

THE WEEKLY SPIN

(HIGHLIGHTS & THE WEEK AHEAD)



Summer Skating Camp—2025

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

Coming Up This Week: Ice Influencers Week!

This week at camp, skaters will step into the spotlight with *Ice Influencers Week*—a fun, relaxed theme focused on creativity, confidence, and team spirit. Each day includes a light activity to celebrate individuality, support teammates, and have fun on and off the ice.

● Respect First – What It Means to Be an Ice Influencer

While we're encouraging creativity and content creation, we're also helping skaters learn to share responsibly.

As part of the week, skaters may want to take photos or short videos. That's great—if done respectfully:

- Always ask permission before filming someone else
- No photos or videos in changerooms — ever
- Be mindful of backgrounds and what's being shared

These reminders will be reinforced at camp. It's all part of learning to be respectful teammates—on and offline.

What's Happening This Week

Each day, skaters will work on a short trend-style video inspired by life at the rink. These can be as creative or silly as they like—mini routines, skating challenges, or behind-the-scenes clips. Jr Leaders will be there to help and cheer them on.

Shoutout Wall: Skaters are encouraged to post kind, funny, or creative notes about their teammates throughout the week

📺 Viral Vibes Bonus Challenge:

Skaters who complete a *Day in the Life of a Skater* video can earn a **Viral Vibes badge** by either:

- Tagging @halifaxskatingclub on Instagram, or
- Showing the video to a coach or Jr Leader by Friday.

Let's make it a fun, respectful, confidence-building week!

Upcoming Theme Weeks

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
ELAINE

Excel Group
ANIKA

This week brought some amazing moments—and some major firsts! A huge congratulations to **Tya, Ana, and Francis** for landing their **first Axels**. That's a big achievement, and we loved seeing the hard work and persistence behind those jumps.

The WOW Board was packed with standout efforts—from clean double combos to tricky turns finally clicking. Every skater featured brought focus, determination, or a great attitude that made them stand out.

All WOW Board names were entered into our weekly prize draw. Our second winners of the season received Halifax Shopping Centre gift cards and their WOW Badge.

Great job to everyone who made the board—we can't wait to see who's up there next!

Reminders for Skaters & Families

Please take a moment to review and share this information with your skater.

As we head into another busy week, a few key reminders to help keep things running smoothly: Even though figure skating is an individual sport, we train and grow as a team—working together to bring out the best in ourselves and each other. That means showing respect in how we speak to one another, how we support our teammates, and how we take care of the space we share.

- Parents are not permitted in dressing rooms or field-of-play areas, including the hallways leading to the ice. You're always welcome to view sessions from the upstairs seating area.
- Our youngest skaters are doing a great job learning to tie their skates, with the help of coaches and junior leaders. Thanks for helping us keep this space skater-focused and supportive.
- Skaters must clean up after themselves in the dressing rooms and around the rink. We received a note from rink staff this week about candy wrappers left behind—please help us keep the space clean and respectful.
- Candy is not an appropriate rink snack. We encourage skaters to bring healthy fuel to stay focused and energized throughout long training days.
- Arrive on time and prepared. Make sure your skater has enough time to get ready, warm up, and be mentally focused before stepping on the ice.
- Off-ice participation matters. Warm-ups, off-ice classes, and team activities are part of building well-rounded athletes—not just stronger skaters.
- Bring a full water bottle. Staying hydrated is essential, especially with the summer heat.

☑ Week 3 Simulation Sign-Up

Thursday, July 17 – 7:30–9:00 AM

We're excited to welcome guest Technical Specialist Jillian MacCuspie—our only simulation this summer with an invited official.

- Spots are limited. Please speak with your coach 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+, or lower levels with coach approval

\$20 per session if registered for the week (pre-registered) or \$25 drop-in (space permitting; coach must be present)

To register for drop-in, email halifaxskatingclub@gmail.com



Wednesday - Skater Style Icons

This week's theme is all about personality, flair, and skating-inspired fun. Dress as your favourite skater, legendary coach, or create your own over-the-top ice influencer. Whether it's dramatic, funny, stylish, or just plain wild—we want to see your creativity shine!

Need inspiration? Try one of these:

- Classic Competitor – Black leggings, rink jacket, slick bun, dramatic makeup, earbuds in. Ready to compete.
- Coach Chic – Stopwatch, clipboard, sunglasses indoors, and that “I run the rink” energy.
- Spinfluencer – Sparkly jacket, oversized sunglasses, and a water bottle labeled “sponsored.” Optional: do everything in slow-mo.
- Olympic Extra – Cape made of flags, medals around your neck, and an intense pre-skate focus face.
- Tutorial Queen/King – Carry a fake phone and narrate everything you do (“Hey guys, today I’m going to show you how to fall gracefully...”).
- Warm-Up Warrior – 6 layers of warmups, resistance bands, and dramatic lunges in every direction.
- Overly Confident Novice – Elbow pads, helmet, gloves, tutu, and the loudest “I got this!” attitude on the ice.
- Throwback Skater – Leg warmers, a side ponytail, and a Walkman or fake cassette player clipped to your jacket.
- Sponsored Star – Label your entire outfit with fake sponsors (“brought to you by granola,” “sponsored by ice”).

Thursday - What's In My Skate Bag?

Take a peek into your bag—then show us what's really in there! From now until Wednesday send us a photo of your unfiltered skate bag: the messier, funnier, or more random, the better. We'll post the pics Thursday at the rink—and let everyone guess whose is whose! No cleaning allowed—we want the real deal. Send your photo to: halifaxskatingclub@gmail.com by **Wednesday noon**. Let the bag bragging begin! Its all in good fun!

Friday Seminar Sessions – July 18

Morning Specialty Off Ice Seminar

We're welcoming *Dani* for a special Pilates session! Please bring your yoga mat and be ready to activate those smaller support muscles — it's going to be a great session to improve balance, strength, and control on the ice.

Afternoon EXCEL - Focus Areas

- Group Training
- Theatre & Movement on Ice



Week 2 Recap – Escape the Rink

This week, skaters took on a five-day escape room challenge—solving puzzles like QR codes, snap circuits, laser mazes, and rhyme riddles to collect hidden letters. Bonus clues on the Twizzle Talk board kept everyone guessing, and by Friday, teams cracked the final word: **MAXIME**, in honour of Canadian Pairs champion Maxime Deschamps. We also held our first simulation day of the summer, giving skaters a chance to run their programs on clean ice—just like in a real assessment or competition. It was a great test of focus and preparation. Off the ice, Simon led a session on mental wellness and team dynamics, and Yana brought the energy with a midweek off-ice dance class. Thursday's *Rhyme for No Reason* theme sparked lots of fun looks—especially from the coaches! Skaters have been working hard, not just on the ice but on being focused, consistent, and supportive teammates. We're proud of the growth so far—and ready to raise the bar in Week 3!

