



SUNSET skating club

SPRING NEWSLETTER

June 2022



Sunset Skating Club is a registered Non-Profit and relies on volunteers to ensure the smooth running of the club. We would like to recognize all our wonderful volunteers and CanSkate PAs who volunteer their time to ensure the skating sessions, simulations and tests run smoothly. Volunteers help build our community and encourage engagement that can lead to lifelong friendships. A BIG THANK YOU TO YOU ALL!!!

The BC/YK Super Series Victoria Day competition was held in person in Surrey in May. Our club had more than 30 skaters compete at Star 2 level all the way up to Junior Women. Congratulations to all the skaters and coaches for your hard work. Thank you to Coach Mitchell for conducting the seminar on the technical aspects of scoring in preparation for the Victoria Day competition.

Your Sunset Board of Directors

Coaches Corner

Sunset Skating Club has many fabulous coaches. In this edition we asked our Coach Janet and Coach Iris to tell us a little bit more about themselves.

Janet Lau – has coached at Sunset since 2016. Janet is a certified Regional coach and is working towards her Provincial coach designation. She currently coaches all levels up to Star 6 and Pre-Juvenile.



At what age did you start skating and where?

I began skating at the age of 2 and 1/2 and trained at Burnaby 8 Rinks, also now known as Scotia Barn for my whole skating career.

What do YOU think is your greatest skating achievement?

My personal greatest skating achievement would be landing my triple Lutz and winning first place in Junior Women at the BC/YT Sectionals Championships, at the age of 14.

What is your favourite skating jump and why?

My favourite jump would be Lutz's, they feel the most natural to me and gave me the most confidence.

What is your coaching philosophy?

As of right now, a coaching philosophy that I am in the process of working towards is passing over confidence to my skaters so that they can believe in their own potential and trust in themselves.

Tell us something we do not know about you?

A fun fact: when I was a competitive skater I went by Janet Truong and I'm also a reverse jumper. I began my nationals experience at the age of 11 and came 4th at my first Junior Nationals in Pre-Novice Women's.

I also performed in the opening and closing galas at the 2010 Figure Skating Olympics that were held in Vancouver and I even had a short spotlight!

What is your favourite App?

Unfortunately, I do not have a favourite App...but I do use the camera app the most (not just to video my skaters) but to capture memories which are important to me.

Iris Liu – has been coaching at Sunset for 4 years. She started coaching CanSkate and JD and now coaches StarSkate and Intermediate level skaters. Iris has recently been accepted into medicine at Western University. Congratulations Iris!



At what age did you start skating and where?

I started CanSkate at age three at Grandview Skating Club. I moved around a lot after that.

What do YOU think is your greatest skating achievement?

One of my biggest achievements was completing all my Gold tests, especially in dance, because it was a process that took several years, and there were certainly a couple of failures along the way. (I did also try to finish my Diamond dance tests, but I had entered university by then and it didn't work out. It was fun learning the patterns, regardless.)

What is your favourite skating jump and why?

The loop - It was one of my more consistent jumps, and it was the first triple jump I learned. I also enjoyed adding arm variations to it as a skater.

What is your coaching philosophy?

My main purpose in coaching is to support each skater's pursuit of their goals in an individualized manner best suited for their needs. I understand that everyone has a unique motivation to skate and working with the skaters and their parents to identify their own purpose helps guide my teaching process and style. On a more general scale, I also aim to foster good sportsmanship and respect for others in all skaters I work with, as these are qualities I value greatly in an athlete.

Tell us something we do not know about you?

Before the pandemic, I used to go indoor rock climbing at UBC regularly and was a certified belayer. I hope to find time to get back into it soon!

What is your favourite App?

Spotify - I like how it can suggest music based on my playlists, making it easier to discover new things, especially when looking for solo music. I've also found myself listening to more podcasts recently, as there are a ton of interesting ones available on there.

Volunteers

There are many ways volunteers can help Sunset, for example volunteering at CanSkate sessions, where volunteers assist with gates and cleaning up, to playing music for solo run throughs or volunteering at simulations and high tests. The Board members are also volunteers who help to ensure the club continues to run smoothly. There are many opportunities to help build our community. Please contact the Board if you would like to get involved.



We would like to take this opportunity to recognize one of our dedicated volunteers, Ying Wai Yeong. Ying Wai can always be seen rink side taking videos and photographs at our simulations, virtual competition filming sessions and holiday events. He also provides the videos and photographs to the skater's family to cherish. Thank you, Ying Wai, for always volunteering with a big smile and kind words.

CanSkate



Summer Registration is open!
CanSkate runs for 6 weeks.
Monday 5:45pm – 6:30pm (July 4 - Aug 8)
Tuesday 5:00pm – 5:45pm (July 5 – Aug 9)
Friday 4:45pm – 5:45pm (July 8 – Aug 12)
Sunday 10:00am – 10:45am (July 10 – Aug 14)

JDT

We would like to welcome the following skaters to JDT: Deson, Cara, Anna, Kaitlyn, Catherine!

