



*SUNSET* skating club

## WINTER NEWSLETTER

March 2020



What a busy Winter Season! Here is an update on our numbers...

One Canadian National Champion Novice level, Amy Shao Ning Yang.

One Star 8 Super Series Points Champion, Kandis Ng.

Two B.C. Winter Games Champions, Bella Han and Anthony Lu.

Three Special Olympic National Champions, Alex Pang, Tin-Yee Ho and Edmund Lau Sing

Four top 5 finishes in the Star Skate Super Series Points Championship, Bernice Chau, Isabella Lin, Tiffany Yen and Timothy Trinh.

Five well-travelled coaches Jennifer Jiang, Yuan-Qin Leong, Mitchell Gordon, Jessica Chapelski and Meagan Montemayor. Well done to all the skaters and thank you to the dedicated team coaches.

Our Instagram account was launched this term so for the latest updates on the club follow:

@sunsetskatingclub

On a serious note, please be sure to follow all health advisories with regards to the COVID-19. Sunset rink will be closed until further notice, and full refunds will be issued to those who have registered for the upcoming Spring session. Stay Healthy and Stay Safe!

***Your Sunset Board of Directors***

## Coaches in the Spotlight

In order to get to know our dedicated coaches a little better, in this edition we asked coaches Yuan-Qin Leong and Samantha Li some “burning” questions.



### **Coach Yuan-Qin Leong**

Yuan-Qin has been coaching at Sunset for 6 years. Yuan-Qin was also Jennifer’s student when she skated competitively.

### **At what age did you start skating and where?**

I started skating when I was four years old in Kitimat, BC. At that time, my aunt babysat me, so I was enrolled into skating along with my sister and cousins. I don’t remember much, but I do remember crying and being the lowest one on the ice.

### **What do YOU think is your greatest skating achievement?**

My greatest skating achievement was coming second at Singapore Nationals in 2010 at the Novice level. It was my second time attending Singapore Nationals and that year, the competition was held in Malaysia. I’m most proud of this achievement because I was able to put out a good skate and handle the competition without my coach being there.

### **What is your favourite skating jump and why?**

My favorite jump is the double Axel. It is the most memorable jump for me, because I can still remember when I first landed it on an open session at Sunset during my lesson with Jennifer. Although I cannot land the jump anymore, for some reason my body is less afraid of attempting them compared to a double Lutz.

### **What is your coaching philosophy?**

My coaching philosophy is to create challenging lessons, while balancing a fun environment to achieve the skater's personal goals; whether the skater is interested in competitive skating or recreational skating. As a coach who has been coaching for just over 6 years, I think the most challenging part is getting the skater to recognize their strengths and capabilities.

### **Tell us something we don't know about you.**

One of my New Year's resolutions that I have been keeping up with this year is journaling. There’s something different about writing down goals and aspirations compared to saying them or keeping them in the back of my mind. Every week, I jot down a couple of notes on my weekly win, what I’m grateful for, and at the end of the month I like to reflect on what I’ve learned, my achievements, and what I want to focus on for the next month. When I was growing up my parents encouraged me to journal and set goals. On the first day of the New Year, my family would sit down and share our successes from the past year and what we aim to achieve in the New Year.

### **What is your favourite App?**

My favorite App is Spotify because I don’t think I can live without music. I love how the app has various playlists to choose from. My favorite part about the app is the Discover Weekly Playlist, as it introduces me to new songs that I might like.





### Coach Samantha Li

Samantha has been coaching at Sunset for 7 years. You will find her at the rink coaching the CanSkate, StarSkate and Competitive programs.

### At what age did you start skating and where?

I started skating at the age of eight at Sunset. I was in the Sunset Canskate program, JD and then started competing with Sunset. Now I coach Sunset SC!

### What do YOU think is your greatest skating achievement?

I think my greatest skating achievement was never failing any tests (Freeskate, Dance, or Skating skills)

### What is your favorite skating jump and why?

My favorite jump would be the Flip. I think it is my favorite jump because with correct technique and speed you can get so much height in a flip jump.

### What is your coaching philosophy?

I want to teach my skaters that hard work, determination, and positive thinking translates not only into their skating but also into everything they do in life. Moreover, if you fall down, you get up and do it again. Therefore, my coaching philosophy is to go beyond coaching skating, I want my skaters to thrive as individuals.

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

A former coach of mine used to teach us yoga and I loved doing yoga ever since then.

