



## WINTER NEWSLETTER

March 2018



Winter 2018 is not only an exciting season for Canada with the 2018 Winter Olympics in PyeongChang, but it is also an exciting season for Sunset. So much has happened since our last Newsletter. We hosted 2 Community events, launched a new registration system, completed a low & Starskate test, and our Competitive skaters did extremely well in various local and national competitions. Let's not forget, we also had an Olympic skater, Patrick Chan practising in our rink. However, Patrick is not the only star who was here. We have our very own rising stars, Leah Lee, Vanessa Ho and Miikka Ho who you will read more about in this issue. We are indeed extremely grateful to the skaters, coaches and volunteers for making Sunset Skating Club a club we are all proud to be part of. Thank you, everyone!

*Your Sunset Board of Directors*

## Canskate & Pre-Canskate



Canskate Winter term is indeed in full swing. This term we celebrated Valentine's Week from February 12-17, 2018. Skaters were encouraged to wear anything red or pink during that week. There were games for the last 10 minutes of class, and special prizes were handed out to participants who dressed in pink or red. An EXCITING change that happened to Canskate this term is the change of our Canskate Coordinator. We would like to welcome **Jordan Ju** as our new Canskate Coordinator. At this juncture, we would also like to thank Annie Sweeney, our previous Canskate Coordinator, for her countless hours towards this program.

### NEW CANSKATE COORDINATOR

**Jordan Ju** has been a skater for 18 years, and a competitive skater for 15 years. Some of his achievements include Canadian National Championships, and Junior and Senior World Championships. He has been with Sunset for 3 years and has been involved in Canskate since he joined the Club. Besides coaching the Canskate program, he also coaches our JD and STARskate (on and off-ice) programs. Jordan will be on ice on Wednesdays and Fridays. Ronald Lam will be assisting him on Mondays, and Caitlin Ah-Sing will be assisting him on Saturdays. His advice to all Canskaters is, "Give 100% of your effort during lessons, and listen to your instructors!". So simple, and yet so fitting. It is indeed our privilege to have Jordan with us



(L-R) Ronald, Caitlin & Jordan

## Junior Development (JD)

Our Sunset JD/AC skaters were very successful in the past two competitions. We sent 3 skaters to the Jingle Blades competition, one of them being our very own Abigail Tham! Last year, Abigail competed in her first Star 1 competition in Surrey and achieved a SILVER! Congratulations, Abigail, we are very proud of your accomplishment. We look forward to seeing your new program, and we wish you all the best in the Junior Star Program.

In February, we had a handful of JD/AC skaters compete at the WinterSkate and BC Coast Regional Championships in Chilliwack, their names are as followed: Anya Liu, Kristie Li, Edmund Lau Sing, Anthony Lu, and Cynthia Zhu. Anya competed in the Star 1 and skated very well. She achieved a SILVER in her Star 1 elements! Kristie, Edmund, Anthony and Cynthia competed in the Special Olympics Category and all placed very well. Edmund achieved GOLD, Anthony and Cynthia snagged SILVER, and Kristie got BRONZE. Congratulations to you all!

We are hoping to send a couple of JD/AC skater to the 2018 Super Series Victoria Day, May 18-20, 2018. This competition will be held in Surrey. If you are selected to compete at this competition, you will be notified by the JD/AC Coordinator no later than March 31, 2018. To qualify, you will need to have passed your Stage 5 Skills. If you have any questions about the competitions, please contact Kai-Jing Leong at [sunset.jd@hotmail.com](mailto:sunset.jd@hotmail.com).



*Anthony, Cynthia, Edmund, and Kristie on the podium (left to right)*



*Anya Liu achieving a Silver*

Are you interested in joining the JD/AC program? Sunset Club coaches work closely with young skaters in a small coach to skater ratio (1:7) to work on their skating technique and introduce specific figure skating skills. The program covers stroking, turns/edges, jumps, spins, and field moves. In addition to the on-ice components, skaters participate in skating specific off-ice training. The program runs twice a week, with 1 hour of training on the ice, and 30 minutes of training off the ice. The JD/AC Coordinator will be looking for new young skaters to join our JD/AC program for the Spring season around the end of February/early March. If your child is very interested in joining the JD/AC program please send an email to the coordinator ([sunset.jd@hotmail.com](mailto:sunset.jd@hotmail.com)).