An exciting season for the JDTs, 10 of our JDT skaters competed at the Super Series Victoria Day Competition in Surrey. The skaters and coaches worked hard to prepare for the competition, including holding simulations to get the skaters used to the competition environment. Looking forward to seeing you compete in upcoming competitions.

Congratulations to Madelyn, Cailyn, Ashley L, Anthea and Hunter for competing in Star 2.



Congratulations to Eunice, Evelyn, Olivia, Ashley W. and Emma for competing in Star 3.



Junior Development (JD)

Congratulations to the following skaters who have graduated from the JD program into StarSkate:
Athena L, Ivy, Aubrey, Marcus and Jasmine

We also welcome the following skaters to JD: Angelique, Laura, Hannah, Emma and Evelyn

Sunset on the Competitive Stage

2022 BC/YK Section STARSkate Competition, March 11-13 2022, Virtual Event

Juvenile Women (U12): YuanYuan Jia (5th)
 Pre-Juvenile Women (U13): Sonia Hong (4th)
 Pre-Juvenile Women (U13): Jacqueline Li (5th)
 Star 10 Women: Rachel Yeong (**2nd**)
 Star 9 Women: Kandis Ng (6th)
 Star 9 Women: Rachel Yeong (8th)
 Star 6 Women: Abigail Tham (10th)
 Star 5 Men: Anthony Lu (4th)
 Star 5 Women U13 Group 1: Klara Novakova (6th)
 Star 5 Women U13 Group 1: XiYue Fang (7th)
 Star 5 Women U13 Group 2: Amanda Wong (**3rd**)
 Star 5 Women U13 Group 2: Emma Lau (10th)
 Star 5 Women U13 Group 2: Amelia Wu (11th)
 Star 5 Women U10: Bara Novakova (9th)
 Star 5 Women U10: Tiffany Khoe (11th)
 Star 4 Boys: Anson Jia (**1st**)
 Star 4 Boys: Kevin Liu (**2nd**)



Star 3 Participants: Kiara Bui, Amy Jia, Kaleigh Lim, Natalie Leung, Sylvanna Chen, Kaylee Yu

2022 Super Series Victoria Day Competition – May 20 – 22, 2022 Surrey Sport & Leisure Complex, Surrey, B.C.

Junior Women: Vanessa Ho > Short **3rd**, Free **3rd**
 Novice Women: Bella Han > Short **5th**, Free **12th**
 Pre-Novice Women (Group 1): Rachel Yeong > Short **15th**, Free **7th**, **11th** Overall
 Pre-Novice Women (Group 2): Nicole Zhang > Short **1st**, Free **1st** > **1st** Overall
 Juvenile Women (U12): Yuanyuan Jia > **14th**
 Pre-Juvenile Women U13 (Group 2): Jacqueline Li > **5th**
 Pre-Juvenile Women U11 (Group 3): Bara Novakova > **4th**
 Gold Women: Emily Kwong > **2nd**
 Gold Women: Kandis Ng > **3rd**
 Gold Women: Athena Yue > **5th**
 Star 10 Women: Doreen Chang > **8th**
 Star 9 Women: Kandis Ng > **1st**
 Star 6 Women (Group 1): Cynthia Zhu > **1st**
 Star 6 Women (Group 1): Xi Yue Fang > **2nd**
 Star 6 Women (Group 1): Amanda Wong > **11th**
 Star 6 Women (Group 1): Klara Novakova > **15th**
 Star 6 Women (Group 2): Abigail Tham > **7th**
 Star 5 Women (Group 2): Tiffany Khoe > **1st**
 Star 5 Women U13 (Group 4): Emma Lau > **9th**
 Star 5 Men (Group 1): Kevin Liu > **7th**
 Star 5 Men (Group 1): Anson Jia > **8th**
 Star 4 Women U13 (Group 4): Eleanor Uy > **11th**



Star 3 Participants: Kiara Bui, Sylvanna Chen, Eunice Ho, Evelyn Huang, Amy Jia, Natalie Leung, Olivia Liu, Ashley Wang, Bernice Wu, Emma Xie
 Star 2 Participants: Madelyn Fan, Cailyn Jun, Ashley Lam, Anthea Li, Hunter Wong

High Test

The High Test was held in person, in March 2022. All High Tests require a qualified active Skate Canada evaluator to assess the skaters for Star 6 to Gold levels.

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

Congratulations to Bella Han and Miikka Ho for achieving their Gold Skills.

Thank you to our Assessment Coordinator Patrick Yue, parent volunteers, for ensuring the testing went smoothly. Thank you to the coaches for preparing the skaters for their Skills and Free skate tests.

Upcoming Events

Figure Skating Competitions and Events can be found here:

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

<https://skatecanada.ca/events/>

Contribute to the Newsletter

Thank you to the parents, coaches 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 us at: board@sunsetskatingclub.com.

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