### What is your favorite App?

Google Calendar. It helps me stay organized and remind me of things I need to do during the day.

## Congratulations Amy!

Amy Shao Ning Yang, set a **new Canadian record** by winning the Novice competition at the 2020 Canadian Tire National Skating Championship in Mississauga, Ontario. This was Amy's first trip to the Canadian National Skating competition. Amy finished with 144.71 points for the short and free programs combined. Amy is also the recipient of the Toller Cranston Memorial Fund Athlete award for her on-ice artistic presence at the Canadian Nationals.

Shortly after her National victory, Amy and Jennifer travelled to Obertsdorf, Germany, with the Canadian team to represent Canada at the Bavarian Open. Amy won the Advanced Novice Level Group 2 competition.

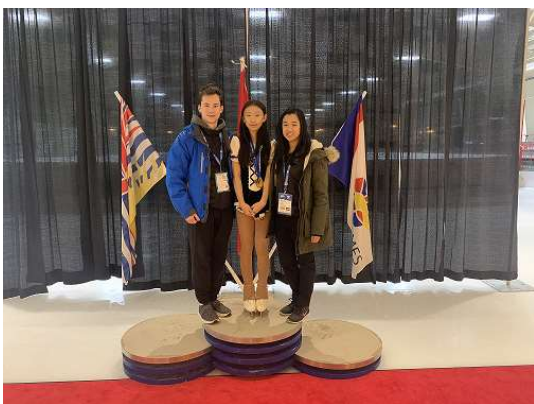




Amy shared her experiences from both competitions with us. “I was happy with my performance at Canadians in general. It reflected my training and it bought me a ticket to my first international competition. I was very excited to be able to represent Canada at the Bavarian Open in Germany. There were a lot of new experiences: the long trip to Germany with the team; being at a competition without my mom for the first time; sharing a hotel room with my teammate. Although I was not satisfied with my performances, I was so happy to be on the ice competing at my first international event! A ‘Big Thank You’ to my friends, my coaches and everyone at Sunset SC for their love and support throughout the season!”

## B.C Winter Games

The B.C. Winter Games are held every two years in different cities around British Columbia. Athletes from across the province are selected to compete at the games. The 2020 B.C Winter Games were held in Fort St. John, B.C. between February 20 -23, 2020. Sunset skaters Bella Han and Anthony Lu were selected to compete at the Winter Games this year. Bella and Anthony, together with Sunset coaches Yuan-Qin Leong and Mitchell Gordon travelled by plane to Fort St. John. Bella won the Juvenile competition and Anthony won the Special O Level 3 Men’s competition.



Bella shared her experiences at the Winter Games: B.C Games 2020 in Fort St. John was an unforgettable moment for me. It was the first time I traveled without my parents and participated in a multi-sport event. I felt free! I made many friends, and experienced waking up at times that I wasn’t used to. I really enjoyed my time for the first few days, just chilling around with my new friends. All the practices went well, and I felt I was ready for this. However, during the actual competition warm-up, I felt worried and a bit nervous, but I also want to win this competition, because it was really special for me, and I did not want to leave disappointed. After I

finished my competition, I could not believe I got a medal! That was overwhelming for me, all the happy thoughts came to me, everything. Not only feeling happy for me but zone 5 and Sunset. Everyone makes mistakes, but try your best, and you will eventually succeed.”

Coach Yuan-Qin shared her experience at the Winter Games: “Last month I had the amazing opportunity to attend the BC Winter Games in Fort St. Johns. I really enjoyed connecting with the other coaches and skaters. Although we only had one skater representing Sunset, Bella, it was a memorable competition as she not only won the Juvenile Ladies event, she achieved a personal best score. It was a pleasure to share the success of our coaching team with Mitchell, who also attended the games as a coach. I hope our team of coaches and skaters can continue to work hard, so that more Sunset skaters can have the opportunity to experience the next BC Winter Games in 2022. “

## **Congratulations to the Sunset Special O Skaters!**

The 2020 Special Olympics National Winter Games was held in Thunder Bay, ON in February 2020. Sunset Special Olympic skaters Alex Pang, Tin-Yee Ho and Edmund Lau Sin, together with coaches Jessica Chapelski and Maegan Montemayor represented B.C. at the event. Alex Pang, won **two gold medals** at the games, one for Dance and the other for the Freeskate. First time national games attendees, Tin-Yee Ho and Edmund Lau Sing won gold in their categories. What wonderful results! Thank you to coaches Jessica and Maegan for your hard work and dedication to the Special O program.