## Canskate Program Assistants (PA)



First of all, we would like to say thank you again to everyone who volunteered this past Fall! With all your help, we were able to deliver an amazing Canskate program. As a special treat, Sunset Skating Club hosted a great holiday luncheon for our PAs at Whitespot on January 5, 2018.

The Winter PA season started with some changes. First of all, we were excited to welcome [Taya](#), [Emily](#), [Aadiya](#), [Edward](#), [Carol](#) and [Chloe](#) to our team. For our first week, we had a raffle draw, and some PAs were surprised with delicious cookie boxes donated from Starbucks.

There were some changes in the Canskate program as well, with Jordan taking on the

Canskate Coordinator role and Ronald and Caitlin as his assistants. There were also some other minor changes on our roles as PAs. Everyone took it in stride, and we were able to launch the Canskate winter session successfully.

A big change for the PA program this season is the new policy of giving ice credit for all Sunset Skating club competitive skaters volunteering as PAs, who are under the age of 18 years. We hope that this will help all our competitive skaters with some savings for their buy-ons. Please see Elaine Ong for further details if you have any questions about this new policy.

We would like to send a big thank you to the commitment of all our wonderful PA volunteers, and board member Elaine Ong! Please see Elaine for any PA volunteer questions.

## National Skating Day

Working together with Vancouver Parks Board, we celebrated National Skating Day in Sunset Skating rink on December 10, 2017. All skate rentals and skating fees were complimentary on that day, and skaters were treated with cakes and gifts from Skate Canada.

We would like to thank **Arale Cheung** for her performance on ice that day. Indeed, she thrilled the crowd and spurred great interest in young skaters to the sport of figure skating.



## Christmas Family Skate & Performances



This year, Sunset held its annual Christmas Family Skate and Performances on December 17, 2017. We kicked off the event with performances by our very own coaches- Jordan Ju and Peter Lee, various Sunset competitive skaters and special guests, 2018 Canadian National Novice Ice Dance Silver Medalists -Miku Makita & Tyler Gunara. After the performances, it was a time of family skate with complimentary skate rentals, followed by hot chocolate and cookies for everyone. A special thank you to our Board member/Test Chair, Patrick Yue, for coming to our rescue when the Park Board's skate rental technician missed his scheduled appearance. Thank you again to all the families who made an effort to be there. It was indeed a great way to end 2017.



## Sunset on the Competitive Stage

Since November, our skaters competed in various competitions with many of them achieving outstanding results. Some of the details are here and there are more on our website.

