



THE CUTTING EDGE

MARCH NEWSLETTER | 2022

office@fhfsc.ca

Skate Sharpening Tips



How do I know when to get my skates sharpened?

Rule of Thumb - Skaters should be getting them sharpened every 20 hours on ice.

**Where can I get my skates sharpened?
Should anyone just sharpen my skates?**

Please go to a reputable skate sharpening place. Hockey skates can be done at most shops. Just ask that they show you that the edges are level. Figure skates should be done by someone your coach recommends.

Does it make a difference if I skate on out door rinks, ponds, my backyard, outdoor city rinks?

If you skate outdoors check the edges afterwards for any nicks in the blade. If they are at the back of the blade it should be fine for skating anything at the front or middle might make you lose your edge when skating. Time to get your skates sharpened.

COMPETITIONS



Stratford Competition - Dec 10-12th 2021

Congratulations to Saki for bringing home a gold medal

Brampton Competition Feb 12-13th 2022

Congratulations to Veronique on a great skate

Kewick Competition - Feb 26-27th 2022

Congratulations to Saki for bringing home a bronze medal

More Competitions coming

Super Series Milton March 4-5 2022

Saki Honjo

Star 1-4 Milton on March 11-13 2022

Elizabeth Loke

Annie Cohen

Lara Kessem

Stella Kay

STAY TUNED

For Provincials and Buffalo Competitions

High Test Day

Dec 14, 2021

Congratulations to our skaters who passed tests

Saki Honjo Star 7 Freeskate Elements

Ningdi Li Star 8 Starlight

Ningdi Li Star 8 Killian

Ningdi Li Star 9 Paso Doble

NEXT TEST DAY

THURSDAY MARCH 10th 2022

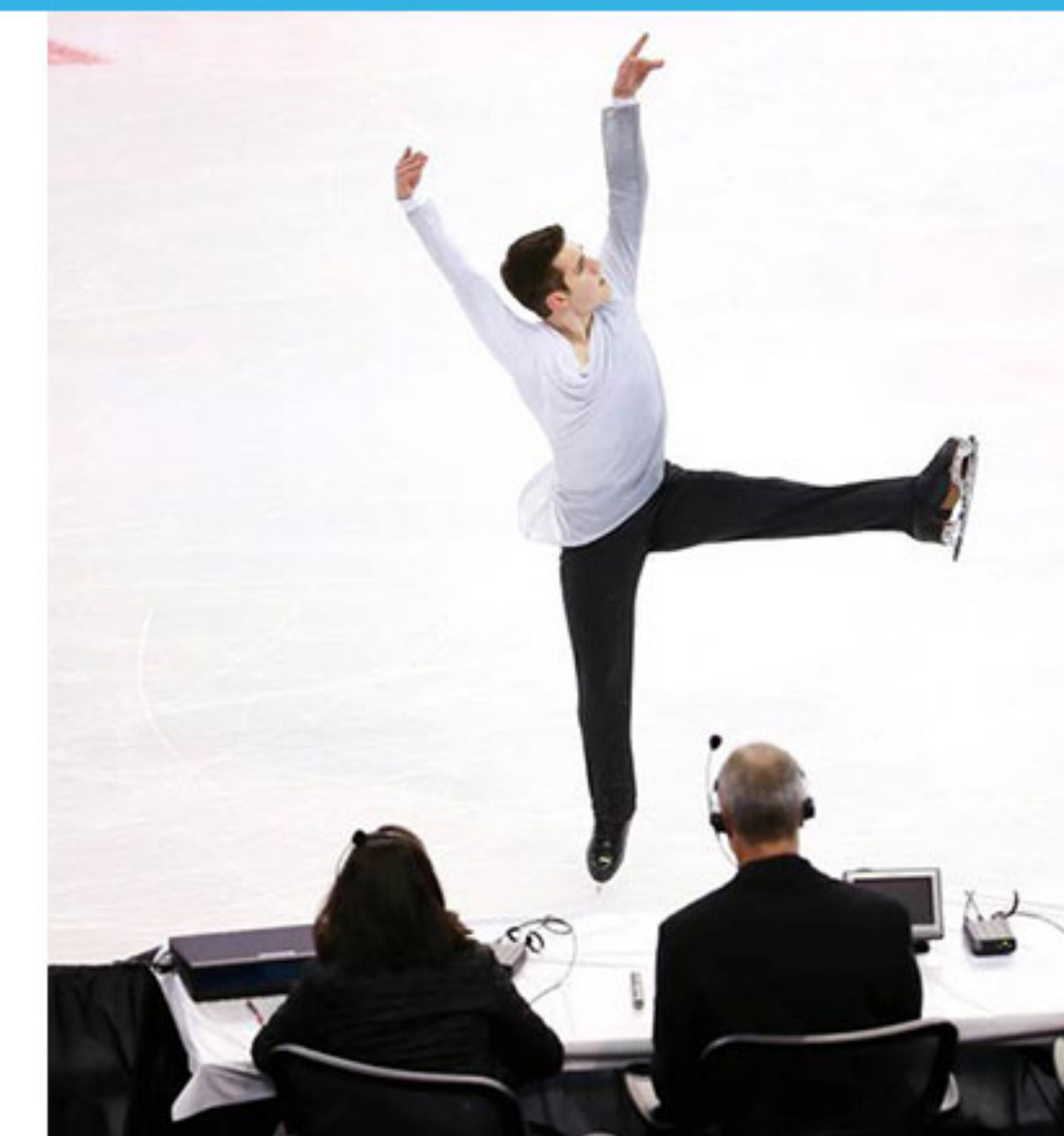
@ NORTH TORONTO

PERFORMANCE DAY

Sunday March 20 1-3pm

Phil White Arena

Going to be a great day for a Competition Simulation



CAMPS

March Break and Easter/Passover Camps

March 14-18 and April 18-20

Check out our website for more details

www.fhfsc.ca

COMING SOON

SEASON 5

MAY 1 - JUNE 30

Ice Skating Word Search

S P E E D S K A T I N G D U R
C I N G W I S L N T L E S R T
A I M E O T T A T I A W N A O
R N T C O L D T D C A R E I O
F C A O N A A E D E A S T F P
R O B Z E N H M N R I D T E O
A U L C L O W F R I C T I O N
A N A A C I U L I N S T M H D
E W D K O T R T L D D S A L O
N G E E S A T I D O C N E R S
K Y S A T E I N G O E S U I R
F A S P O R T C F R O Z E N E
A T A R O C U N A D E R I K G
F I G U R E S K A T I N G H T
K I L O M R E T R E S L O N G

Find these words:

ARENA
BLADES
BOOTS
COLD
FIGURE SKATING
FROZEN
GLIDE
HOCKEY
ICE
INDOOR

LOW FRICTION
METAL
MITTENS
OUTDOOR
POND
RECREATIONAL
RINK
SCARF
SPEED SKATING
SPORT