



SUNSET skating club

FALL NEWSLETTER

December 2021



Another year has come and gone. A BIG welcome back to our skating director and head coach Jennifer Jiang. On the Competitive front, figure skating competitions have returned to “in person” events, congratulations to all skaters who competed this year, it has been a challenging 20 months. Thank you to the Coaches for keeping the skaters motivated and engaged, ensuring they were ready for competition. Senior skater, Amy Shao Ning Yang, who is on B.C.’s Next Gen Team, placed first at the Senior level at the Sectionals Competition in November. We welcome our new Board of Directors after the AGM that was held on December 5th, 2021. We enjoyed a skating exhibition and celebrated the success of our skaters with the awards after the skating exhibition. Wishing everyone all the success for the New Year 2022!

Your Sunset Board of Directors

Welcome Back Jennifer

After a ten-month absence, we welcome back our skating director and head coach Jennifer Jiang. It is wonderful to see you back at the boards at Sunset and at the Autumn Leaves and Sectional and Challenge competitions.



Coaches Corner

Sunset Skating Club has many fabulous coaches. In this edition, we asked two of our coaches, both aptly named Jessica, to tell us a little bit more about themselves.

Jessica DeChamplain has coached at Sunset since 2014, right after she moved to Vancouver from Ottawa.



At what age did you start skating and where?

I started skating with my parents at 3 years old in Cold Lake, Alberta. I started CanSkate at age 4 with the Grand Centre Skating Club, also in Cold Lake.

What do YOU think is your greatest skating achievement?

I think my greatest achievement was continuing skating and pushing myself to keep improving through a difficult time in high school (daily headaches), and then competing with my university team at Carleton University through all 4 years of my undergraduate degree. That allowed me to try out so many parts of skating, from Artistic to similar dance (doing the "male" leading part) to synchro, and it made me a better skater and coach.

What is your favourite skating jump and why?

Axel - although I had an interesting relationship with it over the years, I always liked the challenge of axel and how the forward entry forced me out of my comfort zone.

What is your coaching philosophy?

My coaching philosophy is all about building a strong base of technique and knowledge, constantly finding ways to challenge my skaters, and doing so while ensuring that skaters are still able to have fun and achieve their personal goals. I strive to understand why my skaters love skating and do everything I can to keep them feeling that way and foster the growth mindset that will help them succeed.

Tell us something we do not know about you?

I have an 11-year-old Boston Terrier named Spock.

What is your favourite App?

YouTube - I spend way too much time watching a wide variety of content creators!

Jessica Yuen skated competitively with Sunset for three years and is now a coach at Sunset.



At what age did you start skating and where?

My mom enrolled me and my brother in skating lessons in Richmond when I was three, and it became one of the many sports that I came to love!

What do YOU think is your greatest skating achievement?

Landing a double axel was one of the goals I had set for many seasons, but it was one of the toughest (and scariest) jumps for me because of its forward entry and it took me a long time before I could get it. It gets frustrating and emotionally taxing when you are stuck on something, but Jennifer and Peter helped and encouraged me a lot on and off the ice which was a great source of emotional support for me.

What is your favourite skating jump and why?

The toe loop, because it was the first triple jump I landed which meant a lot to me. The feeling you get when you land a new jump is indescribable and you just get excited to do more.

What is your coaching philosophy?

My goal as a coach is to promote healthy living and lifelong physical activity by fostering athletes' interest and positive passion in their sport. Identifying what drives and motivates athletes are important in fostering their enthusiasm within their sport and although difficult, it can be achieved through effective communication. Skating requires a lot of skill repetition, but I can individualize each lesson to make learning more challenging and exciting for the skater. Aside from athletics, I hope I can help athletes learn to appreciate what their bodies can do physically and how making physical activity a habit, as athletes and as individuals, can positively impact health.

Tell us something we do not know about you?

I've played badminton competitively since I was seven and have been selected for Team BC. Our team won gold at the 2015 Western Summer Games!

What is your favourite App?

Photos. I love photography because pictures capture important moments in our lives that we can look back and reminisce about.