Sunset was well represented at the Winter Skate competition in January 2020. All our Special O skaters won medals at the competition. Way to Go!!

### Results:

- Level 1 Women: Tin Yee Ho > **1st**
- Level 2 Women: Camilla Mahmudova > **2nd**
- Level 2 Men: Eric Pahima > **1st**
- Level 2 Men: Jeff Leung > **2nd**
- Level 3 Women: Sheryl Spurr > **2nd**
- Level 3 Men: Anthony Lu > **1st**
- Level 4 Men: Edmund Lau Sing > **1st**
- Level 5 Men: Alex Pang > **1st**



## CanSkate and Pre-CanSkate



The City of Vancouver have proactively closed all Parks Board facilities to mitigate the transmission of COVID-19, it is unknown at this time when the facilities will resume normal operation. Please check our website for any updates on our CanSkate programs.

## Junior Development and JD Talent



The Sunset JDT Skaters have completed two long Sunset seasons and are ready to go into another season of skating!

Congratulations to Janice and Jayden who are moving up from JD to StarSkate.

## StarSkate

### First Star 1 Competition



Congratulations to Linaya Hinton for competing at her first Star 1 competition at WinterSkate in Langley. Well done and keep up the good work!

Congratulations to Klara and Abigail for moving up to Intermediate during the Winter session.

## Sunset on the Competitive Stage

### 2020 Canadian Tire National Skating Championships, January 13 – 16, 2020, Mississauga, ON

Novice Women: Amy Shao Ning Yang – Short 4th, Free **1st** > **1st** overall

- \* **New Canadian Record** for Novice 144.71 points
- \* Winner of the Toller Cranston Memorial Fund Athlete Award

### 2020 Bavarian Open, February 3 – 9, 2020, Obertsdorf, Germany

Advanced Novice Women: Amy Shao Ning Yang – Short **1st**, Free **2nd** > **1st** overall

### 2020 WinterSkate & BC Coast Regional Championship, January 31 – February 2, 2020, Langley Sportsplex, Langley, BC

Juvenile Women U14: Rachel Yeong > **3rd**  
Pre-Juvenile Women U13: Tiffany Yen > 10th  
Pre-Juvenile Men: Timothy Trinh > **3rd**  
Star 8 Women: Kandis Ng > **1st**  
Star 6 Women: Isabella Lin > **2nd**  
Star 5 Girls U10 (Group 2): Jaqueline Li > 8th  
Star 4 Girls U10 (Group 2): Klara Novakova > **3rd**  
Star 4 Girls U10 (Group 3): Sonya Rui Hong > **2nd**





Star 4 Girls U10 (Group 3): Christen Chiu > 7th  
 Star 4 Girls U13 (Group 2): Emma Lau > 7th  
 Star 4 Girls U13 (Group 2): Amelia Wu > 8th  
 Star 3 Participants: Stephanie Chiu and Viola Hinton  
 Star 2 Participants: Bara Novakova and Logan Wei  
 Star 1 Participant: Linaya Hinton



## 2020 B.C. Winter Games, February 21st – 23rd, 2020, Fort St. John, BC

Juvenile Women: Bella Han > **1st**  
 Special Olympics Men: Anthony Lu > **1st**

## 2020 Super Series Star Skate Final, March 6th – 8th, 2020, Capital News Centre, Kelowna, BC



Star 10 Women: Bernice Chau > 4th  
 \* Star 10 2020 Super Series Championship > 5th  
 Star 8 Women: Kandis Ng > 11th  
 \* Star 8 2020 Super Series Championship > **1st**  
 Star 6 Women: Isabella Lin > **3rd**  
 \* Star 6 2020 Super Series Championship > 5th  
 Pre-Juvenile U13 Women: Tiffany Yen > 7th  
 \* Pre-Juvenile Women U13 2020 Super Series Championship > 5th  
 Pre-Juvenile Men: Timothy Trinh > 4th  
 \* Pre-Juvenile Men 2020 Super Series Championship > 4th



## Upcoming Events 2020

Updates on BC Yukon Section news and Events can be found here: <https://www.skatinginbc.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.

## Contribute to the Newsletter

Thank you to the skaters and coaches who have shared their experiences with us. Thank you to parents and skaters who have shared their photos with us. Special thanks to Ying Wai Yeong for always sharing his fabulous 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](mailto:board@sunsetskatingclub.com).

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