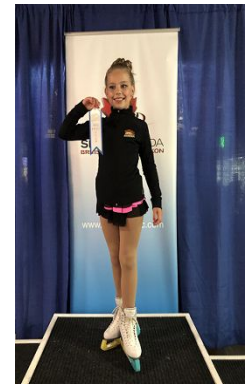




SUMMER NEWSLETTER

August 2019



Summer is usually the time to slow down, but this is not the case in Sunset Skating Club. In May, we elected our new Board of Directors, and in July, we wrapped up the summer season with our Annual Awards Banquet. Our skaters competed in various competitions throughout this season, and it's all covered here in this issue. Besides welcoming 2 brand new Board members, Simon Ho and Gladys Kwan, we would also like to extend a warm welcome to our new coach, Alaine Chartrand. We look forward to Fall where skating will once again be in full gear. Thanks to our new team of Program Coordinators - Vasi Atkinson for Canskate, Patricia Lim for Junior Development, and Peter Lee and Mitchell Gordon for Junior Star, we can be assured of another fantastic season ahead. Thank you also to all the parent volunteers who, either played music during skating sessions, cleaned up at the Banquet or captured all the significant moments in the Club, Sunset is indeed a family we are all so glad to be part of.

Your Sunset Board of Directors

New Sunset Board of Directors

Following the Annual General Meeting held on May 26, 2019, we would like to welcome our new Board of Directors.

President	Gary Lim	Members at Large-	Patrick Yue
Vice-President	Duncan Lee		Grace Wong
Secretary	Ee Laine Tiah		Simon Ho
Treasurer	Glady Kwan		

The New Board would like to thank -

Annie Sweeney, our previous Treasurer and Canskate Coordinator for several years. Annie has 1 daughter who used to skate in the Club and is now a Sunset Skating Coach, and 1 other daughter who is still in the competitive stream.

Kenny Cheung, our previous Member at Large. Kenny has been on the Board for many years. During his time at Sunset, he consistently volunteered as a Program Assistant in Canskate. Kenny has a daughter in the Club who skates in the competitive stream.

Roger Siu, our previous Member at Large who completed his 2 years term with the Club. During his short time at Sunset, Roger introduced and implemented the Uplifter registration system and Sage Accounting. Both of these software have been instrumental in changing the administration landscape of the Club, and we are currently benefiting from them.

Elaine Ong, our previous Member at Large. Elaine is a true example that it's never too late to learn how to skate. She learned how to skate as an adult Canskater in Sunset, and later was in charge of the Canskate Program Assistants (PA)s. During her time on the Board, we saw a revitalization in the PA program in encouraging young skaters to volunteer in the Club.

At this point, we would also like to take a moment to learn more about our **2 new Board Members** -**Glady Kwan and Simon Ho.**

Glady Kwan, Glady is a CPA (Chartered Professional Accountant), CGA (Certified General Accountant). She has been in the accounting field for over 20 years. Currently, she is self-employed and working from home. Glady's daughter, Rachel has been skating in Sunset Skating Club since 2010.



Simon Ho, an architect by profession, but still finds the time to volunteer weekly as a Program Assistant for our Canskate programs. A sports enthusiast, Simon is a goalie for a recreational hockey team and has recently started cycling. He has a daughter in the Competitive stream.

Canskate/ Pre-Canskate



Canskate for Fall will begin shortly. The 2019 Fall Canskate schedule runs for 14 weeks. Registration is now OPEN. Register early so that you don't have to be waitlisted for the day(s) you want. The schedule is as follows:

Monday 6:00pm – 6:45pm (Sept 09 – Dec 09, 2019)
Wednesday 5:00pm – 5:45pm (Sept 11- Dec 11, 2019)
Friday 5:15pm – 6:00pm (Sept 13 – Dec 13, 2019)
Saturday 10:00am – 10:45am (Sept 14 – Dec 14, 2019)

Junior Development & Junior Star

Junior Development (JD) and Junior Star(JS) launched an exciting new curriculum which started in April 2019, headed by Coach Peter Lee. He will be assisted by Coach Mitchell Gordon for the JS program and by Coach Patricia Lim for the JD program. There will be more exciting changes to help keep the JD program fun to learn. Skaters are now focussed, working on brand new skills which leads to faster improvements in becoming a figure skater! In addition, Coach Peter Lee has created the JD Talent program. The JD Talent program was launched in Summer and a brand new set of JD Talent skaters have been welcomed to the Sunset skating family! The family just got bigger!" Let's take a moment to get to know our new JD & JS Coordinators.

