

Week 4—Skate Around the World  
July 21-25, 2025

## THE WEEKLY SPIN

(HIGHLIGHTS & THE WEEK AHEAD)



### Summer Skating Camp—2025

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

## Get Ready for Skate Around the World Week!

Pack your (imaginary) bags—**Skate Around the World Week** is taking off this week with music, riddles, and fun from every corner of the globe.

Skaters will receive their Skating Passport on Monday to track their progress throughout the week. Stamps can be earned by solving daily riddles, joining dress-up days, showing great effort on the ice, or being a supportive teammate. By Friday, the skaters with the most stamps will earn the official **Skate Around the World badge** in recognition of their participation, attitude, and team spirit.

Here's what to expect:

- 🎵 **Global music** during sessions from a different country each day
- ? **Skating riddles** posted on the Twizzle Talk board
- ? **Bonus questions** hidden round the rink daily
- 🗳️ **Wednesday – Jersey Day:** Wear your favorite team jersey
- 💧 **Thursday – Anything But a Water Bottle Challenge**

### 🏏 Kickoff Riddle – Earn Your First Stamp!

Skaters can earn their first stamp by solving this riddle before Monday and bringing the answer with them:

**I wore Pooh bears and skated with heart,**

*A legend in jumps and pure edge art.*

*Back-to-back Olympic gold made me a king,*

*In my country, my name's everything.*

📝 *Who am I, and what country am I from?*

Let the journey begin. 🌍 ✈️ 📄

## Upcoming Theme Weeks

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



### Foundations / Junior Academy

**LEANNE**

**Excel Group**

**JULIA**

Skaters stepped up in big ways—from powering through clean run through's of their programs to helping teammates stay positive. Whether it was mastering a new skill or showing leadership during camp, the WOW Board was packed with standout efforts.

This week's winners took home Starbucks gift cards and the exclusive WOW Badge—great job to both of you and to everyone who made the board!

We also introduced a Skater Shoutout Wall, where skaters left notes recognizing kindness, encouragement, and teamwork. It was a hit!

See photos on the Weekly Wrap-Up page of the newsletter.

## Week 4 Simulation Sign-Up

Thursday, July 24– 8:00–9:00 AM

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](mailto:halifaxskatingclub@gmail.com) by 12 noon the day before.

## Pro Tips of the Week

### Parent Tip: Let Effort Lead the Conversation

The car ride home is one of the most powerful moments in a young skater's day. Instead of jumping straight to "Did you land it?" or "Did you fall?", try asking:

- "What did you work hardest on today?"
- "What did you feel proud of?"
- "What was the best part of skating today?"

These kinds of questions show your skater that you're most proud of their effort—not just their results. It takes the pressure off and builds confidence that lasts well beyond the rink. Skating is a journey, and how we talk about it matters.

### Skater Tip: Wipe Your Blades—Every Time

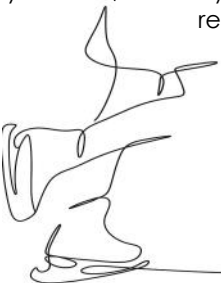
It only takes a few seconds, but drying your blades when you get off the ice is one of the best habits you can build. Skates are expensive, and a quick wipe-down with your towel helps keep the blade clean and rust-free.

Rust can dull your blades, affect your grip, and even damage the edges. Plus, wet blades in a warm skate bag? That's a fast track to smelly boots. Take care of your gear—it takes care of you.

### Coach Tip: Progress Comes from Consistency, Not Perfection

The goal isn't to be perfect—it's to keep showing up, trying your best, and staying open to feedback. Skills take time, and real progress comes from doing the little things

right over and over, even when it's hard. Every correction, every tough session, every spin that doesn't quite work— It's all part of the process. Stick with it, and you'll get there.



## Wednesday - Jersey Day

Show off your team spirit!

On Wednesday, skaters are invited to wear a jersey or team shirt from any sport or country—hockey, soccer, skating, Olympic teams, or even a club they've been part of. It's a simple way to celebrate community and cheer for the teams we love, whether local or global.

Don't forget: participating earns a passport stamp for Skate Around the World Week



## Thursday – Anything But a Water Bottle!

Hydration is the one thing athletes around the world all have in common—no matter where you're from, staying fueled and focused starts with water.

But on Thursday, we're putting a twist on it!

Skaters are challenged to bring anything but a regular water bottle. Be creative, be safe, and make sure it seals—mugs, teapots, clean shampoo bottles... we've seen it all! It's a fun way to celebrate the idea that while we may come from different places, some things—like staying hydrated and doing your best—are shared everywhere.



Participating earns a passport stamp toward the Skate Around the World badge!

## Friday Seminar Sessions – July 25

### Morning Specialty Off Ice Seminar

Week 2 for *Dani* - 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

- Cardio
- Edge/Turn





### Week 3 Recap – Ice Influencers Week

This week was all about confidence, creativity, and being a positive influence on—and off—the ice.

Skaters explored what it means to lead by example, speak up when it matters, and support each other in small, meaningful ways.

We looked at how each skater can set the tone by modeling kindness, inclusion, and respect. One message that stood out: *If you can't change something in 30 seconds or less, don't comment on it.* It planted the seed for the kind of team culture we're working to build.

Skaters also created their own viral videos, inspired by rink life and camp fun. Keep an eye on our Instagram feed this week—we'll be sharing their creative results!

Special shoutout to **Genevieve** and **Hannah** for going all in on our theme challenges. Genevieve rocked a full Coach Clara look, and Hannah had us all smiling as the ultimate Skater Diva—complete with a water bottle sponsored by... herself.

Junior Academy skaters got a taste of synchronized skating, working on timing and teamwork in a fun new way.

On Thursday, we welcomed Jillian MacCuspie, a technical specialist, to the rink. Skaters had their first chance to perform their programs in front of someone who plays a key role at competitions. They stepped up with great focus and confidence—we're proud of how they handled the moment.

From attitude to effort, Week 3 showed just how much our skaters are growing. We can't wait to see what's next!

