

# EXTREME EDGE

## NEWSLETTER

**We Love  
Ballet!**



Why ballet?

Skating and ballet have a lot in common. Both disciplines require attention to detail and control of one's body and limbs. With jumps and spins moving so quickly, ballet provides the skaters with an opportunity to learn how to engage at a slower tempo. Figure skating is about athleticism AND artistry. The extension of our limbs allows us to tell a story by using the lines of our bodies.

### Important Dates:

February 17th-19th Combined Winter Invitational

February 19th - No Skating!

February 20th - No Skating!

March 17th - 20th StarSkate Championships

March 27th - 31st Regular Ice During Spring Break

April 2nd - EESC Fun Competition. Star 1 - Star 3

April 2nd - Star 4+ Simulations

**Help us keep our training space tidy! Please remind your child to pick up after themselves in the dressing room.**

## 01 Punctuality

We've noticed a few kids consistently arriving late to the group off-ice classes. We understand when life gets in the way, or traffic affects your ability to get here on time, however, when it's consistent, it has shifted to the development of a habit. Training for figure skating is based on good habits and consistency. Prioritizing warm-up (and cool-down!) in a skater's training is crucial to keeping injuries at bay.

## 02 Skating Attire

A quick reminder: proper figure skating attire is required on and off the ice at all times. Skating dresses, skirts, or leggings are required. Sweatpants and alternative skirts are not allowed. A sweater or zip-up (no hoodies or cardigans please!), and a close-fitting vest are recommended. Layering mittens helps with finger warmth, and snug-fitting headbands keep away the chill on cold days. (no toques or earmuffs please.)

**Happy Birthday...**



**Qianna  
Uriela  
Sydney  
Zahra  
Alexandra D**

