

The Monthly Landing

MOOSE JAW SC

MOOSE JAW SKATING CLUB

WINTER 1

OCTOBER 15 - DECEMBER 22

The month of October sees the start of Winter 1! This is our full program, with set days and times each week. If you are new to the club, please see our website for further information.

SASK SKATE

COMPETITION SEASON BEGINS!

Sask Skate will be hosted by Skate Regina this year. This competition is the first of the year in the competitive stream. This competition will give skaters feedback on their programs before Sectionals in December.

DROP & GO SARCAN

FUNDRAISING

The MJSC has a Sarcan Drop & Go account. Drop & Go allows you to drop off your empty bottles without having to wait in line. If you would like to donate your bottles to the club, just bring them to the Drop & Go department and add MJSC to the tag!



CANSKATE & CANPOWER SKATE

These 2 programs are well under way! Block One starts October 15 @ KINSMEN. It's never too late to register. Enjoy some savings by registering for multiple blocks.

<https://www.moosejawskatingclub.ca/pages/Learn-To-Skate/>

Did you know all MJSC Coaches are trained under the National Coaching Certification Program (NCCP)



What is STARskate?

STARskate is the starting point of the figure skating pathway. With the MJSC, your skater will begin in BRONZE Star. Skaters learn figure skating skills in 3 areas. Free Skate (jumps & spins) Ice Dance (patterned dances set to specific music) and Skills (turns, edges, power exercises)

<https://www.moosejawskatingclub.ca/pages/Parent-Info/STARSkate-Parent-Information/>



Competitive Skate

Competitive Skate is the figure skating stream outside of the Star 1-GOLD Program.

The levels include:

- Pre-Juvenile (U11 & U13)
- Juvenile (U12 & U14)
- Pre-Novice
- Novice
- Junior
- Senior

Meet our competitive skaters who are heading to Regina October 8-9, 2022, for their first competition of the season!

LEARN THE LINGO

FIGURE SKATING TERMS

Singles figure skating is divided into 3 areas, Free Skate, Ice Dance and Skills.

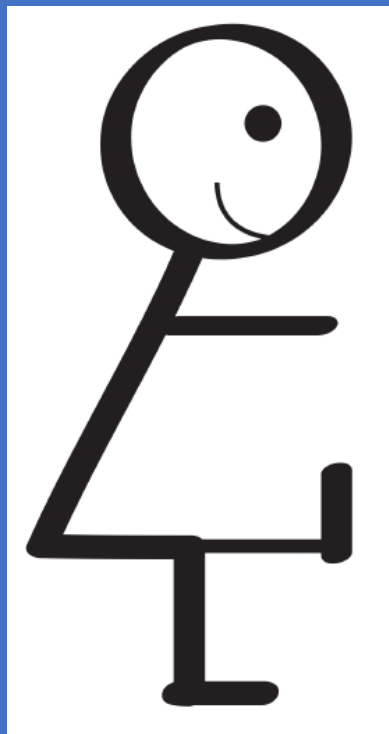
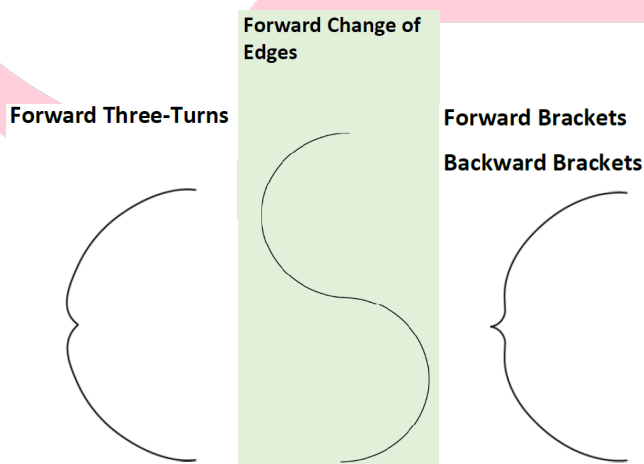
Free Skate is jumps and spins. Names like Waltz Jump, Back Spin, Axel, flying camel spin to name a few. Skaters are also given a free skate program (solo) they can chose to compete with or just showcase it at our annual Christmas on Ice show.

