

## Week 6—Leadership and Legacy week

Aug 5-8th, 2025

No skating Monday Aug 4th

# THE WEEKLY SPIN

(THE WEEK AHEAD)



## Summer Skating Camp—2025

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

## Week 6: Leadership & Legacy week

This week, we're focusing on what it means to lead, to inspire, and to leave something behind that matters. Skaters will explore the idea that legacy isn't about being the best—it's about how you make others feel, how you show up, and how you contribute to your community.

**The Giant Puzzle Project**—All week long, skaters will work on personal puzzle pieces— They'll decorate it with drawings, words, or reflections that represent who they are, what they value, and how they want to be remembered. Skaters will assemble all the pieces into a giant club puzzle that shows how each skater plays a unique role in our community.

**Wednesday**—Dear Future Me Day – see page 2

**Thursday**—Leadership Ice Bucket Challenge—see page 2

**Though the week— Letter Exchange Across Levels**—see page 3—**Parents we need your help!** Each group has a special writing challenge to connect with other skaters.

### Lead a Stoking Session – EXCEL Skaters Take the Ice

As part of Leadership & Legacy Week, EXCEL skaters are invited to plan and lead a stoking session for either the Foundations/Junior Academy group or their own EXCEL group.

Skaters may work individually or as a team to design the session.

**Option 1:** - Plan a Foundations /Junior Academy stoking session (Tuesday, Wednesday, or Thursday). Your plan must be presented to **Michelle** in advance for approval before the session begins.

**Option 2:** - Run an EXCEL stoking session at the end of the day (Tuesday–Wednesday or Thursday). Present your plan to **Becky** before the session for approval. This is a great opportunity to lead your peers, share your creativity, and inspire younger skaters—just like others have done for you.

This is one of our favourite theme weeks of the summer—thanks for helping us build something meaningful, one moment (and one puzzle piece) at a time.

## Upcoming Theme Weeks

WEEK 6  
WEEK 7

AUG 5-8  
AUG 11-15

LEADERSHIP AND LEGACY  
MISSION IMPOSSIBLE



## WOW Board Week 5 & 6 Update

Week 5 brought some seriously strong skating, and our WOW Boards are filling up fast with standout moments—focused effort, progress, and great teamwork.

We're combining WOWs from Weeks 5 and 6 since both are shorter weeks—but the prize is bigger! Skaters can earn up to 2 WOWs per week, and each one is a ballot in the draw for a **\$50**

**Lululemon gift card**—with one winner per level (Foundations/ Junior Academy, and Excel).

WOWs are handed out for: Strong effort and attitude, skill development Being a positive teammate The double week draw will happen this Friday! so here's still time to earn more. Keep showing up, keep working hard, and let's finish strong.


**Bring the WOW.**

## Good Luck, Skaters! — PEI Invitational, Aug 9

Best of luck to the skaters kicking off their season at the **PEI Invitational this Saturday, August 9**. We're so proud of you and can't wait to see you take the ice!

### Skaters Competing:

Alexis Stewart  
Kayla Rees  
George Lum  
Payton Byrne  
Antonio Landry  
Penelope Yang  
Hannah Allman  
Freya Strackerjan  
Alex Hua  
Cecelia Beauchamp  
Hailey Cantrill  
Ayla Garrison  
Ariana Johnston  
Olivia Shi  
Liv Moulton  
Stella Wang  
Angelina Hua  
Julia Moores

 **Team Photo**— Please be ready for a quick group photo in your competition outfit on **Thursday at 8:55 AM** before the first session.

---

## Final Simulation of the Summer – Sign Up Now

We'll be running our last summer simulation on Thursday, August 7 from 8:00–9:00 AM.

**Sign-up is online and due by noon Wednesday.**

Spots are limited—please speak with your coach before adding your name. .

