

FIGURE 8 SKATING CLUB

# JANUARY 2026 NEWSLETTER

Hello F8SC skaters, families, and coaches,

Welcome back to the ice and to another wonderful winter season of skating! On behalf of the F8SC Board of Directors, we are thrilled to see everyone returning with fresh energy for 2026.

We do have a few Coaching Team updates to share following the holiday break. Deb Lyons has accepted a coaching position with another club and sends her heartfelt goodbyes to all F8SC members. In her own words: "I have also been incredibly proud of the skaters, who were receptive, hardworking, and a pleasure to coach. It has been rewarding to support their development and to be part of such a positive, supportive team." We thank Deb for her contributions and wish her all the very best in her new role.

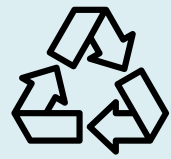
We are also pleased to welcome back Skating Director Abby Kozma in January 2026. Abby will be returning from maternity leave in a parttime Skating Director capacity, with a gradual return to coaching. She will be sharing the Skating Director role with Sandra Goplin, who has kindly agreed to continue in the position. A heartfelt thankyou is extended to Kim Hutchinson for stepping into Abby's shoes this fall. Your support and dedication during Abby's leave have been truly appreciated.

January is shaping up to be an exciting month on the ice as more than 15 Star 4 and higher skaters prepare for and compete at the Star Series 3 Competition in Grande Prairie. We wish all our skaters the very best of luck as they train and compete.



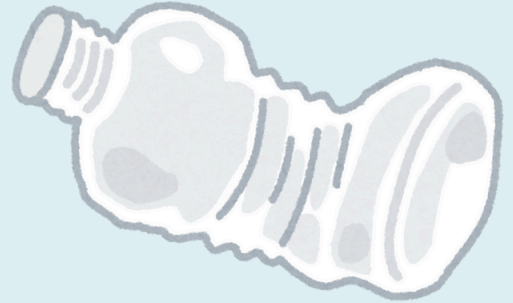
Here's to a fantastic winter season ahead!  
Erin  
F8SC Board President

# F8SC Fundraising Update:



We are continuing our fundraising efforts this season and kicking off winter with a bottle drive. We will happily take all those holiday bottles off your hands! Our first bottle drive was a great success, and we are looking forward to another strong turnout. All funds raised go directly toward the purchase of an onice harness, an important tool that supports skater development in jumps.

Saturday, January 10th  
Bring your bottles to the arena!



## Off-Ice Strength and Conditioning

F8SC is excited to announce the return of the Off-Ice Strength & Conditioning program for the winter season. This program is for all adult skaters, PreStar skaters, and Star skaters. The program is now open for registration on [Uplifter](#)!

The program is offered: Saturdays 5:00pm-6:00pm and Sundays 8:00am-9:00am

Led by Coach Kendra, certified fitness trainer and owner of KS2 Training, the program takes place at Triform Athletics—a full gym facility equipped with cardio machines, weights, sleds, battle ropes, and more. With access to equipment not available at the rink, skaters will train for strength, explosive power, muscular endurance, and quick-twitch response—all essential for higher jumps, faster rotations, and lasting stamina.

This program supplements existing off-ice training, helping skaters push beyond foundational movement patterns and tap into advanced tools and techniques that directly enhance on-ice performance. Plus, training together in a gym setting fosters team morale, creating a space where skaters can work hard, support each other, and celebrate progress as a group.

### Why Off-Ice Training Matters

While on-ice sessions build technical skills, off-ice training fills critical gaps—targeting strength, flexibility, endurance, and mental focus. According to a 2021 ISU study, skaters who follow structured off-ice programs see up to 30% fewer injuries and improved jump consistency. Stronger cores stabilize landings, and better cardio endurance helps skaters stay powerful through entire programs.

Events to look forward to:

Mar 14- Rising Star Competition

Mar 26- Assessment Day Star 6-Gold

May 28- Assessment Day Star 6-Gold

Jun 13- Ice Show