Ice Dance is a patterned dance preformed to specific music (the music has been around forever!) either solo, partnered or shadowed. Google - Tessa Virtue & Scott Moir!

Skills are just that, skills that improve the efficiency on the ice. 3 turns, C turns, outside edges, swing rolls, crosscuts etc. Out of all the figure skating areas this is one area that *all* skaters new, old, and in between should always be practicing.

Team Training - skaters are divided into groups. These groups rotate though different lessons. These sessions are typically 45 minutes in length. Coaching fees are included in the registration cost

Open Sessions - skaters are scheduled for 15-minute private or semi-private lessons by the skating director. When not in a lesson, skaters are expected to work independently. Skaters in Silver, Gold or Competitive are permitted to register for Open sessions. Bronze skaters can be invited onto open sessions when coaches determine they are ready.



WHAT SHOULD YOU REGISTER IN?

FOR BRONZE SKATERS

If you are new to MJSC Bronze STARskate here are a few suggestions for your consideration when it comes to how many sessions to register your skater. All MJSC coaches agree to be successful at figure skating your skater should train a minimum of 3 sessions a week. This can be mixed into Team sessions, edge, steps and turns, and dance sessions. When registering you can register for any session that says "Bronze" for example "Bronze Team", "B/S/G Team" or Dance STAR 1-5.

<https://www.moosejawskatingclub.ca/registration/>



MEET OUR COACHES

Sherrie Wiebe - Director of Skating

Sherrie has been involved in figure skating for over 40 years. If you have ever skated in Moose Jaw you likely had Sherrie as your coach! Over her many years she has been at the boards for countless competitions including Skate Canada Challenge.