Coach Peter Lee

Coach Peter Lee has been coaching at Sunset for 5 years. He took over the JD and JS programs in the Spring of 2019. Here are some facts you may or may not know about him.



Q. At what age did you start skating

I started figure skating at 8 years old in Calgary, AB.

Q. What was the highlight of your skating career?

I competed in Canada for over 10 years before competing in Taiwan. The highlight of my skating career was getting to compete at the 2003 World Junior Championships in Ostrava - It was my last competition before I retired.

Q. What is your coaching philosophy?

I have been coaching for over 13 years. I moved to Vancouver in 2014 because I didn't like the -30 weather in Calgary. My Coaching Philosophy - Skating teaches the skaters about real life lessons. Being a coach is knowing that we're making a difference in a skater's life, to help them to realize and unlock their potential that they never thought they had. It doesn't matter if the skater is talented or not. Hard work always beats talent any day!

Q. Tell us something we may not know about you.

Interesting Fact: My other full time job is working for a large software company as a WW Technical Sales Leader.



Coach Patricia Lim

Coach Patricia Lim is the Assistant Junior Development Coordinator. Here's what she has to say about herself.

Q. At what age did you start skating? I started skating at age 3 at Sunset FSC. I started on public sessions with my dad. During one of those sessions I saw some Parks Board lessons and told my dad I wanted "real lessons".

Q. What do YOU think is your greatest skating achievement?

Landing the Double Axel.

Q. What is your favourite skating jump?

The flip is my favourite because it's the easiest for me. Even if the other jumps were shaky, I would land the flips in the program more often than not.

Q. What is your coaching philosophy?

Let skaters develop a love for skating and reach their full potential.

Q. Tell us something we don't know about you.

I don't get stage fright in most situations. I enjoyed competing a lot.

Q. What is your favourite App?

My favourite App is Instagram – I like looking at food pictures.

Coach Mitchell Gordon

Mitchell Gordon is the Assistant Junior Star Coordinator. He will assist Coach Peter in ensuring the Junior Star program will be a fun and positive learning environment for our skaters. In order to get to know Mitchell, we asked him a few questions.



Q. At what age did you start skating?

I started skating when I was 3 years old (1999) at the Kitsilano FSC.

Q. What do YOU think is your greatest skating achievement?

Representing Canada at the Junior World Championships in 2013.

Q. What is your favourite skating jump?

The triple axel. While this jump varied in consistency for me, it was by far the most exciting jump to do when it was working. A lot of what makes it my favourite jump is also the work it took for me to solidify it. It taught me a lot about perseverance and determination - both traits which I feel have continued to help me in my life outside of skating.

Q. What is your coaching philosophy?

My coaching philosophy is to help skaters improve to the best of their ability while also helping them develop life skills that will assist them beyond their skating careers.

Q. Tell us something we don't know about you.

Some know this already, but I study Electrical Engineering and Mathematics at U.B.C and I will be starting my 3rd year in September. Something that I'm sure most people don't know about me is that when I have the time, I enjoy going freshwater fishing.

Q. What is your favourite App?

My favourite app is probably OverDrive. It allows you to download audiobooks from the library onto a phone or tablet. I enjoy reading a lot, but I don't have much time for it, so this app allows me to listen to books on the way to school or the rink.

Interview with our new coach, Alaine Chartrand

Interviewed by Simon Ho, Board Member



2016 & 2019 Canadian National Women's Figure Skating Champion, Alaine Chartrand was recently named as a new coach for Sunset Figure Skating Club. Alaine's achievement in the sport has been nothing but spectacular, and we are fortunate to have Alaine. The following transcript outlines Alaine's responses, but have been edited and revised for clarity.

Who would you say is your biggest inspiration?

My parents are my inspiration and continue to be. They sacrificed so much for my skating career. My Dad has given up so much for me. Prescott was a smaller club, so my Dad had to drive me to Ottawa when I was 6 in his pick up truck. When I was older, he drove me to Toronto in our RV and he always made sure that he was there for me, that I was safe, and that I had all I needed to be the very best I can be.

How did you know you 'could' be successful in this sport?

I started skating when I was 4 years old, and very quickly landed my single loops in Canskate. I had an inclination that I could advance in the sport when I was 6, was travelling to Ottawa more often.

Who were your skating heroes growing up?

My favourite skaters were actually a pairs team: Jamie Sale and David Pelletier. I remember watching them fondly when I was just starting the sport.

Do you enjoy playing any other sports, or do you follow any other sports besides figure skating?

