

# NSSC NEWSLETTER

Spring 2020



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# Letter From The President

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Dear NSSC Families,

During the Covid-19 crisis, the City of Surrey is keeping in contact with us, and will advise us when our programs will resume. I hope families are spending time together. Hillary and I have enjoyed viewing historical skating performances and learning about notable times in figure skating. While taking walks, off-ice training is taking place. During this time, have fun and stay safe.

Are you connected with our FaceBook and Instagram pages? If not, please visit our pages and "like" us.

We will keep families updated, as we receive communications from the City of Surrey. I realize every most e-mails and building signs are reinforcing guidelines to help keep all of us healthy.

To continue the tradition, please remember:

- The BC Centre for Disease Control says the most important things you can do to prevent the transmission of COVID-19 and other respiratory illnesses are to:
  - Wash your hands often with soap and water.
  - Avoid touching your face.
  - Cover your mouth and nose when coughing or sneezing.
  - Avoid others who are unwell, and if you are sick yourself, stay away from others. Contact your health-care provider ahead of time so you can be safely assessed.
- These are all general precautions that should always be observed in cold and flu season, but we are taking the time to remind ourselves and everyone now, in light of the heightened awareness of this topic.
- NSSC recommends using B.C. and Canadian health authorities for information on COVID-19, including:
  - The BC Centre for Disease Control: [www.bccdc.ca](http://www.bccdc.ca)
  - The Public Health Agency of Canada:  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Stay healthy, we look forward to seeing all skaters on the ice, soon.

Sherri Birkett  
NSSC President

# Meet Our New Coaches

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## BENJAMIN MANGABAT

- Ben been skating for 13 years, and competed competitively for 10 years.
- Has competed up to Junior Men.
- Favourite part of skating is the jumps!
- Loves coaching and one day would love to be a coach that has skaters at Olympic level.
- Currently is a full time student at Douglas College studying Sports Science.
- Working as a skating instructor for the City of Surrey and a coach for the North Surrey Skating Club
- The following are achievements and certifications that Benjamin has:
  - Certified Club Coach: Canskate
  - Passed Gold Free Skate
  - 2012 BC Winter Games Juvenile Men Champion
  - 2014 BC Winter Games Pre-Novice Men Bronze Medalist
  - Medalist at multiple BC/YT Sectional Championships
  - Ben has skated with North Surrey Skating Club for many years.

## MARGARET NYCHOLAT

- Margaret has taught skating for almost 45 years and her purpose is to provide a happy environment and one of fairness for her skaters and then herself.
- Lived in Edmonton Alberta where She was born and learned to skate.
- Competed in Nationals and Worlds
- Became a Figure Skating Coach and progressed on to become the Provincial Coach for Alberta for 12 years.
- Has attended many skating competitions (national and international), courses and events.
- Trained and worked with skaters who have attended and placed in Nationals and Worlds.
- Trained to become a
  - Level 3 NCCP Coach
  - Level 1, 2 & 3 Clinic Conductor
  - Level 3 Choreography/ Specialist Clinic Conductor for many years.
  - Was a CanSkate Clinic Conductor.
  - Partial NCCP Level 4 as well.
- MBSCOT - Degree in Occupational Therapy
- Interior Design Studied as well

*Welcome Margaret and Ben !*

# North Surrey Skating Club 2020 Elements Competition

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## RISING STAR AND FUTURE STAR

### Group # 1:

Sohana 1st  
Abbigail 2nd  
Cindy 3rd  
Parinoor 4th

### Group #2:

Aida-Bronze  
Isabella R -Silver  
Leah-Bronze  
William-Silver

### Group #3:

Jessie-Gold  
Lexin-Silver  
Isabella W-Silver  
Carly-Silver  
Halley-Bronze

## JUNIOR

### Flight 1:

Thianna 2nd  
Elena 1st  
Kalina 3rd

### Flight 2:

Nicole 1st  
Aiko 3rd  
Kiyora 2nd

### Flight 3:

Hillary 1st  
Jenna 2nd  
Aya 3rd

### Flight 4:

Jada 2nd  
Alicia 1st

## INTERMEDIATE

### Flight 1:

Jessica 1st  
Bethany 3rd  
Sumi 4th  
Ayrel 2nd

### Flight 2:

Hanna 1st  
Anaya 3rd  
Jessie 2nd

### Flight 3:

Marcus 1st  
Lawrence 2nd  
Gurkirat 3rd

## SENIOR

### Flight 1:

Emma 2 nd  
Anh 1st

### Flight 2:

Oliver 2nd  
Yasmyn 1st

### Flight 3:

Bronwynn 2nd  
Harnoor 1st  
Elissa 4th  
Aiesha 3rd

### Flight 4:

Avleen 3rd  
Kara 4th  
Tamyra 2nd  
Julia 1st

### Flight 5:

Shirnah 1st  
Marc 2nd  
Willson 3rd

# World Winter Master Games

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## BRONZE LADIES LEVEL 2 ARTISTIC