### 2018 Super Series BC/YK Section Championships -Nov 9-12, 2017, Parksville BC

**Novice Women:** Leah Lee- Short 1st; Free 3rd > Overall: **2nd**; \*2017 Super Series Championships Trophy: **2nd**

\* **Qualified for the 2018 Skate Canada Challenge**, Montreal, Quebec

**Pre-Novice Women:** Vanessa Ho, 10th

**Pre-Novice Women:** Chantel Lim, 32th

**Pre-Novice Women:** Jocelyn Zhong, 37th

**Pre-Novice Women:** Aileen Chen, 40th

**Juvenile Women U14:** Miikka Ho, **2nd** \*2017 Super Series Championships Trophy:  
**1st Place**

**Juvenile Women U14:** Kelly Sweeney, 23rd

**Juvenile Women U12:** Chaya Kumar, 6th

**Pre-Juvenile Men:** Tehryn Lee, **2nd**



### 2017 Jingle Blades - Nov 24-26, 2017, Surrey, BC

**Pre-Juvenile Women U13:** Emma Xu, **1st**

**Gold Women:** Inca Chan, **2nd**

**STAR8 Girls:** Kailey Do, **2nd**

**STAR6 Girls U13:** {Group1} Emily Kwong, **2nd**

**STAR6 Girls U13:** {Group1} Athena Yue, 6th

**STAR6 Girls U13:** {Group2} Amelia Lim, 15th

**STAR6 Girls U13:** {Group2} Bernice Chau, **3rd**

**STAR5 Girls U13:** {Group1} Chloe Cheng, **3rd**

**STAR5 Girls U13:** {Group1} Isabella Lin, 5th

**STAR5 Girls U13:** {Group2} Aadiya Kumar, **1st**

**STAR5 Girls U13:** {Group2} Doreen Chang, **3rd**

**STAR5 Girls U13:** {Group3} Janay Huang, 9th

**STAR5 Girls U13:** {Group3} Rachel Yeong, **3rd**

**STAR5 Girls U13:** {Group4} Bella Han, **1st**

**STAR5 Girls U13:** {Group4} Tiffany Yen, 7th

**STAR4 Girls U13:** {Group3} Danica Bolognese, **3rd**

**STAR4 Girls U13:** {Group4} Olivia Chu, 6th

**STAR4 Girls U13:** {Group5} Megan Fung, **3rd**

**STAR4 Girls U10:** {Group3} Amberly Gee, **3rd**

**STAR3 Girls Participants:** Avery Chu, Elsa Yue You, Jessica Cheng

**STAR1 Girls Participants:** Abigail Tham, Meggie Zhang, Harleen Toor



## **2018 Skate Canada Challenge -Nov 29-Dec 3, 2017, Pierrefont, Quebec**

**Novice Women:** Leah Lee- Short 4th; Free 1st > Overall: **1st**;

**\*Qualified for the 2018 Canadian Tire National Skating Championships**

## **2018 Canadian Tire National Skating Championship, January 7- 14, 2017, Vancouver, BC**

**Novice Women:** Leah Lee -Short 4th, Free 4th > Overall: 4th

## **2018 BC Coast Region Championships/Winterskate, February 2- 14, 2017, Chilliwack, BC**

**Pre-Novice Women:** Chantel Lim- Short 3rd; Free 8th > Overall: 4th

**Pre-Novice Women:** Vanessa Ho- Short 9th; Free 4th > Overall: 6th

**Juvenile Women U14:** Kara Do, 7th

**Juvenile Women U12:** Chaya Kumar, **3rd**

**Pre-Juvenile Men U13:** Tehryn Lee, **1st**

**Pre-Juvenile Women U13:** Emma Xu, 9th

**Gold Women:** Inca Chan, **3rd**

**STAR8 Women:** Kailey Do, **1st**

**STAR8 Women:** Arale Cheung, 13th

**STAR6 Women:** {Group2} Bernice Chau, **1st**

**STAR6 Women:** {Group2} Athena Yue, **3rd**

**STAR6 Women:** {Group2} Emily Kwong, 6th

**STAR5 Girls U13:** {Group1} Bella Han, **1st**

**STAR5 Girls U13:** {Group1} Tiffany Yen, **2nd**

**STAR5 Girls U13:** {Group1} Isabella Lin, 4th

**STAR5 Girls U13:** {Group1} Kandis Ng, 7th

**STAR5 Girls U13:** {Group2} Aadiya Kumar, **3rd**

**STAR5 Girls U13:** {Group2} Sara Lau, 16th

**STAR5 Girls U13:** {Group3} Chloe Cheng, **2nd**

**STAR5 Girls U13:** {Group3} Doreen Chang, **3rd**

**STAR5 Girls U13:** {Group3} Janay Huang, 9th

**STAR4 Boys :** Timothy Trinh, 4th

**STAR4 Girls U13:** {Group1} Olivia Chu, 7th

**STAR4 Girls U13:** {Group2} Angela Ebro, **2nd**

**STAR4 Girls U13:** {Group3} Danica Bolognese, **3rd**

**STAR4 Girls U10:** {Group1} Yuening Lili Lu, 11th

**STAR3 Girls Participants:** Amelia Wu, Avery Chu, Elsa Yue You, Emma Lau, Jacqueline Li, Jessica Cheng

**STAR2 Girls Participants:** Maya Sidorov

**STAR1 Girls Participants:** Anya Liu



## Patrick Chan skates at Sunset



On December 26, 2017, Sunset Skating Club hosted 2018 Olympic Team Gold medalist, 2014 Olympic Silver Medalist, three-time World Champion, and ten-time Canadian champion, Patrick Chan, and 2017 & 2018 Estonian national champion, Daniel Naurits. Some of our senior skaters had the chance to practice on ice with them as well! They wowed the crowd with their amazing talents. After their practice skate, they were gracious to their young skating fans and entertained requests of photos and autographs. This great opportunity was brought to us by our amazing Skating Director, Jennifer Jiang. What a wonderful experience for everyone involved.