---

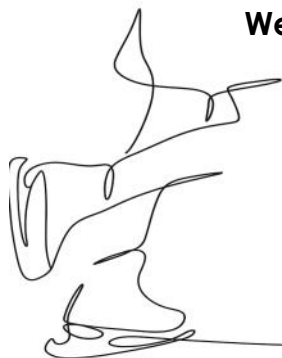
## Morning EXCEL Ice – This Week Only

Morning EXCEL ice will run on **Tuesday, Wednesday, and Friday** this week. There is **no skating on Monday** due to the holiday.

## Week 7 Newsletter Delay

The **Week 7 newsletter** will be sent out on Sunday instead of Saturday for next week. Thanks for your patience and understanding!

How are we already at the end of Summer camp?



## Wednesday Dress up Day

### Dear Future Me Day

On Wednesday, we're asking skaters to take on a two-part challenge:

#### 1. Dress as Your Future Self

Come dressed as the person you see yourself as in the future. Think: Olympian, coach, judge, your dream job outside the rink. Be creative, silly, or serious—your choice!

#### 2. Write a Letter to Future You

Bring a letter for your future self to open 5 years from now. Share what you hope skating will teach you, where you see yourself, or the kind of person you want to become. We'll seal it and return it to you at a future event.

## Thursday– Viral Vibes Challenge

### Leadership Ice Bucket Challenge

On Thursday, we're bringing back the Ice Bucket Challenge—with a leadership twist! Our Jr Leaders will monitor the activity.

Each skater will take part by:

- Naming one leadership trait they admire (kindness, courage, effort, etc.)
- Dedicating their challenge to someone who inspires them
- Taking a quick splash of cold water (outside, safe & optional!)

It's a fun way to show that leadership means showing up—even when it's uncomfortable.

**Want to participate?** Bring a towel, a change of clothes, and your best leadership energy. Let's get a little cold for a great cause—and a great message.

## Friday Specialty Classes

### Jump Rope with Delia – Weeks 6 & 7

We're excited to have **Delia Miles** joining us for **Friday morning off-ice** in Weeks 6 and 7! Delia is a competitive jump rope athlete and coach, fresh off the World Championships, and brings a fun, fast-paced session that builds cardio, coordination, and power.

### Friday afternoon Excel Sessions—Week 6

Session 1—Group Training  
Session 2 – Edge and Turns


## Parents, we need your help!

### Letter Exchange: Building Connection Across Levels

One of the most meaningful parts of **Leadership & Legacy Week** is our letter exchange project. It's a chance for skaters to connect across levels, recognize one another, and reflect on what they admire in their peers. It's a small gesture—but a powerful one—and we want to make sure every skater feels seen.

Please encourage your skater to take a few minutes at home to write their letter(s). Letters should **not be sealed**—we'll ensure they're delivered to the right recipient. If your skater wants to write to someone specific (a skater or coach), they're welcome to.

Skaters are encouraged to write as many letters as they can—to teammates, skaters they admire, or anyone who's inspired them this summer. We also need a few general letters (not addressed to anyone in particular) to ensure every skater receives at least one by the end of the week. We need around 70+ letters in total.

 **All letters are due by end of day Wednesday.** Skaters can also complete their letters during camp time if needed. Thank you for supporting this project. A kind word from a peer can leave a lasting impact—and moments like these help strengthen our community in real and meaningful ways.

---

#### Who Writes to Who:

##### **EXCEL Skaters** → Write to **Foundations** and/or **Junior Academy skater/s**

Include:

- Two things they can look forward to as they progress through skating
- Your favourite parts of the sport
- Any advice or encouragement for younger skaters

##### **Foundations Skaters** → Write to **EXCEL Skater/s**

Include:

- What you admire about them
- What you enjoy watching them do
- Any questions you have about moving up

##### **Junior Academy Skaters** → Write to a **Foundations Skater/s**

Include:

- Something they do well
- Why they inspire you
- Why you're excited to grow into an older skater one day
- Any question you have for them



Every skater deserves to feel seen, valued, and inspired—  
let's make it happen.