

WFSC INSIDE EDGE NEWSLETTER

WFSC



6 OCTOBER 2025



WFSC Star 3+ Awards Gala 2025

We kicked off the 2025-2026 season by celebrating the many successes of our 2024-2025 season. Our first **WFSC Star 3+ Awards Gala** brought our skating community together and we were so excited to see such a wonderful turnout!

We celebrated our **Provincial Medalists:**

- Diana Diaciov - Silver 2024
- Koen Graham - Bronze 2024
- Alex Holdgate - Gold 2025
- Jordyn Lehman - Gold 2025
- Madelyn Ferreira - Silver 2025
- Avery Espiritu - Silver 2025
- Harper Bedford - Bronze 2025

We recognized our **Gold Achievement skaters**. These are skaters who have worked hard to achieve a gold-level test within a specific discipline. It signifies the highest level of skill and dedication in figure skating.

- Amber Feddema
- Bridgette MacKinnon
- Madelyn Ferreira
- Diana Diaciov
- Nicola Gies
- Abby Miller
- Chloe Hachem
- Cassandra Fitzpatrick

We also had great FUN with some **Peer Nominated Awards!**

A special THANK YOU to Celebrate Everything Events - who supplied us with the greatest entertainment of the night - the Photo Booth! We have many fabulous memories from the night!
www.celebrateeverything.ca

We look forward to sharing in another year of growth and achievement!



In this newsletter
you can expect:

2025 WFSC Star
3+ Awards Gala

Pre-CanSkate &
CanSkate

Volunteer - Get
Involved

Power Skate
Program

STARSkate

Program
Assistants &
Adminiskaters



Pre-CanSkate and CanSkate

Skate Canada coaches are celebrated as the best in the world, guiding homegrown talent to national and international success. Our skating coaches are committed to holistic development, ongoing education and fostering safe, inclusive and competitive environments where all athletes can thrive.

Pre-CanSkate and CanSkate are Skate Canada's official "Learn to Skate" Programs. They are highly regarded by other ice sport organizations as the favoured curriculum to develop the skills needed to participate in their sports.

Pre-CanSkate and CanSkate programs focus on FUN, PARTICIPATION and basic skill development. Coaches make sessions active using visual aids and music to create a fun, stimulating and welcoming environment.

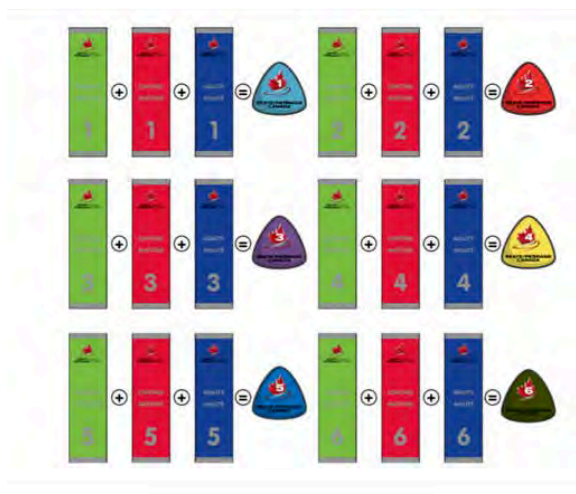
Program Assistants (PAs) are not professional coaches; their role is to assist on the CanSkate sessions. Any questions about the program or your child's progress should be directed to the club coaches after the session is over.

Report cards will be uploaded into each Skater's online account 2 weeks after the end of the season.

Evaluation - is done throughout the group time session. Skaters will receive ribbons when they have achieved all skills in a particular category - Balance, Control or Agility. Each category has a progression of levels from 1 to 6. When a child achieves all skills in the categories at a particular level, they receive that level badge.

Badges and ribbons will be attached to your child's name tag on the CanSkate table, whenever they have achieved all skills in a particular category. *Children may achieve these skills at a different pace from others.*

Once your child has completed **all** 6 levels of CanSkate, they are then eligible to join our STARSkate program.





General Information

**** Trick or Treat! ** Spirit Week**
October 26 - November 1

Calling all Ghosts, Witches, Superheroes & Princesses!

WFSC is having a fun filled week of Costumes and Peanut Free Candy.

Be sure to wear your Halloween Costumes to your scheduled skate session and have some extra fun on the ice! (Parents: Please ensure costumes are skate safe - no loose pieces, secure fit)



Important Dates

WFSC will be CLOSED over THANKSGIVING Weekend (October 11-13). There will be no sessions this weekend. We wish all of our skaters and families a joyful holiday filled with gratitude, laughter and special moments together. Enjoy your time away from the ice – see you back next week!