## Sunset Skater Flower Retriever & Ice Patcher at National Championships



A big congratulations to **Emma Xu** for being selected as a Flower Retriever and **Arale Cheung & Patricia Lim** as Ice Patchers at this year's Canadian Tire National Championships held at University of British Columbia (UBC). Emma, Arale & Patricia had the opportunity to rub shoulders with many national skaters and were delighted to be part of the volunteering team from across BC.

## Sunset Skaters & Coach at 2018 BC Winter Games

The 2018 BC Winter Games officially kicked off in Kamloops, BC on February 22. Over 1200 athletes, 247 officials and 382 coaches from every corner of the province will come together, in a celebration of sport and community, to participate in this 4 day, multi-sport event.

The Games are held every two years and will feature emerging young athletes in 19 different sports, including curling, skiing, diving, figure skating, archery, snowboarding, speed skating, biathlon, karate, gymnastics, netball, judo, badminton & ringette. Special Olympians will compete in basketball and figure skating, and athletes with a disability will compete in cross country skiing and wheelchair basketball.

Two Sunset skaters, **Miikka Ho and Vanessa Ho**, were among those athletes who competed in Kamloops. Both qualified to represent their zone at the BC Winter Games based on their placements from the BC/YK Section Championships and overall Super Series standings. They travelled with their team on buses to and from the events, and stayed in team accommodation. The Games was an amazing and exciting experience for Miikka and Vanessa.



Sunset's very own **Kai-Jing Leong**, coach

extraordinaire and Assistant Junior Development Coordinator was also at the Winter Games. She acted as one of the volunteer Head Coaches to the BC Coast Region figure skating team.

For Kai-Jing, being in Kamloops evoked fond memories from a decade ago, when she participated in her very first Winter Games. At the 2008 BC Winter Games in Kimberley/Cranbrook, she competed in the Pre-Novice ladies event and took home the gold medal. What a source of inspiration Kai Jing was to Miikka, Vanessa and all the other skaters competing in Kamloops !



## Leah Lee representing Canada in *Italy*



On November 2017, for the Novice Women category, Leah came 2nd in the SuperSeries Section Championship which qualified her for Skate Canada Challenge in Quebec where she came 1st. Her placing in the Challenge then secured her spot in the National Championship at UBC where she came 4th. However, this was not the end of her achievements this year. In February 2018, she was invited by Skate Canada to represent Canada in the International Skating Union (ISU) Spring Trophy in Egna, *Italy* on April 5-8, 2018 . At the tender age of 13, Leah indeed showed great potential for stardom. In this issue, we had the privilege to have a Q & A session with Leah and her dad, Duncan.

Sunset: How old were you when you started skating?

Leah: [I was 4 years old when I first started skating.](#)

Sunset: When did you first compete in Nationals?

Leah: [My first Canadian Nationals was in January, 2017, in Ottawa.](#)

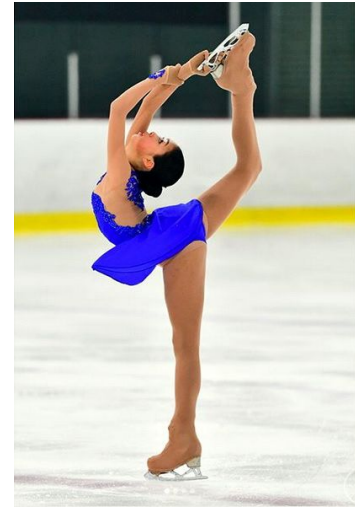
Sunset: What do you think is the key to your success?

Leah: [Thank you for your compliment! I don't think I will use the word success because I'm still far from it. However, I think the #1 key to my good results is having a team of good coaches, and practicing over and over again. I believe loving what you do plays a big role in any successes. Committing to something with a passion is a greater driving force than committing to something with no real meaning behind it.](#)

Sunset : How big of a role do you think your parents play in your success?

Leah : [My parents are amazing people because they sacrificed so much of their own time to drive me to the rink, and watch my brother, Tehryn and I skate everyday for a few hours. They encourage me to do my best, and lift my spirits when I didn't have the best practice. Even though they're watching by the sidelines, I can hear their voices in my head telling me to keep going when I'm tired, which motivates me a little more.](#)

Those who know Leah will know that her brother, **Tehryn Lee** is one of the few male competitive skater in our Club, and her dad, **Duncan Lee** is a member of the Board who serves the club tirelessly, either at the rink or in the Club office almost every day of the week.



Sunset : How long have you been with the Club?