Congratulations Coach Ronald and Kai-Jing



Congratulations to Coach Ronald and Kai-Jing Leong on their wedding in September 2021

New Sunset Board of Directors

Following the Annual General Meeting held on December 5th, 2021, we would like to welcome our new Board of Directors

Past President: Gary Lim
Vice President: Patrick Yue
Secretary: Grace Wong
Treasurer: Gladys Kwan

Director at Large: Christine Liu
Director at Large: Katherine Qiu
Director at Large: Ying Cheung (Lobo) Ho

The New Board would like to thank **Simon Ho**, our previous Director at Large for his contributions to the board and the club, particularly his emcee duties at skating simulations that kept everyone entertained.

We would like to introduce our newest board member, **Ying Cheung (Lobo) Ho**.



Lobo's daughter Eunice started in CanSkate and was invited to join the JDT program in the middle of 2019. When asked about his aspirations for the Board, Lobo noted that since joining Sunset Skating Club, his daughter's skating skills keep improving. Initially she was hesitant to be on the ice but now she loves to skate. He is grateful not only because his daughter has found a hobby but noticed that her talent on the ice is being developed and encouraged by the Sunset coaching team. He feels that the coaching team's passionate attitude and generosity gives the Club synergy to aim for higher goals. Lobo is glad to be a member of the Board and hopes his support can continue the great tradition of the club for future generations of Sunset skaters.

CanSkate Volunteer of the Year

Our CanSkate Volunteer award was awarded to Bailey Lam. Bailey has volunteered for CanSkate for the past four years and volunteers for multiple sessions each season. His daughter, Sophia, is in the StarSkate program and started in CanSkate at age 5. Bailey loves playing ice hockey and he is happiest on the ice, so volunteering for CanSkate was the perfect opportunity to help the kids and give back to the community. He is very passionate with teaching the kids and seeing their progress and socializing with the parents. Thank you, Bailey for your contribution to CanSkate and making it enjoyable for the CanSkaters



Skating Gala and Awards



Our gala Holiday was held on December 18th. Skaters from all our programs performed group and individual numbers. Coach Alaine and special guest Santa closed the gala in spectacular fashion. Following the gala - the annual awards were handed out to the skaters for the 2020-2021 year

CanSkate Volunteer:
Bailey Lam

CanSkate:
Corey Chou
Jasmine Li

JD:
Natalie Leung
Eleanor Uy



JDT:
Conditioning – Emma Xie
Flexibility – Madelyn Fan
Dance – Cailyn Jin
Musicality – Zariah Cerenzie
Speed – Ashley Wang

Most Dedicated – Hunter Wong
Most Sportsmanship – Eunice Ho
Most Improved – Olivia Liu

StarSkate:

- Dryland – Genisha Yang
- Flexibility – Christen Chu
- Dance – Neomis Barril
- Musicality – Guiyu Jia
- Speed – Kevin Liu
- Most Dedicated – Tiffany Khoe
- Most Sportsmanship – Cynthia Zhu
- Most Improved – Bara Novakova



Intermediate:

- Dryland – Emma Lau
- Flexibility – Abigail Tham
- Musicality – Amelia Wu
- Speed – Sonia Rui Hong
- Most Dedicated – Isabella Lin
- Most Sportsmanship – Klara Novakova
- Most Improved – Yuan Yuan Jia

Senior:

- Dance – Doreen Chang
- Musicality – Chantel Lim
- Speed – Emily Kwong
- Most Dedicated – Amy Shao Ning Yang
- Most Sportsmanship – Bella Han
- Most Improved – Miikka Ho
- Most Possibility – Nicole Zhang



Skater of the Year – Vanessa Ho

CanSkate/Pre-CanSkate

The 2022 Winter CanSkate Registration is Open!

Monday 6:00pm – 6:45pm (January 10 – March 7, 2022)
Wednesday 5:00pm – 5:45pm (January 5 – March 9, 2022)
Friday 5:15pm – 6:00pm (January 7 – March 11, 2022)
Saturday 10:00am – 10:45am (January 8 – March 12, 2020)

Our CanSkate program is in full swing. Prior to the start of the Fall CanSkate sessions our CanSkate coaches and PA's attended a training session conducted by Coach Peter and Coach Vasi.