Maki A. - 13th

## BRONZE LADIES LEVEL 2 FREESKATE

Maki A. - 7th

# Winterskate

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## STAR 1 GIRLS

Kiyora H. - Bronze

## STAR 2 GIRLS

Elena P. - Gold  
Thianna S. - Bronze  
Aiko U. - Silver  
Aya A. - Silver  
Aryel L. - Gold

## STAR 3 GIRLS

Jessica L. - Bronze  
Anaya A. - Silver

## STAR 3 BOYS

Marcus C. - Gold

## STAR 4 GIRLS UNDER 13

Bronwynn H. - 7th  
Hannah L. - 4th

## STAR 4 GIRLS 13 & OVER

Yasmyn M. - 6th

## STAR 5 GIRLS UNDER 13

Harnoor A. - 7th

## STAR 5 GIRLS 13 & OVER

Aiesha H. - 8th  
Avleen S. - 10th

## STAR 7 WOMEN

Julia C. - 1st

## STAR 9 WOMEN

Shirnah C. - 4th

## STAR 10 WOMEN

Shirnah C. - 2nd

## JUVENILE WOMEN UNDER 12

Julia C. - 11th

## STAR 7 ARTISTIC

Julia C. - 1st

## SPECIAL 0 LEVEL 1 FREE.

Kayla P. - 1st

## SPECIAL 0 LEVEL 2 FREE.

Hillary B. - 1st

## SPECIAL 0 LEVEL 3 FREE.

Stephanie D. - 1st

## SPECIAL 0 LEVEL 4 FREE.

Jordyn F. - 1st

## SPECIAL 0 OPEN FREE.

Marc T. - 1st

## SPECIAL 0 LEVEL 1 DANCE

Hillary B. - 1st

## SPECIAL 0 LEVEL 2 DANCE

Stephanie D. - 1st

## SPECIAL 0 LEVEL 4 DANCE

Jordyn F. - 1st

## SPECIAL 0 LEVEL 6 DANCE

Marc T. - 1st

# *West Coast Challenge*

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**BRONZE  
INTERPRETIVE**

Jordyn F. - 1st

**SILVER  
INTERPRETIVE**

Katie M. - 2nd  
Jeevan B. - 1st

# *BC Winter Games*

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**SPECIAL 0 LEVEL  
1 FREESKATE**

Kayla P. - 1st

**SPECIAL 0 LEVEL  
2 FREESKATE**

Hillary B. - 1st

**SPECIAL 0 LEVEL  
2 DANCE**

Hillary B. - 1st

# *Special Olympics Canada Winter Games*

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**LEVEL 1 DANCE**

Stephanie D. - 3rd

**LEVEL 4 DANCE**

Jordyn F. - 2nd

**LEVEL 6 DANCE**

Marc T. - 1st

**LEVEL 3 FREESKATE  
GROUP A**

Stephanie D. - 4th

**LEVEL 4 FREESKATE  
GROUP A**

Jordyn F. - 2nd

**OPEN FREESKATE**

Marc T. - 1st

# Starskate Final

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## STAR 2 GIRLS

Aya A. - Silver

## STAR 4 GIRLS 13 & OVER

Yasmyn M. - 3rd

## JUVENILE WOMEN UNDER 12

Julia C. - 3rd

## STAR 3 GIRLS

Aryel L. - Silver

## STAR 7 WOMEN

Julia C. - 1st

## GOLD WOMEN

Katelyn Y. - 4th

## STAR 3 BOYS

Marcus C. - 5th

## STAR 9 WOMEN

Katelyn Y. - 3rd

## High Tests:

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## GOLD DANCE

Ava M. - Viennese

# Starskate Tests - Artistic

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## STAR 5

Ashley C.

## STAR 9

Ava M.

# Starskate Tests - Skills

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## STAR 1

Hannah L.  
Kiyora H.  
Ashley L.  
Aya A.  
Aryel L.

## STAR 4

Jessica L.  
Simran G.  
Julia C.  
Hannah L.  
Emma L.

## STAR 2

Hannah L.  
Marcus C.  
Yasmyn M.  
Kalina T.  
Elena P.  
Aiko U.  
Aryel L.  
Ariel L.

