

# VFSC NEWS

The end of another great skating season!

## Board of Directors

The following positions are up for nomination:

- Treasurer
- Test Chair
- Directors

Being on the Board is a great way to give back and show your community support. It involves as much time as you are willing to give.

If you are interested in helping out, please contact Donna at [donna.anderson268@gmail.com](mailto:donna.anderson268@gmail.com)

Donna is happy to share information and answer any questions.

Nomination forms are located at the top of the stairs.



Please mark this on your calendar and RSVP a "yes" as soon as possible to [donna.anderson268@gmail.com](mailto:donna.anderson268@gmail.com)

Families and friends are encouraged to attend to watch the skaters share their on ice achievements during the *Brag Day Show* at the P.V. Arena.

All are invited to join us upstairs after the show for the AGM, Dinner and Awards Banquet.

We will be providing pizza and salad during the AGM, so having the numbers (including skaters) is necessary to be sure everyone gets enough to eat! There will be Vegetarian and Gluten "Smart" options. *Please specify in your email RSVP response any dietary needs.*

### Evening's Schedule

Star 1 & 2 Practice 3:45 - 4:15

Star 3+ Practice 4:15 - 4:45

Show 5:00 - 6:15

AGM, Dinner & Awards Banquet 6:30



## Summer Ice

**We have secured two weeks of Summer Ice at P.V. Arena.**

**Watch for online registration available soon.**

<b>Schedule: Week 1</b>	<b>Mon. - Fri. August 20 - 24th</b>
CanPower Skate -	6:00pm - 6:45pm Dryland training 7:00pm - 8:00pm On-ice
Star 1, 2 & 3 -	3:45pm - 4:30pm Dryland training 4:45pm - 6:00pm On-ice
Star 4 & up -	5:45pm - 7:00pm On-ice 7:15pm - 8:00pm Dryland training

<b>Schedule: Week 2</b>	<b>Mon. - Fri. August 27 - 31st</b>
CanPower Skate -	8:00am - 9:00am On-ice 9:15am - 10:00am Dryland training
Star 1, 2 & 3 -	8:15am - 9:00am Dryland training 9:15am - 10:15am On-ice
Star 4 & up -	10:15am - 11:15am On-ice 11:30am - 12:15pm Dryland training



***We are now offering the CanPower Skate program over summer, please help us to spread the word!***

**CanPowerSkate** is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.

**CanPowerSkate** is the only nationally regulated power skating program in Canada and is available only to Skate Canada member clubs and sanctioned skating schools. Only Skate Canada member Coaches trained and certified at a CanPowerSkate Coaches Course are qualified to instruct the CanPowerSkate program.

Register Online at [skatingvfsc@gmail.com](mailto:skatingvfsc@gmail.com)

For more info call Carla Bryan, Director of Skating at 250-260-6632