Junior Development and JD Talent



Our Skating Family is growing, and our JDT group welcomed the following skaters to the Sunset Family: Adrian, Orianna, Chloe, and Lucas. Our JD group welcomed new skater, Amber.

Three new coaches were added to the JD and JDT programs, all of whom are former competitive Sunset skaters, welcome Aileen, Bernice and Chantel!

Sunset on the Competitive Stage

2021 B.C. Coast Region Competition, May 13 – 16, Virtual Event



Star 8 Women: Isabella Lin, **3rd**
Star 5 Women U10 (Group3): Yuan Yuan Jia - **1st**
Star 5 Women U10 (Group3): Xi Yue Fang - 12th
Star 5 Women 13 & Over (Group1) Abigail Tham - 7th
Star 5 Men: Anthony Liu - 10th
Star 4 Girls U10 (Group 1): Tiffany Khoe - 5th
Star 4 Girls U10 (Group 2): Bara Novakova - 4th
Star 4 Girls U13 (Group 1): Christen Chiu - **1st**
Star 4 Girls U13 (Group 2): Caitlin Lai - 8th
Star 4 Girls U13 {Group 3}: Amelia Wu - **1st**
Star 4 Girls U13 {Group 3}: Emma Lau - 8th
Star 4 Girls 13 & Over: Genisha Yang - 6th
Star 3 Competitors: Neomis Barril, Bernice Wu and Kaylee Yu
Star 2 Competitors: Sylvanna Chen, Kaleigh Lim, Kevin Liu and Eleanor Uy

2021 Victoria Day Competition – May 20th – 23rd, 2021, Virtual Event



Pre-Novice Women (Group 2): Bella Han - Short **3rd**, Free 8th
Pre-Novice Women (Group 3): Rachel Yeong - Short 9th
Pre-Novice Women (Group 4): Nicole Zhang - Short 5th
Pre-Juvenile Women U13 (Group 1): Cynthia Zhu – 9th

2021 SummerSkate Super Series – August 12 – 15, 2021, Scotia Barn, Burnaby, BC



Junior Women (Group 1): Vanessa Ho – Short 1st, Free 2nd > **1st** overall
Junior Women (Group 2): Chantel Lim – Short 5th, Free 4th > 4th overall
Novice Women (Group 1): Athena Yue – Short 14th, Free 14th> 14th overall
Novice Women (Group 2): Kandis Ng – Short 12th, Free 9th> 11th overall
Novice Women (Group 3): Miikka Ho – Short 3rd, Free 5th> 4th overall
Novice Women (Group 3): Emily Kwong – Short 6th, Free 8th> 7th overall
Pre-Novice Women U16 (Group 2): Bella Han – Short 4th, Free 4th > 4th overall
Pre-Novice Women U16 (Group 3): Nicole Zhang – Short 8th, Free 11th > 9th overall
Pre-Novice Women U16 (Group 4): Rachel Yeong – Short 9th, Free 16th > 14th overall
Pre-Juvenile Women U11 (Group 2): Yuan Yuan Jia > 6th

2021 Autumn Leaves Super Series – October 14 - 17, 2021, Twin Rinks, Chilliwack B.C



Senior Women: Amy Shao Ning Yang - Short 1st, Free 1st > **1st** overall
Junior Women (Group 1): Vanessa Ho – Short 7th, Free 9th > 9th overall
Novice Women (Group 1): Athena Yue – Short 8th, Free 7th> 7th overall
Novice Women (Group 2): Kandis Ng – Short 9th, Free 11th> 11th overall
Novice Women (Group 3): Miikka Ho – Short 4th, Free 3rd> **3rd** overall
Novice Women (Group 3): Emily Kwong – Short 10th, Free 10th> 10th overall