## STAR 5

Harnoor A.  
Aiesha H.  
Elissa C.

## STAR 6

Julia C.

## STAR 3

Hannah L.  
Marcus C.  
Aryel L.  
Anaya A.

## STAR 7

Julia C.

## STAR 8

Julia C.



# Starshate Tests - Freeshate

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## STAR 1

Kalina T.  
Hannah L.  
Aya A.  
Aryel L.

## STAR 2

Aiko U. - Elements  
Aiko U. - Program (now complete)  
Elena P. - Elements  
Elena P. - Program (now complete)  
Hannah L. - Elements  
Hannah L. - Program (now complete)  
Marcus C. - Elements  
Marcus C. - Program (now complete)  
Aya A. - Elements  
Aya A. - Program (now complete)  
Aryel L. - Elements  
Aryel L. - Program (now complete)  
Gurkirat G. - Elements  
Gurkirat G. - Program (now complete)  
Alicia H. - Elements  
Alicia H. - Program (now complete)

## STAR 3

Hannah L. - Elements  
Hannah L. - Program (now complete)  
Anaya A. - Elements  
Anaya A. - Program (now complete)  
Bethany G. - Elements  
Bethany G. - Program (now complete)  
Sumi G. - Elements  
Sumi G. - Program (now complete)  
Jessica L. - Elements  
Jessica L. - Program (now complete)  
Lawrence A. - Elements  
Lawrence A. - Program (now complete)  
Marcus C. - Elements  
Marcus C. - Program (now complete)  
Emma L. - Elements  
Emma L. - Program (now complete)

## STAR 4

Hannah L. - Elements  
Hannah L. - Program (now complete)  
Aiesha H. - Elements  
Aiesha H. - Program (now complete)  
Harnoor A. - Elements  
Harnoor A. - Program (now complete)  
Elissa C. - Elements  
Elissa C. - Program (now complete)  
Avleen S. - Elements  
Avleen S. - Program (now complete)

# Star skate Tests - Dance

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## STAR 1

Aryel L.

## STAR 2

Emmly L. - Canasta  
Jiya N. - Dutch  
Jamilee S. - Dutch  
Umika G. - Dutch  
Itsuko I. - Dutch  
Rajit B. - Dutch  
Alicia H. - Dutch  
Alicia H. - Canasta (now complete)  
Jessie Q. - Dutch  
Jessie Q. - Canasta (now complete)

## STAR 3

Opal S. - Baby Blues  
Jessica L. - Baby Blues  
Terri W. - Elements (now complete)  
Stephanie D. - Baby Blues

## STAR 4

Terri W. - Swing

## STAR 5

Elissa C. - Willow

# Speed/Beep Champions

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## RISING STARS

Speed Champion 8-9 years - Jessie 25f/35b & William 25F/36B  
Most Improved - Jessie down 7F and 6B  
Honourable Mentions - Isabella R down 5B

Speed Champion 7 years and under - Bogdan 27f/44b  
Most Improved - Leah down 6F and 8B  
Honourable Mentions- Arina down 1F and 6B

## FUTURE STARS

Speed Champion 9 and under - Cindy 28f/42b  
Most improved - Cindy down 4 f and 16 B  
HM - Parinoor down 2F and 11B

# Speed/Beep Champions

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## JUNIOR

Speed Champions -10 & Over - Alicia 23f/28

Most Improved - Aya down 3f and 2b & Nicole down 1f and 4 b

HM- Jada down 3B

Speed Champion 8&9 years - Aiko 24f/31b

Most Improved - Kiyora down 1f and 4b

Speed Champion 7 and Under - Elena 26f/33b

Most Improved - Elena down 9F and 14B

HM - Thianna down 2f and 5b

## INTERMEDIATE

Speed Champion 10 & Over - Hanna 21f/25b

Most Improved - Aryel down 3f and 6b

HM - Lawrence 21F and 26B and Jessie down 2f and 4b

Speed Champion 9 & Under - Marcus 21f/28B

Most Improved Marcus down 3f and 3b

## SENIOR

Speed Champions- 14 & over female - Yasmyn 19f/22b

Most Improved - Yasmyn down 2f and 3b

HM- Ariel - down 1b

Speed Champion 13 & Under - Julia 18f/23b & Harnoor 19f/22b

**Join the 'NSSC Skaters Coaches Parents 2020'  
Facebook page to stay connected and get ideas for  
off ice conditioning**



**Stay safe and hope to see you all soon!**