My life so far has been dedicated solely to figure skating. I know that my father played competitive hockey, but figure skating has always been my main focus.

What was your biggest challenge in your career?

I wanted to quit when I was in Novice / Sectionals as the point system was so inconsistent and none of the skaters were rewarded for trying more complex jumps. This did not make any sense to me. It was all very frustrating. I was disappointed with missing the 2014 and 2018 Winter Olympics by such a narrow margin that I needed to prove to myself that I can succeed once more. So, my aim was to do my ultimate best at the 2019 Canadian Championships and I did. I set a goal and I made it.

(Note to our skaters – this translates to never giving up on your dream!)

Favourite Movies?

I love the classics especially The Wizard of Oz. I also really enjoy Charlie and The Chocolate Factory.

Do you have any hobbies?

Not really, but I remember that a Japanese fan gave me some nano-blocks so I started collecting those in all of the different cities that I visited.

Salty or sweet snacks?

Sweet. Always! 😊

Biggest pet peeve?

Bad grammar. I don't understand why some people have such bad grammar!! (i.e. I get annoyed when people mix up "their, there and they're" or "two, to and too").

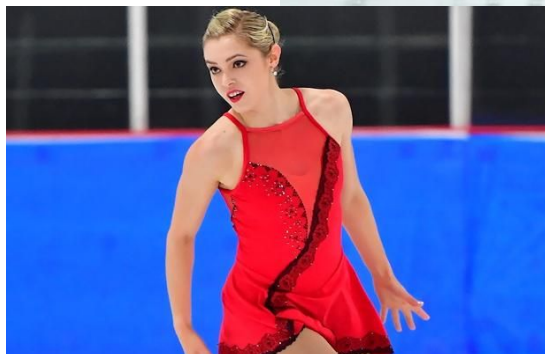
When you go out do you dress up or are you more casual?

I've spent my entire life in sports clothing so I prefer to dress up – it is such a pleasant difference;

Finally, this is your first foray into coaching. How is your experience so far?

I find coaching very rewarding. The look that my students give me when they learn to land a jump or a move for the first time is such an awesome feeling.

Thank you Alaine for your generosity in granting us the opportunity to interview you and get to know you better.



Sunset on the Competitive Stage

2019 StarSkate Super Series Final, March 1–3, 2019, Capital News Centre, Kelowna, BC



Star 8 Women: Bernice Chau, **2nd** (Super Series **3rd** overall)
Star 6 Women: Tiffany Yen, 20th (Super Series 11th overall)
Star 5 Men: Timothy Trinh (Super Series **2nd** overall)

2019 Victoria Day Super Series , May 17th – 19th, 2019, Fleetwood Arena, Surrey, BC

Novice Women: Chantel Lim - Short 11th and Free 9th
Pre-Novice Women (Group 1): Vanessa Ho – Short 1st, Free 4th > **2nd** overall
Pre-Novice Women (Group 2): Chaya Kumar – Short 16th, Free 9th > 10th overall
Pre-Novice Women (Group 2): Miikka Ho – Short 13th, Free 12th > 12th overall
Juvenile Women U12 (Group 1): Bella Han – **3rd**
Juvenile Women U14: Doreen Chang – **3rd**
Pre-Juvenile Women U11 (Group 2): Michelle Xie – 4th
Pre-Juvenile Women U13 (Group 1): Tiffany Yen – **1st**
Pre-Juvenile Women U13 (Group 2): Rachel Yeong – 7th
Pre-Juvenile Boys: Timothy Trinh – 4th
Star 10 Women: Bernice Chau – **2nd**
Star 9 Women: Athena Yue – 9th
Star 8 Women: Kandis Ng – **3rd**



Star 5 Women U13 (Group 3): Angela Fan – 7th
Star 5 Women U13 (Group 4): Amberly Gee – 4th
Star 4 Girls U10 (Group 3): Jacqueline Li – **3rd**
Star 4 Girls U10 (Group 3): Sonia Rui Hong – 9th
Star 4 Girls U10 (Group 4): Caitlyn Lai – 8th
Star 4 Girls U13 (Group 3): Elsa You – 9th
Star 4 Girls 13 & Over (Group 2): Rachel Leong – **3rd**
Star 3 Participants: Christen Chiu, Cynthia Zhu, Kaylee Yu, Anya Liu, Abigail Tham, Genisha Yang
Star 2 Participants: Sissy Fang, Stephanie Chiu, Belinda Lau Sing, Anthony Lu, Edmond Lau Sing

Star 1's first competition at Victoria Day Super Series

We would like to congratulate Tiffany Kloe, Kaleigh Lim, and Logan Wei for participating in their first skating competition at the Victoria Day Super Series competition in May. Keep up the good work.