Pre-Novice Women U16 (Group 1): Nicole Zhang – Short 5th, Free 2nd > **2nd** overall
Pre-Novice Women U16 (Group 2): Rachel Yeong – Short 12th, Free 12th > 11th overall
Pre-Novice Women U16 (Group 3): Bella Han – Short 2nd, Free 4th > **3rd** overall
Pre-Juvenile Women U13 (Group 1): Sonia Rui Hong > 4th
Pre-Juvenile Women U13 (Group 2): Jacqueline Li > 4th
Pre-Juvenile Women U11 (Group 2): Yuan Yuan Jia > 7th

2022 BC/YK Sectionals Super Series – November 11 - 14, 2021 Oceanside Place, Parksville, BC

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

- * **BC/YK Section Champion Arlene King Memorial Award**
- * **Artistic Award Kerrisdale Skating Club Award**
- * 2022 Skate Canada Challenge Qualifier, Regina, SK

Junior Women: Chantel Lim – Short 7th and Free 9th > 7th overall

Novice Women: Miiikka Ho – Short 10th, Free 8th > 9th overall

Novice Women: Emily Kwong – Short 23rd, Free 20th > 21st overall

Novice Women: Kandis Ng – Short 20th, Free 22nd > 22nd overall

Novice Women: Athena Yue – Short 22nd, Free 23rd > 23rd overall

Pre-Novice Women U16: Bella Han – Short 3rd, Free 11th > 7th overall

Pre-Novice Women U16: Rachel Yeong – Short 18th, Free 33rd > 31st overall

Pre-Novice Women U16: Doreen Chang – Short 31st, Free 37th > 36th overall

Pre-Juvenile Women U11 (Group 2): Yuan Yuan Jia > 8th



2021 B.C. Coast Region Star 5 to Gold Competition- November 19-21, 2021, Scotia Barn, Burnaby, B.C.



Star 6 Women (Group 1): Sonia Rui Hong > 9th

Star 6 Women (Group 1): Jacqueline Li > 10th

Star 6 Women (Group 2): Abigail Tham > 8th

Star 5 Women (U10): Tiffany Khoe > 11th

Star 5 Women (U10): Bara Novakova > 14th

Star 5 Women U13 (Group 1): Xi Yue Fang > 11th

Star 5 Women U13 (Group 1): Klara Novakova > 13th

Star 5 Women U13 (Group 2): Amanda Wong > 5th Star 5 Women U13 (Group 2): Amelia Wu > 11th

Star 5 Women U13 (Group 2): Emma Lau > 14th

2021 Jingle Blades Competition - November 27-28, 2021, North Surrey Sport & Ice Complex, Surrey, B.C.



Star 4 U13 (Group 2): Sophia Lam > 6th

Star 4 13 & Over (Group 1): Genisha Yang > **2nd**

Star 3 Participants: Anson Jia, Kevin Liu, Neomis Barril, Eleanor Uy, Sylvanna Chen,

Star 2 Participants: Kiara Bue, Amy Jia, Natalie Leung

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

2022 Skate Canada Challenge - December 1 - 5, 2021, Evraz Place, Regina SK

Senior Women: Amy Shao-Ning Yang > Short 13th, Free 28th > 25th overall

Results supplied by Skating in BC here: <https://skatecanada.ca/2022-skate-canada-challenge/>

Upcoming Events 2022

Jan 6th – 13th, 2022 – 2022 Canadian Tire National Skating Championships, Ottawa, ON

Feb 4th – Feb 6th – 2022 Winterskate and BC Coast Regional Championships, Richmond, BC

Feb 24th – 27th, 2022 - BC Winter Games, Vernon, BC

Figure Skating Competitions and Events can be found here:

<https://www.skatinginbc.com/all-events/upcoming>

Contribute to the Newsletter

Thank you to the coaches, parents and skaters who have shared their photos with us, particularly Alaine Chartrand, Ying Wai Yeong and Alex Kwong.

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

© Sunset Skating Club

Arena Location: 390 East 51st Ave

Mailing Address:

Sunset Community Centre

6810 Main Street,

Vancouver BC

V5X 0A1

Message line: 604-321 1330

Email: General Inquiries – Info@sunsetskatingclub.com