

Week 1—Movie Magic July 2-4, 2025

No skating Monday or Tuesday

Happy Canada Day

THE WEEKLY SPIN

(HIGHLIGHTS & THE WEEK AHEAD)



Summer Skating Camp—2025

Greenfoot Energy Centre (formerly HRM 4-Pad / BMO) 61 Gary Martin

NEW!

Collectible Badges

Skaters can earn **badges** and **patches** for:

Participating in theme days
Daily challenges
Being recognized on the WOW Board
Landing new jumps ,
Showing leadership, kindness, or
teamwork !

*Badges can be added to blankets,
lanyards, jackets, or skating bags—
and collected every summer!*

General Reminders

- Arrive early—off-ice starts promptly. Late arrivals won't be able to join for safety reasons.
- Attend only on your registered days.
- Jr Academy skaters will have help with skates. Bronze and above should tie their own. But we will have some helpers if needed
- Dressing rooms are for skaters, coaches, and Jr leaders ONLY Parents can assist at the front entrance.

Parent Viewing

Spectators are welcome in the **upstairs viewing area**. Please avoid dressing rooms or rink-side areas

WEEK 1 – MOVIE MAGIC

Challenge of the Week:

Complete all 3 daily challenges to earn the **Movie Magic Weekly Badge**! Only the first 30 skaters to complete everything and get their star signed by a coach or a Jr. Leader will receive the special badge.

Wednesday – Dress-Up Day: Red Carpet Ready

- Come dressed as your **favourite movie star** and strut your stuff down the red carpet.
- Add your name to our **Walk of Fame** and write your best quality on your star (e.g., "Superstar Spiral" or "Great Smile"). Post your star on the wall once complete.

Thursday – Viral Vibes Challenge: Anything But a Trophy

- Create and bring your **most creative "trophy"** (it can be anything!)
 - Walk the red carpet and deliver an **acceptance speech** for your award.
- The most creative trophy and acceptance speech will earn the Special Viral Vibes Badge.

Friday – Movie Pitch Friday

- Create a **10-second movie pitch** that includes: • A **title** • A short **plot** • Who would **star** in it.
- Pitch it to a coach or Jr. Leader **on your own time** (not during lessons). The most creative pitch per skating level earns a Special Badge.

Upcoming Theme Weeks

WEEK 1	JULY 2-4	MOVIE MAGIC
WEEK 2	JULY 7-11	ESCAPE THE WEEK
WEEK 3	JULY 14-18	ICE INFLUENCERS WEEK
WEEK 4	JULY 21-25	SKATE AROUND THE WORLD
WEEK 5	JULY 28-30	GLOW AND NEON WEEK
WEEK 6	AUG 5-8	LEADERSHIP AND LEGACY
WEEK 7	AUG 11-15	MISSION IMPOSSIBLE WEEK

Weekly Skater Packing List

To help your skater have a safe, fun, and successful week, please make sure they come prepared each day with the following:

On-Ice Essentials —————

- Skates (sharp and fitted properly)
- Skate Guards
- **Skating gloves or mittens** – Pack 2–3 pairs (they will get wet!)
- **Extra Warm layers** – Even in summer, the rink is cold.
Suggested layers: long sleeve shirt, fleece, jacket, leggings, warm socks
- Mini towel for wiping skates

Off-Ice Gear —————

- **Yoga mat**
- **Skipping rope**
- **Refillable water bottle** – no sugary drinks, please
- Sunscreen (off-ice classes are often outdoors)
- Hat or cap (optional, for sun protection)
- Runners or athletic shoes for dryland activities are required

Food & Fuel —————

- **Healthy lunch and snacks** Please avoid candy, pop, and energy drinks. Skaters are active all day and need real food to stay focused and energized. Suggested items: wraps, fruit, veggies, granola bars, cheese, pasta salad, yogurt
- Extra water bottle or juice box as backup

Optional Extras —————

- Small backpack or tote bag to stay organized
- Book, notebook, or quiet activity for breaks
- Daily challenge items

Reminder: Skaters are on the ice and in classes multiple times a day. Coming prepared helps them get the most out of their time and stay safe, warm, and energized.

Jump Board Is Back!

Any time a skater lands a new jump, they get to sign the **Jump Board** and celebrate their achievement.

Big milestones—like landing your first Axel or first double jump—will earn a Special Jump Badge.

WOW Board!

The WOW Board is back! Skaters can earn **WOW stickers** from coaches throughout the week for showing:

- Effort and focus
- Personal progress
- Kindness and teamwork
- Helping others or showing leadership

Skaters can earn **as many WOWs as they want** during the week—but only **two WOWs per skater** will be entered into the **Friday gift card draw**.

Keep showing up, working hard, and being a great teammate—someone is always watching for WOW moments!

Wednesdays

Dress-Up and Dance Day

Dress according to the week's theme.
Off ice Dance Classes with Yana !

Thursdays

Viral Vibes Challenge Day

Each Thursday we take on a new trend.
Some possible challenges:

- Anything But a Water Bottle (trophy)
- Rhyme for No Reason
- Ice Bucket Challenge
- White Lies Day

Most creative winner - may earn the **Viral Vibes badge**

Fridays – Seminar Day

Friday mornings off ice focus on **whole-athlete development** through a mix of practical workshops
Topics may include:

- Mental performance (focus, mindset, confidence)
- Team-building & leadership
- Goal setting
- Program & costume design
- Movement Lab – yoga, skipping, core, flexibility

Friday Afternoons – On-Ice Seminars (Excel Group Only)

Excel skaters take part in a **specialized group training session** designed to challenge and work on basic skating skills

Topics may include:

- Cardio circuits
- Annie's Edges
- Partner stroking
- Group drills & Skills

These sessions build strength, edge development, and teamwork—while keeping things fun. In the group format