

Kingsgate Skating Club May 2015 Newsletter

Test day on May 28th – test forms are due on May 14th

May Birthdays

Ella	Evelyn	Anusha
Kitt	Charlotte	Joanna
Patrick	Junnie	Abby
Danielle	Celia	Nicole
Sharon	Alexey	Samantha
Zoya	Allyson	Aanika
Taryn	Anastasia	Elizabeth
Lucie	Meegan	Kayla Nhu
Jordan	Sophia	
Linda	Barbara	

Welcome New Member! – Chelsea

Announcing the Slate of Nominees for the 2015-16 Kingsgate Skating Club Board

President – Jill Chwojko-Frank
Vice President – Karma Raad
Treasurer – Ann Nicholson
Secretary – Stacy Lambert
Trustees: (May vote for all 4)
Sumudini Guyer (Membership)
Heather Lenz
Neli Stewart
Maxim Vainstein (Website/Internet Communication)

Note on other Board positions:

Scott Reusser, Trustee (term through 2015-16)

Appointed positions:

Coach Representative – Ashley Chaudiere
Syncho Rep – Jan Moore
Sanction (Competitions) Chair – Lisa Ware
Safe Sport Chair – Jill Chwojko-Frank
Test Chair(s) - TBA

Online voting for next year's Board – coming soon. Watch for details in your email for a **Survey Monkey** link for elections. Any write-in candidates must be over 18 and members of the Kingsgate Skating Club.

Annual Picnic – You and your family are invited!!

It will be held in the late afternoon on **Thursday, June 18** in the back lot behind the rink with the ever-popular ice pile and a new menu! Want to help plan or volunteer for that day? Contact Ann at anicholson828@yahoo.com

Ice time with Games! 4:45-5:45pm

6:00pm – Dinner (Taco Salad Bar!) & quick Annual Meeting!

6:10pm – Dinner = Taco Salad Bar

At the meeting we hand out awards, highlight achievements from the past year, show appreciation to our Coaches & Board members, take care of necessary Club business with a quick meeting, hand out the latest Swag, and eat a lovely meal with good friends in the sunshine!

PLEASE RSVP with your Number of Guests attending or Regrets – on Facebook or to Jill at jill@chwojko frank.com

Summer On-Ice and Off-Ice class registration is due by May 27.

A Coach's review and signature is required and both sides of the form need to be completed.

Payment for classes will not be due until **June 10**.

Classes begin June 29th.

Summer Sizzle Registration is open on EntryEeze via the link below. This year the event will be held one week prior to Pacific Northwest Interclub (PNIC) Championships. Sizzle is a great exhibition opportunity for those preparing for PNIC and other upcoming competitions.

Please check with your coach to confirm what level/event you should register for at Sizzle. Deadline to register is July 3rd.

[Sizzle Registration](#)

Adult skaters Off-ice conditioning with Neli

This class incorporates elements of Pilates, Yoga, Strength and Interval training, as well as skating specific exercises and it's designed to improve the cardiovascular conditioning and endurance, power, agility, balance and flexibility of the mature body. It will also activate muscles specific to skating, which will improve our performance and confidence on the ice. The exercises will be adapted for the current levels, abilities and needs of the participants, taking into consideration existing limitations, imbalances or injuries.

Class length: 45 min

Class fee: \$6

Time: Thursdays 11:30 am - 12:15pm - please RSVP to Neli:

nelikonstantinova@gmail.com

Mondays after Dance class or Tuesdays after Adult Beginner's Edge class are in consideration - please contact Neli, if you are interested and which day you prefer
Location: Ballet/Board room

Neli has been a competitive figure skater since an early age; she is also a certified skiing, inline skating and group fitness instructor, passionate for sharing her knowledge and motivating others to grow and have fun!

New Mission & Vision Statements

The Board approved updated Mission & Vision Statements for the Club. They are posted in the display boards by the door to the Coaches' room.

Membership chair changed to Sumudini Guyer, please direct your questions or requests for help to her at: sumudini@hotmail.com

Upcoming competitions

- May 15-17 **May Blades** (Lakewood Winter Club), Tacoma, WA. A test session will be held on May 14, 2015. Go to https://lakewoodwinterclub.com/Home_Page.html for more information. Register via [Entryeeze](#). Entry deadline is April 17, 2015.
- June 3-7 **2015 Ice Fest** (Seattle SC), Mountlake Terrace, WA. Non-qualifying and basic skills competition. Also part of the National Solo Dance Series. Entry deadline is May 1, 2015, via [Entryeeze](#). For more information, go to <http://seattleskatingclub.net/>
- Summer Sizzle – Our own summer competition, July 31.
<http://comp.entryeeze.com/Home.aspx?cid=427>
- Aug 7-9 **Pacific Northwest Interclub Championships** (Bremerton FSC), Bremerton, WA.
- Oct 10-13 **2016 Northwest Pacific Regional Figure Skating Championships** (Seattle SC), Mountlake Terrace, WA.

kingsgateskatingclub.org

You can also check out our Facebook page at:

<https://www.facebook.com/KingsgateSkatingClub>

Newsletter put together by Jill Chwojko-Frank, Club President
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