

## THE WEEKLY SPIN

(HIGHLIGHTS & THE WEEK AHEAD)



### Summer Skating Camp—2025

**Greenfoot Energy Centre** (formerly HRM 4-Pad / BMO) 61 Gary Martin Dr, Bedford

#### Week 2 – "Escape the Week" (July 8–12)

This week is all about teamwork, creativity, and thinking outside the box. Skaters will take part in a week-long escape room challenge, solving daily puzzles and collecting clues that lead to a grand finale on Friday.

##### What's an Escape Room?

If this is new for your family—an escape room is a themed adventure where teams solve puzzles, crack codes, and work together to reach a final goal. For our version, skaters will complete 2–3 mini challenges each day, both on and off the ice, with everything building toward Friday's big finish.

Clues might show up anywhere, so encourage your skater to stay alert, ask questions, and think creatively.

##### ☒ What Families Need to Know

- Please share this info with your skater. Our time at rink is limited, and we can't always re-explain things in person.
- Skaters can check the camp board Monday morning for the first set of clues, team assignments, and instructions to kick off the challenge.
- Remind your skater to work with others and stay positive—it's all part of the fun and learning.

#### See page 2 for Wednesday Dress up and the Thursday Viral Vibes Challenge

We're excited to see how our skaters rise to the challenge this week—not just by solving puzzles, but by learning to lead, support each other, and think creatively under pressure. These activities are a great chance for them to grow their confidence, have fun, and take ownership of their week.

Thanks for helping us keep things running smoothly by sharing the details at home—we truly appreciate your support. Let the games begin! —HSC Team

### Upcoming Theme Weeks

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



**Foundations / Junior Academy**  
**DEANNA**

**Excel Group**  
**MADDIE**

All skaters who earned a spot on the WOW Board this week were entered into our weekly prize draw—and we're excited to announce our first winners of the summer: They each received a **Dairy Queen gift card** and the very first **WOW Badge** of the season. The WOW Board celebrates skaters who do something exceptional—on or off the ice. Maybe it was finally getting your sit spin low enough, landing the best double combo you've ever done, or nailing that rocker turn you and your coach have been working on for weeks. These moments take focus, effort, and perseverance—and we love seeing them.

Great job to *everyone* who made it on the board this week! Keep challenging yourself, keep showing up with a great attitude, and keep supporting your fellow skaters. We can't wait to see who's up there next week.!



## WEEK 2 REMINDERS

### ☑ Week 2 Simulation Sign-Up

**Thursday, July 10 – 8:00–9:00 AM**

Spots are limited. Please speak with your coaching team before signing up.

**Deadline to sign up: Wednesday at 12 noon.**

### 🔑 Morning Excel Ice (Extra Free Ice)

Available most **Monday / Wednesday / Friday** mornings.

- Open to skaters competing at Star 6+ levels or skaters under that level can purchase with coach direction.

- Can be purchased by the week: **\$20/session**

- OR drop-in available for Open session/ choreography: **\$25/session**

*A Coach must be present on the session—Spots are limited*

To register as a drop in, email [halifaxskatingclub@gmail.com](mailto:halifaxskatingclub@gmail.com) by **12 noon the day before**

### ⚠ Friday Morning Excel Skaters

Please arrive early and complete your off-ice warm-up before stepping on the ice at 9:00 AM.

### 🍱 Daily Skater Reminders

Pack a healthy lunch, and lots of water each day.

### 👟 Running Shoes Required

Please make sure skaters bring proper running shoes every day for off-ice classes.

### 🧥 Dress in Layers

Even in summer, the rink is cold. Light, comfortable layers help skaters stay warm without overheating. Bring extra mittens and Gloves

### 🏷 Label Everything

Water bottles, jackets, gloves—please label all personal items. Our lost & found grows fast.

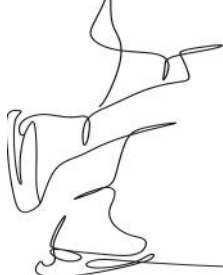
### 🎉 Theme Day Fun

Don't forget:

- Wednesday – Dress-Up Day
- Thursday – Viral Vibes Challenge Participation is encouraged (and fun badges are up for grabs)!

### 📷 Wow Board

Keep an eye out for this week's Wow Board winners—you could be next! We love seeing great effort and great attitude.



### Sleep Matters

These are full days. Encourage your skater to get lots of rest, eat well, and take time to recharge each night.



## Wednesday - Dress-Up and Dance Day

Week 2 Dress up— *Escape Room Characters*

Detective? Spy? Master codebreaker? Dress up like your favorite puzzle-solver!

Think trench coats, sunglasses, magnifying glasses, or disguises. Keep outfits comfy and safe for skating.

Off ice Dance Classes with Yana !

## Thursdays - Viral Vibes Challenge Day

Each Thursday, we take on a new trend, challenge, or just-for-fun theme that gets everyone laughing, creating, and stepping outside their comfort zone.

### Week 2 Challenge: Rhyme for No Reason

This week's challenge is all about dressing in pairs (or groups) that *rhyme*—even if they have nothing to do with each other. Be as silly, clever, or unexpected as you want!

Grab a friend, pick two words that rhyme, and bring your outfit idea to life. You can dress up together, carry a sign, or use props to make your rhyme work.

Need inspiration? Try:

- Cat + Hat
- Bee + Referee
- Pig + Wig
- Snail + Pail
- Mouse + Blouse
- Knight + Light
- Frog + Blog

It doesn't have to be complicated—just creative!

★ Most creative entry (or entries) will earn this week's Viral Vibes Badge! Have fun with it, and don't be afraid to go all in.

## Friday Seminar Sessions

In the mornings, all skaters take part in workshops that support the *whole athlete*. These sessions go beyond just skating—they're about building confidence, strength, and self-awareness. Topics may include:

- Mental performance (focus, mindset, confidence)
- Leadership and team-building
- Goal setting and motivation
- Program and costume planning
- Movement lab (yoga, core strength, skipping, flexibility)

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

Excel skaters have a dedicated group training block in the afternoon focused on refining the basics that make everything else stronger—like edge quality, power, and skating control.

### Week 2 Focus Areas:

- Cardio training on ice
- Partnering skills



Our Super Star Jr Academy Skaters!



Foundations  
Wow Board  
Winner—  
Deanna



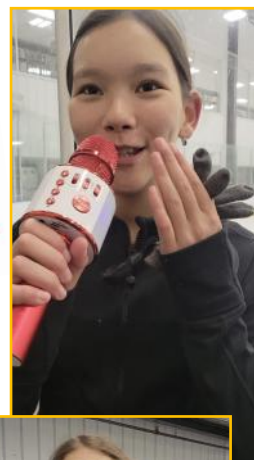
Movie Pitch Friday  
Winner—Liam!



Wow Board Winner -  
Excel Group  
**Maddie !**



Anything but a Trophy and  
Acceptance  
Speech winner  
**Tya!**



Week 1  
winner  
**Liv**