Duncan: My family has been with the club for over 9 years, and I as a board member for over 7 years.

Sunset : How many hours per week do you spend at the rink?

Duncan : We spend 15-20 hours at the rink per week.

Sunset : How do you balance Leah's school and skating?

Duncan : Leah is currently enrolled in the Sparts Program at Magee Secondary. This program allows her to leave school a little early for her training. She studies in the club office between her training sessions and sometime late into the night after skating. We are blessed that she has great self-discipline, and has been doing well in school. So, that's one less thing for our family to worry about.

Sunset: What are some of the sacrifices you have to make as a family in order for Leah to succeed?

Duncan : The first thing that comes to mind is vacation time. While others are enjoying their time off during the holidays, we had to have extra training hours at the rink.

Sunset: What advice would you give to other parents who has dreams for their child/ren to go to Nationals?

Duncan: There is still so much for us to learn as parents. We can firmly say that mutual trust and respect between the coaches, skater, and the parents are the most important factor in the equation. An honest communication with your coach is essential to build that relationship. This was the advice given to us during our conversation with Mrs. Buttle whom we met last year in Ottawa when Leah competed in her first Canadian Nationals. Mrs. Buttle is the mother of Jeffrey Buttle, who is our former Canadian Champion, World Champion, and Olympic Medalist. This advice holds true to her and still holds true for our family today.

*As a Club we want to wish Leah all the best in Italy this coming April. Go and make us and Canada proud Leah!*

## December 2017 Low & High Test

In December we hosted our first Low test for the year, with 9 skaters participating in 14 tests (all passed). **Jocelyn Zhong**, one of our senior skaters, took and successfully passed her Gold Freeskate Program and Elements Challenge!

The evening included STAR tests, where 16 skaters participated in 30 tests (all passed). The STAR tests were evaluated by our own qualified coaches, and may be held anytime throughout the year.

The STAR 1-5 test program is a recent change as mandated by Skate Canada, where STAR 1-5 covers the formerly known "Preliminary" and "Junior Bronze" level tests, where the idea is to encourage and build a stronger bonding between the coach and his/her skaters to develop the skaters' skills, as well as helping Skate Canada to best utilize their judges' resources for the higher level skating evaluation. For additional details, please visit

<https://skatecanada.ca/skating-lessons/our-programs/figure-skating/>



## Success of Uplifter Registration System

For Fall's registration, we launched a new registration system -Uplifter. We had many positive feedback to this change. Thank you to everyone for your patience during our initial launch. Now you can register through Uplifter for Canskate to Competitive programs. If you still have problems with Uplifter, please do not hesitate to come into the office, and we'll be happy to help.

## STARskate Skaters Survey

Last December, we completed our Starskate/ Competitive Skaters' survey. 75% of the skaters responded to the survey with 80% of our skaters very satisfied with our off-ice and on-ice programs. The main draws for our skaters and their families are our coaches and the sense of community/ family atmosphere in the Club. We would like to thank all our STARskate coaches for their unwavering dedication to our skaters, and to all the skaters and their families for making Sunset an inviting and caring community. The Board understands that there is still much work to be done in order to continue to make our club successful. We will be holding Strategic Planning meetings throughout the season to create plans for our club's future.

## **NO CASH** for buy-on

We understand cash might be the easiest way to pay for buy-on, but we **DO NOT accept** cash. As cash has no paper trail, it may jeopardize the validity of your payment being made. If you do not have cheques, please pay by credit card in the office. **NO SKATERS are allowed on ice if payment is not paid prior to stepping on ice.**

## Happy Birthday Jennifer!!!



On February 17, 2018 we celebrated Jennifer's birthday, our Skating Director extraordinaire. February 17 is not her real birth date! Jennifer is not a stranger to any one of us, and has been the backbone to the success of this Club. We shall not reveal her age, but some of the Senior and Intermediate Skaters were delighted to have had the opportunity to celebrate this special occasion with her.

## Upcoming Events 2018

There is never a shortage of things happening in Sunset. Here are the upcoming events for the coming months. Details on all events can be found on either on our [website](#) or [SkateCanada BC/Yukon](#).

**March 14**

Sunset Low Test , 6:00-9:15pm

**March 17-18**

2018 BC/YK STAR 1-4 Competition, Burnaby, BC

**May 18-20**

2018 Super Series Victoria Day, Surrey, BC

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