

Gettin' Up To Speed

Calgary Speed Skating Association

April 2006

Volume 1, Issue 5

CSSA Wrap Up Part at the Volleydome!

Join us at the club wrap up party (formally known as the club picnic). The festivities include volleyball, an awards ceremony, a slide show and snack! We are also lucky to have our very own club members, Arne Dankers, Steven Elm and Brock Miron attend with their Olympic medals.

Join us Saturday, April 22 from 1:30—4:30 pm at the Volleydome, 2848-24 Ave (across from the U of C).

If you are interested in volunteering, contact Nicole at calspeed@ucalgary.ca



NAST Results

The 2006 North American Short Track Age Class Championships was held in Kamloops, BC. Alberta sent a strong team of 32 skaters from the Midget to Master categories. Alberta had a strong showing over the course of the weekend. Congratulations to all those who attended and medaled.

Midget Boys

Heath Irvine (2nd Overall)
Malcolm Kinney (8th Overall)
Cooper Hunter (10th Overall)

Juvenile Boys

Benjamin Tam (12th Overall)
David Knox (24th Overall)

Junior Men

Steve Buzinski (4th Overall)
Gilmore Junio (8th Overall)
Graeme Carbert (15th Overall)

Intermediate Men

Matt Szostakiwskyj (2nd Overall)
Andrew Overend (7th Overall)

Master Men

Al Overend (2nd Overall) Master 3 Men

Midget Girls

Staci Dawidowski (3rd Overall)
Alyson Jesty (4th Overall)
Mallory Zorman (6th Overall)

Juvenile Girls

Sarah Jesty (6th Overall)

Junior Women

Kaylin Irvine (6th Overall)

Intermediate Women

Elyse Morrison (4th Overall)
Alex Tetarenko (14th Overall)

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Special points of interest:

Check out our web site at:
www.calgaryspeedskating.com

Contact us at:
Nicole
calspeed@ucalgary.ca

Tawnya
tmyard@ucalgary.ca

Calgary Club wrap up party:
Saturday, April 22 1:30-4:30 pm at the Volleydome

CAST Results

The 2006 Canadian Short Track Age Class Championships was held in beautiful Whitehorse, Yukon. Alberta sent a small team, only 16 skaters from the Midget to Intermediate categories. Even with a small team, Alberta was strong, finishing 4th Overall.

Congratulations to all those who attended and medaled.

If you are interested in looking at photos from the competition, please check out:
<http://www.shorttrack06.com/en/CompImages.htm>

Midget Boys

Heath Irvine (4th Overall)

Juvenile Boys

Benjamin Tam (17th Overall)

Junior Men

Steve Buzinski (5th Overall)

Gilmore Junio (13th Overall)

Graeme Carbert (22nd Overall)

Intermediate Men

Matt Szostakiwskyj (3rd Overall)

Andrew Overend (10th Overall)

Midget Girls

Staci Dawidowski (1st Overall)

Mallory Zorman (7th Overall)

Juvenile Girls

No CSSA members attended

Junior Women

No CSSA members attended

Intermediate Women

No CSSA members attended

Thank you Coaches!

Tawnya and I would like to take this opportunity to thank all our fantastic coaches who helped out this season.

We thank you and hope to see you in the fall!

Skate Return

Please note that any unreturned skate rentals may be returned after the wrap up party at the Volleystone on Saturday, April 22.

We will have skate returns at the Olympic Oval on Saturday from 4:30-5:30 pm.



CSSA Annual General Meeting (AGM)

Reminder that the Calgary club Annual General Meeting (AGM) is scheduled for Tuesday April, 25 at 7:30 pm. The location is TBD.

Please email Nicole at cal-speed@ucalgary.ca if you are interested in attending and she will inform you of the location.

Summer Dry Land

Our summer programs are growing this year! I have had some pre-registration, but would now like to extend an invitation to all those interested to do so.

You can register April 22nd at the Wrap-Up Party, May 1st on the first day of programs or via email addressed to Tawnya, tmyard@ucalgary.ca.

If you have already registered please check the lists to ensure I have the correct information.

I am still working on program details, cycling options, in-line possibilities and coaches. I'm excited about all the things we'll be able to do this year.