October 2022 MJSC Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Fri | Saturday |
|--|---|--|--|--|-----|---|
| | | | | | | 1 - Kinsmen 9:15-10:00 CanSkate 10:00-10:45 Br Team 10:45-11:00 Flood 11:00-11:45 Sims 11:45-12:30 S/G Open 12:30-1:15 Competitive Team |
| 2 - Bert Hunt 12:15-2:15 Competitive Sims (MJEC) 5:15-6:15 Can Power 6:15-7:00 CanSkate 7:00-7:15 Flood 7:15-7:45 B/S/G Edge 7:45-8:30 B/S/G Team 8:30-9:15 B/S/G Open | 3 - Kinsmen 4:30-5:15 Bronze Team 5:15-5:45 Star 1-5 Dance 5:45-6:15 B/S/G Edge 6:15-6:30 Flood 6:30-7:15 S/G Open 7:15-8:00 S/G Competitive | 4 - Bert Hunt 5:45-6:30 Bronze Team 6:30-7:00 B/S/G Step/Turns 7:00-7:15 Flood 7:15-8:00 S/G Team 8:00-9:00 S/G Open | 5 - Bert Hunt 4:30-5:30 CanPower 5:30-5:45 Flood 5:45-6:30 CanSkate 6:30-6:45 Flood 6:45-7:30 B/S/G Open 7:30-8:30 Star 5+ Dance 8:00-8:45 S/G Team | 6 | 7 | 8 - Kinsmen 9:15am-10:15 CanPower 10:15-10:30 Flood 10:30-11:15 CanSkate 11:15-11:30 Flood 11:30-12:15 Bronze Team 12:15-1:15 B/S/G Open |
| 9 - Bert Hunt 5:15-6:15 Can Power 6:15-6:30 Flood 6:30-7:15 CanSkate 7:15-7:30 Flood 7:30-8:15 B/S/G Team | 10 - Kinsmen 4:30-5:15 Bronze Team 5:15-5:45 Star 1-5 Dance 5:45-6:15 B/S/G Edge 6:15-6:30 Flood 6:30-7:15 S/G Open 7:15-8:00 S/G Competitive | 11 - Bert Hunt 5:45-6:30 Bronze Team 6:30-7:00 B/S/G Step/Turns 7:00-7:15 Flood 7:15-8:00 S/G Team 8:00-9:00 S/G Open | 12 - Bert Hunt 4:30-5:30 CanPower 5:30-5:45 Flood 5:45-6:30 CanSkate 6:30-6:45 Flood 6:45-7:30 B/S/G Open 7:30-8:30 Star 5+ Dance 8:00-8:45 S/G Team | 13 | 14 | 15 - Kinsmen 9:15-10:00 CanSkate 10:00-10:45 Br Team 10:45-11:00 Flood 11:00-11:45 Sims 11:45-12:30 S/G Open 12:30-1:15 Competitive Team |
| 16 - Bert Hunt 5:15-6:00 CanPower 6:00-6:15 Flood 6:15-7:00 CanSkate 7:00-7:45 B/S/G Team 7:45-8:00 Flood 8:00-8:15 G/S Edge 8:15-9:15 G/S Open | 17 - Bert Hunt 4:30-5:15 Bronze Team 5:15-5:45 Star 1-5 Dance 5:45-6:00 Flood 6:00-7:00 S/G Open 7:00-8:00 Competitive Team | 18 - Wally Boschuk 5:45-6:15 S Team 6:15-7:00 S/G Spins 7:00-7:15 Flood 7:15-8:00 G Team 8:00-9:00 Gold Open/Competitive Team | 19 - Bert Hunt 4:30-5:15 Bronze Team 5:15-6:00 CanPower 6:00-6:15 Flood 6:15-7:00 CanSkate 7:00-7:30 Star 6+ Dance 7:30-7:45 Flood 7:45-8:45 S/G Open | 20 - Wally Boschuk 6:45-7:30 S/G Team 7:30-8:00 Skills 8:00-8:15 Flood 8:45-9:00 S/G Open | 21 | 22 - Kinsmen 9:15-10:00 CanSkate 10:00-10:45 Br Team 10:45-11:00 Flood 11:00-11:45 Sims 11:45-12:30 S/G Open 12:30-1:15 Competitive Team |
| 23 - Bert Hunt 5:15-6:00 CanPower 6:00-6:15 Flood 6:15-7:00 CanSkate 7:00-7:45 B/S/G Team 7:45-8:00 Flood 8:00-8:15 G/S Edge 8:15-9:15 G/S Open | 24 - Bert Hunt 4:30-5:15 Bronze Team 5:15-5:45 Star 1-5 Dance 5:45-6:00 Flood 6:00-7:00 S/G Open 7:00-8:00 Competitive Team | 25 - Wally Boschuk 5:45-6:15 S Team 6:15-7:00 S/G Spins 7:00-7:15 Flood 7:15-8:00 G Team 8:00-9:00 Gold Open/Competitive Team | 26 - Bert Hunt 4:30-5:15 Bronze Team 5:15-6:00 CanPower 6:00-6:15 Flood 6:15-7:00 CanSkate 7:00-7:30 Star 6+ Dance 7:30-7:45 Flood 7:45-8:45 S/G Open | 27 - Wally Boschuk 6:45-7:30 S/G Team 7:30-8:00 Skills 8:00-8:15 Flood 8:45-9:00 S/G Open | 28 | 29 - Kinsmen 9:15-10:00 CanSkate 10:00-10:45 Br Team 10:45-11:00 Flood 11:00-11:45 Sims 11:45-12:30 S/G Open 12:30-1:15 Competitive Team |
| 30 - Bert Hunt 5:15-6:00 CanPower 6:00-6:15 Flood 6:15-7:00 CanSkate 7:00-7:45 B/S/G Team 7:45-8:00 Flood 8:00-8:15 G/S Edge 8:15-9:15 G/S Open | 31 - Bert Hunt 4:30-5:15 Bronze Team 5:15-5:45 Star 1-5 Dance 5:45-6:00 Flood 6:00-7:00 S/G Open 7:00-8:00 Competitive Team | | | | | |



STARS ON ICE®

A SPECIAL HOLIDAY PERFORMANCE

ONE SHOW ONLY ★ DECEMBER 14 ★ 7PM

Featuring

KURT BROWNING ★ ELVIS STOJKO

Jeffrey Buttle ★ Kaitlyn Weaver & Andrew Poje ★ Elladj Baldé
Kirsten Moore-Towers & Michael Marinaro ★ Nam Nguyen ★ Alissa Czisny ★ and More!

MOOSE JAW EVENTS CENTRE
BUY TICKETS NOW ★ SASKTIX.CA

MOOSE JAW
EVENTS CENTRE

For show information, visit

starsonice.ca

SASKTIX.CA

BEGINNING THURSDAY
OCTOBER 6TH AT 10AM

CODE: MJSC22
CLICK HERE TO BUY TICKETS