2019 Summer Skate Super Series, August 15th-18th, 2019, Burnaby 8 Rinks, Bby, BC

Novice Women (Group 1): Chantel Lim – Short 12th, Free 8th > 8th overall
Novice Women (Group 2): Amy Shao Ning Yang – Short 2nd, Free 3rd > **3rd** overall
Pre-Novice Women U16: Vanessa Ho – Short 2nd, Free 11th > **3rd** overall
Pre-Novice Women U16: Miikka Ho – Short 3rd, Free 18th > 9th overall
Pre-Novice Women U16: Jocelyn Zhong – Short 16th, Free 13th > 15th overall
Juvenile Women U14 (Group 1): Rachel Yeong – 8th
Juvenile Women U14 (Group 2): Bella Han – **2nd**
Pre-Juvenile Women U11 (Group 2): Michelle Xie – **2nd**
Pre-Juvenile Women U13 (Group 1): Tiffany Yen – **1st**
Pre-Juvenile Men: Timothy Trinh – **1st**
Star 10 Women: Bernice Chau – **2nd**
Star 10 Women: Emily Kwong – 4th
Star 10 Women: Athena Yue – 6th
Star 9 Women: Aileen Chen – 4th
Star 9 Women: Emily Kwong – 8th
Star 9 Women: Athena Yue – 15th
Star 8 Women: Kandis Ng – 5th
Star 6 Women: Isabella Lin – 5th
Star 5 Women 13 and Over: Angela Fan - **2nd**
Star 5 Women 13 and Over: Angela Ebro, 10th



Star 4 Girls Under 13 (Group 1): Emma Lau – 7th
Star 4 Girls Under 13 (Group 2): Phoebe Ouyang – 2nd
Star 4 Girls Under 10 (Group 3): Jaqueline Li – 1st
Star 3 Participants: Sophia Lam
Star 2 Participants: Klara Novakova



Star 1's First Competition at Summer Skate Super Series

Congratulations to Bara Novakova and Ethan Wei for participating in their first competition at Summer Skate. Well done!



March High – Low Test

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

Congratulations to Arale, Chaya, Bernice, Miikka and Emma on completing their Gold Challenge Free Skate Tests. The test consisted of Free Skate elements and the Free Skate.



B.C. Yukon Section Development Team

The **Skate Canada BC/YK Development Team** is an initiative developed to track, monitor and support skaters who demonstrate the potential to excel as competitive figure skaters capable of achieving success at provincial, national and international levels. In April the skaters attended the Development Camp in Kelowna. They are also invited to attend the technical camp in June, where they were coached by Joanne McLeod, Manon Perron (Joannie Rochette's former coach) and Scott Davis (Former World Champion and skating coach).



Congratulations to Vanessa, Arale and Chantel who were invited to the BC Yukon Section Development Team for 2019.

Sunset Annual Awards Banquet

(Photos courtesy of Ying-Wai Yeong)



This year's awards was held at the Hillcrest Curling Club on July 28, 2019. The Annual Awards Banquet is an opportunity to acknowledge our coaches' dedication to the skaters, and to recognize skaters for their hard work and continued improvement.



We had a wonderful turnout and the venue provided table tennis, Foosball and shuffleboard games. What a night for us to witness numerous coaches' prowess in other sports besides ice skating. We would also like to thank Coach Jordan for bringing his Nintendo Switch which resulted in some friendly gaming competition between the coaches and the skaters. A photo booth was created by Patrick Yue, which allowed the skaters to take fun and silly photos with props. Our club president Gary Lim and Simon Ho, co-hosted the festivities for the night. A big shout out also to Grace Wong for organising the food and the entire event. Lastly, we would like to express our gratitude to all the parent volunteers who helped with setting up and cleaning up after the event. Thank you all !



Upcoming Events

Following are the events happening in Fall. Further details can be found on [Skate Canada BC/Yukon site](#).

October 18 – 20, 2019, Autumn Leaves Super Series – Twin Rinks Chilliwack, BC

November 7 -10, 2019, B.C. Yukon Section Championships, Capital News Centre, Kelowna, BC

November 22-24, 2019, Jingle Blades, - Prospera Centre, Chilliwack, BC

November 27 – Dec 1, 2019, Skate Canada Challenge, Edmonton, AB