If you are interested in coaching please contact me as well. Here's to days without rain!

Date	Length	Training Focus	Activities
May 1—May 28	4 weeks	General Aerobic/Conditioning	Track cycling, mountain biking, in-line skating, hiking, soccer, strength training, imitations, trail runs, etc.
May 29—June 30	5 weeks	Aerobic/General Strength	
July 3—Aug 4	5 weeks	Specific Strength/	
Aug 7 – Sept 1	4 weeks	Power/Ice	

	1 Month Fee	2 Month Fee	3 Month Fee	4 Month Fee
4x/week	\$60.00	\$110.00	\$140.00	\$185.00
3x/week	\$55.00	\$100.00	\$125.00	\$160.00
2x/week	\$45.00	\$65.00	\$85.00	\$105.00
1x/week	\$35.00	\$45.00	\$60.00	\$75.00

Age Group	Day	Time	Location
6-10	Tues/Thurs	4:30-5:30 pm	Edworthy Park or the park just West of McMahon Stadium on University Drive.
11-15	Mon/Wed	4:30—6 pm	
16-20	Mon—Thurs	4:30—6 pm	Weight room at the Olympic Oval.
20-40	Mon—Thurs	5:30—7 pm	
40+	Mon—Thurs	5:30—7 pm	

VanHorne Skate Order

VH Footwear is once again offering a special price to Speed Skating Clubs to purchase short track skates. CSSA is happy to be able to pass this price on to its members.

Here's the sales pitch:

Dear speed skating associate,

In 2005 VH Footwear finished development and testing on a new stock short track boot. Through collaborative efforts with Shawn Holman the new design accommodates and exceeds the needs of developing and skilled speed skaters. This boot is designed to augment and accelerate the technical and performance progression of developing skaters.

Through my Master's Degree research I've been able to utilize the knowledge gained to design and create skates that can actually improve a skater's technique and speed. A culmination of almost 10 years of research has gone into this new short track boot. What I set out to design was a boot that addressed major issues that currently plagues the standard club skates that are being used. Some of the major advantages of the new VH short track are listed below:

- Fully heat moldable ankle and arch area with a heat moldable, supportive tongue
- Unlimited remoldability (year to year and user to user)
- Improved biomechanical function
- Safety modifications to reduce injury

The transition to full custom boots made easier through the advanced design

This new boot will come with a customized blade setup from Maple. This Maple Premium blade will come prebent and rockered which will complement the boot in developing technical and tactical skills as well as providing a skate, of which high levels of performance can be achieved. The complete skate will be offered at a club volume discount price. The club volume discount is set at \$429 for minimum 10 pair orders. The full retail price of this product is \$549. If clubs are interested in ordering just boots, so that they can source out their own blades, the presale price will be \$329. As an Alberta based company all orders will save on PST charges.

We are pleased to offer an advanced order discount of 10% for all clubs that place and **pay** for their orders by **May 30**. Therefore, the club volume discount price with the advanced order discount brings the complete skate (boots and blades) price down to **\$386.10**. All advanced orders will be delivered by August 15th. Special requests can be made for early delivery. Please act fast as inventories are limited.

Sincerely,
Scott Van Horne
scott@vhfootwear.com

If you are interested in ordering a pair, I will need a completed order form and a cheque for the full amount, \$413.13 (which includes GST) by **May 19, 2006**. You can e-mail me (Janice McDonald) at dtempest@telus.net for more information or to arrange an order.

If we do not receive orders for 10 pairs, the order will be cancelled, and club members who wish to may buy directly from Scott at his standard price.

Please note that neither I nor the club will take any responsibility for late receipt. Both boots and blades were late last year, not received until after our season started, so please be warned.



VH Stock Short Track order form

Name:

Phone Number:

E-mail:

Boot Size:

Blade length:

Amount paid:

**Boot Size: 32 34 35 36 37 38 39 40 41
42**

**Suggested Blade length: 13 14 15 15 15.5 15.5 16
16 16.5 16.5**

Special price for boots alone : \$316.83

Boots and blades: \$413.13

Please make cheques payable to the Calgary Speed Skating Association (CSSA).

Orders will not be accepted after May 19, 2006