I was the China National Winter Games Champion in 1987, and then the China Nationals Champion in the same year. I am an Olympian as I competed in the 1988 Winter Olympics in Calgary, AB.

After your skating career, you became a figure skating judge – what events did you judge?

I started my international judge experience (Junior and Senior Grand Prix) in 1997. In 2003, I judged the ISU Junior Grand Prix competition and Junior Grand Prix Finals. In 2006 I judged the World Junior Championship in Ljubljana, Slovenia and the Winter Olympics in Torino, Italy.

What did you learn from being a judge?

I spent a lot of time studying and learning all the rules pertaining to figure skating. I know how important it is for skaters to have a clear understanding of the latest rules and regulations. As a former ISU judge, I understand that Judging standards must be applied consistently so that it is fair to everyone. I am fortunate to have had the opportunity to judge different level skaters, including elite skaters from around the world.

How long have you coached figure skating?

I coached for 10 years in China and I have been coaching in Canada for 12 years. I have been at Sunset since 2008.

You have achieved a lot of success as a coach, what have you learnt from this?

I have learnt it is important to work hard but work smart. To keep going even when it is tough to do so, and to have patience and dedication.



What is the highlight of your coaching career up to this point?

All skaters need to work hard to achieve good results. Some of my skaters have done exceptionally well. Highlights include:

1. 6th place Skate Canada National Championships (Senior Women) 2009
2. 7th place ISU Grand Prix -Skate America International 2008
3. 11th Place ISU Grand Prix -Cup of China 2008
4. 1st Place Skate Canada Challenge (Novice Women) 2018
5. 4th Place Skate Canada National Championships (Novice Women) 2018
6. 1st Place Skate Canada Challenge (Novice Women) 2019
7. 4th Place Skate Canada National Championships (Novice Women) 2019
8. 2nd Place Skate Canada Challenge (Pre-Novice) 2019

One skater selected for Skate Canada Next Gen team in 2018
One skater selected to compete at the Junior Grand Prix in France during the 2008/2009 season
One skater selected to compete at the 2018/2019 ISU Egna Spring Trophy in Italy for Advance Novice level

Is there something you would like to tell the skaters who are working towards their skating goals?

I think that figure skating is the most difficult sport. All skaters skate for their own reasons and should focus on their own goals. Regardless of what level a skater is at, or what stream he or she wishes to pursue (ie: test, recreational or competitive), skaters who love to skate can achieve their goals if they are willing to spend more time on the ice, work hard, stay focused & patient, and put out 100% effort every time they are on the ice.

When you are not at the rink, what do you enjoy doing?

I like to watch skating videos, especially the international competitions, and Chinese history dramas, learning English and cooking.

Thank you, Jennifer for your dedication to our skaters!



Congratulations to Alex, Tin Yee and Edmund

Three of Sunset's Special Olympic skaters have been selected for the Special Olympics Team B.C. They will compete at the 2020 Special Olympics Canada Winter Games, in Thunder Bay ON, in February 2020. Skaters Alex Pang, Tin Yee Ho and Edmund Lau Sing are coached by Jessica Chapelski and Maegan Montemayor. Jessica is also the head coach of Team B.C.

Alex Pang is a three-time Special Olympics World Games competitor in both figure skating and basketball. Tin Yee Ho, who has skated at two special Olympics provincial games, will be attending her first special Olympics National Winter games.

Edmund Lau Sing will be attending his first Special Olympics Canada Winter games.

Good Luck to the skaters and coaches. Go Team BC!



CanSkate/ Pre-CanSkate

The 2020 Winter CanSkate schedule runs for 10 weeks.

Registration is Open!

The schedule is as follows:

Monday 6:00pm – 6:45pm (January 06 – March 9, 2020)
Wednesday 5:15pm – 6:00pm (January 08 – March 11, 2020)
Friday 5:15pm – 6:00pm (January 10 – March 13, 2020)
Saturday 10:00am – 10:45am (January 11 – March 14, 2020)

Halloween Fun at CanSkate

This season skaters were encouraged to dress up for Halloween week. Coaches and PA's joined in on the fun



Junior Star Program

Change is in the air!

As of the Winter 2020 session Junior Star will be renamed to STARSkate

There have been several changes put in place over the Summer and Fall sessions.
A new structured curriculum for on-ice and off-ice sessions.

New coaching team approach

More focus on edges and basic skills

Hip Hop and Ballet classes

Strength and Conditioning classes

Coaching Seminars

Ongoing Parent Information Sessions through the year.

