

Gettin' Up To Speed

Calgary Speed Skating
Association

April 2008

Volume 3 , Issue 7

CSSA's Annual General Meeting

AGM

Calgary Speed Skating Association's Annual General Meeting will be held Sunday, April 20, 2007 from 1-3 pm in Kinesiology B-132 at the University of Calgary.

If you have questions about the AGM ask Nicole.

We hope to see you out!

Wrap-up Party

Join Calgary Club at the Jack Simpson Gymnasium, located on the University of Calgary campus just a few steps from the Olympic Oval on Sunday, April 20 from 1-4 pm.

Parents and Masters skaters, the CSSA Annual General Meeting (AGM) will take place in Kinesiology B-132 beginning at 1pm and lasting until 3pm if needed; we encourage parents to attend and get involved with the club.

Activities will include games in the gymnasium. A slide show from the season, and the awards presentation will occur in Kinesiology B-132 after the AGM. Beverages and snacks will be provided during the awards presentation.

Please bring non-marking indoor shoes and clothes to play in.

All members are invited to come out and participate or just hang out and visit. Any members interested in bringing cookies/snacks can contact Nicole at calspeed@ucalgary.ca .

Final note, any skaters who still have trophies, please drop them off to the Oval front desk asap. The Oval is now open until 4:30pm during the week.

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Special points of interest:

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

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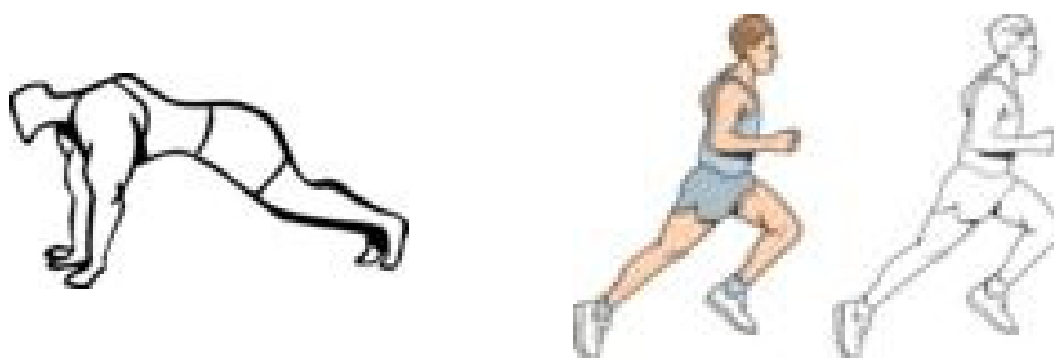
Ryan
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Spring/Summer Dryland

Following the awards presentation at the Wrap-up Party on Sunday, April 20, Shawn Holman will be going over Calgary Speed Skating's Spring/Summer Training Programs. This meeting will be held in Kinesiology B-132 (same room as the AGM).

Discussion items will include:

- Suggested training/activities base on LTAD principals
- Schedule of training sessions
- Outline of training modalities (ie running, cycling, imitations, hills, weights, inline)
- Training equipment (shoes, bikes, outerwear)
- Camps
- Cost



Skate Return

For all those members who have rented skates from the Oval Skate Shop this season and have not returned your skates, please return your skates to the Oval front desk. Reminder that you did put a deposit down for April 1'08 and if the skates are not returned, the deposit will be cashed.

Note the Oval now closes at 4:30pm during the week and is closed on weekends.

Olympic Oval Summer Camps

The Olympic Oval is offering summer camps for all levels of speed skaters.

Absolute Speed Camp is held **July 7-11th** and is an introduction to speed skating for youth who have never participated in this sport.

Summer Speed Camp is held **July 14-19th** and is for anyone who is a member of a speed skating club, we recommend that all members attend this LT or ST fun camp.

Masters Speed Skating Camp is being held **July 21-26th**, separately from Summer Speed this year for all our 30+ aged skaters.

Top Blade Long Track Camp is held **Aug 4-10th** and is for skaters age 13+ who have met the time standards in the 500m long track of 44 sec for males and 48 sec for females.

Top Blade Short Track Camp is held **Aug 18-23rd** and is for skaters age 13+ who have met the time standards in the 500m of 51 sec from males and 54 sec for females.

Detailed information and registration forms are available at:

<http://www.oval.ucalgary.ca/public/camps>