*A BOUNTIFUL
Thanks
giving
To You*



Get Involved: Volunteer with WFSC

We're looking for enthusiastic volunteers to help support the WFSC Board and coaching team in delivering another great season for our skaters. Whether you have a few hours or want to take on a larger role, your help makes a huge difference. Please send an email to: socials.wfsc@gmail.com

Here are some of the volunteer opportunities available this year:

December 20th - Performance Day
January 9th - 11th - Skate Ontario Competition



Power Skating

Power Skating This program, led by WFSC coaches, focuses on developing key skating skills specifically for hockey and ringette players. Professional Skate Canada certified coaches provide instruction that emphasizes balance, power, agility, speed and endurance on the ice.

Benefits of Power Skating

1. Improves Speed and Acceleration
2. Enhances Edge Control and Balance
3. Builds Strength and Endurance
4. Develops Agility and Coordination
5. Boosts Confidence on Ice

Parent Tip; Power Skating is one of the most effective ways to improve a child's overall skating ability.

Program Details:

- **Ages:** 5-13 years
- **Equipment:** Full hockey gear is mandatory; sticks are recommended
- **Minimum Skating Level:** Participants should be skating independently – able to skate forward, attempt backward skating and perform basic stops.

WFSC offers 3 Levels of Power Skating for Hockey and Ringette Players:

1. Beginner Power Skating

- Must have previous skating experience
- Suitable for house league hockey and ringette players
- Skaters will be grouped with similar ability skaters for lessons
- The program is designed to enhance skating skills and confidence on the ice, helping players move with ease during games and practices

2. Intermediate/Advanced Power Skating

- This level is suitable for players at a rep or competitive level (Select, AAA, AA, A, BB)





Welcome to STARSkate!

The STARSkate Program is a Canadian figure skating development program, designed to progressively develop fundamental skating skills. The current structure is organized into two levels and five disciplines.

STAR 1-5

Led by NCCP-certified Skate Canada coaches, the STAR 1-5 curriculum is Canada's premier figure skating program. It introduces skaters to the fundamentals of singles, pairs, ice dance and synchronized skating while establishing the essential skills needed for long term success.

STAR 6 - Gold

As skaters progress beyond STAR 5, they enter the STAR 6 - Gold levels. This assessment and event framework is designed for skaters who have completed the STAR 1-5 curriculum. It advances skills to the next level, reinforcing the strong foundation already established while introducing new and more complex elements.

Assessments are offered in four areas:

- Free Skate
- Skills
- Dance
- Artistic

Competitions

At this stage, skaters have the option to compete in the following disciplines: Free Skate, Ice Dance, Artistic, Synchronized Skating and Pairs. In Ontario, a dedicated provincial competition series is available - culminating in a Provincial Championship, providing skaters a chance to showcase their progress.

Freeskate

Freeskate is where skaters perform jumps, spins, footwork and choreography to music. It allows them to showcase technical skills, creativity and artistry – all in one program. It emphasizes jumps, spins, step sequences and overall performance quality.

Skills Discipline

The Skills discipline provides the foundation for all other disciplines. Development in this area is critical for mastering the basic skating techniques required to progress in figure skating. Within the skills discipline your skater will learn to:

- use different edges on their blades
- generate power with the blade
- execute turns with control
- develop a variety of field moves

Coaches will also introduce figure form which emphasizes strong posture, controlled movement, balance and lean.

Dance

Dance is a discipline in figure skating that focuses on edges, turns, rhythm and interpretation of music. Unlike freeskate, it does not include jumps or spins. Instead, skaters perform set dance patterns to music.

In STARSkate, Dance is an important part of developing well-rounded skaters. It helps skaters improve their: **Edge Quality** (strong, deep, clean edges), **Timing and Rhythm, Power and Flow** (covering ice smoothly and efficiently), **Presentation Skills**

Artistic

Artistic skating allows skaters to explore emotions through movement to music. Programs to music are created using a combination of edges, steps & turns, creative spins and different field movements.

PROGRAM ASSISTANTS

Peak Performance - Program Assistants & Adminiskaters

Program Assistants & Training

Our **PAs (BLUE SWEATSHIRTS)** have undergone an intensive Skate Canada training session to be ready to support our coaches and our newest skaters.

Their role is to ensure smooth progression of lessons and to support our Learn to Skate skaters with gentle coaching during their sessions to keep them focused, positive and help them to continue to thrive and advance through the program.



RED VESTS = Adminiskaters

Our Adminiskaters are our senior STARSkaters who oversee the PAs that are assisting on the PreCan and CanSkate sessions. They are always on the ice with the kids, helping them stay engaged and encouraging everyone to participate fully. Having Adminiskaters on the ice means parents can trust that:

- The children are welcomed and checked in at every practice.
- Skaters are kept safe, organized and encouraged to participate.
- The focus is on learning, fun and progress; not just performance or results.

Parents can enjoy watching their children have fun and grow, knowing every session is structured and thoughtfully supervised.



2025 AWARDS GALA



A Few Notes To Remember

- Thanksgiving Closure - Oct 11-13
- Halloween Spirit Week - Oct 26
- Volunteer Opportunities
- Test Day - November 14

****Did your skater attend the Awards Gala? If they'd like to see more photos from the event, please email: secretarywfsc@outlook.com**