If you have any questions or would like more information, please do not hesitate to contact your team of coaches.



STARSkate Program



Starting Winter 2020, Sunset Figure Skating club is excited to offer additional programs for our skaters. The STARSkate Recreational and STARSkate Competitive programs will offer more flexibility for skaters in the non-competitive stream. Requirements for each stream will be posted on the Sunset Website. So stay tuned!

Additional information on STARSkate can be found here on the Skate Canada website: <https://skatecanada.ca/programs/figure-skating/>

Junior Development and JD Talent

Our JD and JDT skaters have been hard at work, learning new skills and choreography for the holiday exhibition. On December 1, 2019 the skaters had the opportunity to show off their skills at the Sunset Mini Competition. JD and JDT skaters were put through their paces.



Medals were awarded to the top three performers in each category.

JD Medalists:

1. Janice
2. Shihan
3. Amelia Y

JDT Medalists:

1. Eunice
2. Ashley W
3. Olivia

Holiday Exhibition and Family Skate



Excited skaters and anxious parents filled Sunset rink on Friday, December 20, 2019 - Sunset's annual Holiday Exhibition and Family Skate was underway. The exhibition kicked off with the JD Skaters, performing to *Underneath the Tree*, choreographed by Coach Patricia. The Junior Star skaters lit up the ice with their holiday lights and fun performance to *Rocking Around the Tree*, choreographed by Coach Jessica D and Coach Iris. Excited JDT parents rushed the glass to film their skaters, in their charming performance to the *Nutcracker's Sugar Plum Fairy*. Tin Yee Ho and Alex Pang represented Special O and performed their solos. Guest ice dancers, Miku Makita and Tyler Gunara, Haley Sales and Nicolas Wamsteeker thrilled the crowd with their performances. The Sunset Sectional skaters performed a variety of solos to holiday music and their competitive music. Alaine Chartrand, wowed the crowd with her footwork and speed during her performance. Last, but not least the Sunset coaches, Alaine, Mitchell, Ronald and Jordan entertained with their interpretation of a *Charlie Brown Christmas*.

The evening was emceed by Angelina Lim. In fact, it was a family affair as Chantel and Patricia performed together in the exhibition. After the exhibition, everyone took to the ice for the family skate. A big Thank you to the coaches for choreographing the group performances and solos. Thank you to parent volunteers who assisted in setup, manning the food station and clean up. Thank you to the Board for providing the pizza and snacks for the evening.

Photos courtesy of Alex Kwong, Patrick Yue and Ying-Wai Yeong.





Sunset on the Competitive Stage

First Star 1 Competition

Congratulations to the following skaters, who competed in their first competition at Jingle Blades, Neomis Barril, Sylvanna Chen and Bernice Wu. Keep up the good work!



2019 Autumn Leaves Super Series – October 17 - 20, 2019, Twin Rinks, Chilliwack B.C

Novice Women: Amy Shao Ning Yang – Short 2nd, Free 2nd > **2nd** overall

Novice Women: Chantel Lim – Short 13th, Free 12th > 12th overall

Pre-Novice Women U16 (Group 1): Emma Xu – Short 14th, Free 13th > 13th overall

Pre-Novice Women U16 (Group 2): Vanessa Ho – Short 1st, Free 1st > **1st** overall

Pre-Novice Women U16 (Group 3): Emily Kwong – Short 11th, Free 12th > 12th overall

Pre-Novice Women U16 (Group 3): Jocelyn Zhong – Short 8th, Free 9th > 9th overall

Juvenile Women U14 (Group 1): Doreen Chang – 10th

Juvenile Women U14 (Group 2): Bella Han – **1st**

Juvenile Women U14 (Group 2): Rachel Yeong – 9th

Pre-Juvenile Women U11 (Group 2): Michelle Xie – 4th

Pre-Juvenile Women U13 (Group 1): Tiffany Yen – 8th

Pre-Juvenile Men: Timothy Trinh – 5th

Star 10 Women: Bernice Chau – **2nd**

Star 9 Women: Aileen Chen – **3rd**

Star 8 Women: Kandis Ng – **1st**

Star 6 Women (Group 2): Isabella Lin – **2nd**

Star 5 Girls (U10) (Group 2): Jaqueline Li – 10th

Star 4 Girls (U13) (Group 1): Caitlyn Lai – 6th

Star 4 Girls (U13) (Group 3): Emma Lau – 11th

Star 4 Girls (U13) (Group 3): Amelia Wu – 7th



2020 BC/YK Sectionals Super Series – November 7 - 10, 2019 Capital News Centre, Kelowna, B.C.

Novice Women: Amy Shao Ning Yang - Short 1st, Free 1st > **1st** overall

- * BC/YK Super Series Championship Trophy > **1st**
- * 2020 Skate Canada Challenge Qualifier, Edmonton, AB

