



# ICEPALACE

FIGURE SKATING CLUB

SEPTEMBER / OCTOBER 2018

[icepalace.ca](http://icepalace.ca)

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“Do or do not.  
There is no try”  
- Yoda -

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## Welcome to the 2018-19 Skating School

We look forward to another year of high-quality training for our dedicated athletes and wish all of them a successful skating season! Please check our website regularly for information and updates. The Calendar of Events has been updated for the season, but please note that additional revisions may be added.

## Off-ice Classes

In order to provide the best training for all of our athletes, please ensure that your child arrives on time for all training sessions. Also, be sure to bring proper equipment/attire to the off-ice classes (yoga mat, good cross-training runners, ballet slippers, skipping rope, etc).

## Competition Funding

The Ice Palace FSC pays the coaches' competition expenses (travel, hotel, etc) for home club members at selected competitions. The following competitions will be paid:

- ⇒ 2019 NE/NW Region STARSkate Invitational – Wainwright, AB
- ⇒ All “Qualifying” competitions (Sectionals, Challenge, Nationals, etc)

*Note: Skaters will possibly work with a club coach that is not their primary coach*

## Simulations

We will be having Competition Simulations to help our skaters prepare for the upcoming competitions. Simulations help athletes find their comfort zone in competitive situations. Our regular schedule will be altered to accommodate these simulations. Please contact Ravi if you are interested in playing music.



## Give your child an academic advantage in school and beyond!

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