Novice Women: Chantel Lim – Short 7th and Free 7th > 7th overall

Pre-Novice Women: Vanessa Ho – Short 2nd, Free 1st > **1st** overall

- * BC/YK Super Series Championship Trophy > **1st**
- * 2020 Skate Canada Challenge Qualifier, Edmonton, AB

Pre-Novice Women: Jocelyn Zhong – Short 30th, Free 28th > 30th overall

Juvenile Women (U14): Bella Han – **1st**

- * BC/YK Super Series Championship Trophy > **3rd**

Juvenile Women (U14): Doreen Chang – 22nd

Pre-Juvenile Women (U11) Group 2: Michelle Xie – **1st**

Pre-Juvenile Men: Timothy Trinh – 4th



2019 Jingle Blades - November 22-24, 2019, Prospera Centre, Chilliwack, B.C.



Gold Women: Aileen Chen – **3rd**

Star 10 Women: Bernice Chau – **2nd**

Star 9 Women: Kandis Ng - 8th

Star 8 Women: Kandis Ng – **1st**

Juvenile Women U14: Rachel Yeong – 4th

Pre-Juvenile Women U13 (Group 1): – Tiffany Yen – 4th

Star 3 Participants: Anthony Lu, Bernice Wong, Kaylee Yu and Cynthia Zhu

Star 2 Participants: Sissi Fang, Tiffany Khoe

Star 1 Participants: Ethan Wei

Special Olympic Participants

Level 1 Singles: Tin-Yee Ho

Level 4 Singles: Edmund Lau Sing

Level 5 Singles: Alex Pang



Results supplied by Skating in BC here: <https://www.skatinginbc.com/results>

2020 Skate Canada Challenge - November 27- December 1, 2019, Terwillegar Community Recreation Centre, Edmonton, A.B.

Novice Women: Amy Shao-Ning Yang – Short 18th and Free 5th > 7th overall

* 2020 Skate Canada Nationals Qualifier, Mississauga, ON

Pre-Novice Women: Vanessa Ho – Short 10th, Free 3rd > 5th overall



Congratulations to Amy and Vanessa

After winning Sectionals in Kelowna, Amy and Vanessa qualified for Skate Canada Challenge in Edmonton, AB. They competed against skaters from all over Canada. Vanessa finished 5th overall in the Pre-Novice category. Amy finished 7th overall in the Novice category. Amy has qualified for the Skate Canada National Competition, Mississauga, Ontario in January, 2020. Well done to Amy and Vanessa!

Gold Tests

Tests are part of the Skate Canada STAR program. The Gold Test is the highest level of each discipline. The disciplines are Skating, Dance, Free Skate and Interpretive Skating Skills.



Congratulations to Aileen Chen for passing her Gold Skating Skills. Aileen is a Sunset CanSkate coach and competes at the Gold level.

Upcoming Events 2020

Jan 13th – 19th, 2020 – 2020 Canadian Tire National Skating Championships, Mississauga, ON

Jan 31st – Feb 1st, 2020 - Winterskate, Sportsplex, Langley, BC

Feb 21st – 23rd, 2020 - BC Winter Games, Fort St. John, BC

Feb 25th – 29th, 2020, 2020 Special Olympics Canada Winter Olympics, Thunder Bay ON

March 6th – 8th, 2020 - SuperSeries STARskate Final, Kelowna, BC

March 21-22nd, 2020 – 2020 Star 1-4 Competition, Burnaby, BC

Figure Skating Competitions and Events can be found here: <https://www.skatinginbc.com/all-events/upcoming> and <http://specialolympics2020.com/>

Buy-on via Uplifter

Please **REMEMBER** to pay for buy-on online via Uplifter **PRIOR** to coming to the rink. We are trying to reduce cash transactions as much as possible, so your cooperation is greatly appreciated.

Lost and Found

Just a reminder there is a Lost and Found box located inside of the office.
Items not claimed by Jan 15, 2020, will be donated.

Contribute to the Newsletter

Thank you to the parents and skaters who have shared their photos with us.

If you would like to contribute to the newsletter or have articles you would like to see, please email board@sunsetskatingclub.com.

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