

Gettin' Up To Speed

Calgary Speed Skating
Association

August 2008

Volume 3 , Issue 10

Letter From the President

Speed Skaters,

I am proud of the Club's showing in the 2007/2008 skating season:

225	Skating Members
114	Assoc Members
25	Coaches
24	Skaters at Alberta Winter Games (17 medals)
8	Skaters at Canadian Age Class Long Track Championships (8 medals)
8	Skaters at North American Long Track Championships (4 medals)
2	Skaters at North American Short Track Championships
7	Skaters at Canadian Age Class Short Track Championships (4 medals)
50	Skaters at Oval Finale
1	Skater at World Masters in Germany
12	Professional development NCCP certification Level 1 (Fundamentals)
2	Professional development NCCP Level 2 (Intro to Competition)
2	Professional development of coaches evaluated and certified as Level 3
14	Skaters at Canadian Masters Championships
24	Officials qualified for Level 1
8	Officials qualified for Level 2
1	Official recognized as Level 3 (congratulations Bob Irvine!)
176	Skaters at the Club's LT Indoor Championships (7 Canadian Records)
151	Skaters at RU Fast (2 Canadian Records)

Calgary is a leading speed skating Club in Alberta. Our challenge this coming season is to take our Club's strengths to a national level. For the Club, I set these challenges:

Increase the number of skaters: Shawn Holman, our Director of Skating Programs, has redesigned the Club's skating groups and coaching assignments for both youth and adults. We need to fill those programs with new and returning skaters. Call a friend, bring a younger (or older) brother or sister, or persuade your mom or dad to start skating.

Keep building the quality of coaching: Calgary Speed Skating pays its coaches. Shawn Holman has set a new coaching payment scale, recognizing the increased responsibility of lead coaches and the value of all coaches to deliver the highest quality programs for our skaters. (as well as the increased cost of living here in Calgary). If you are an experienced skater (16 years or older), contact Shawn (holmansportdev@yahoo.ca) about coaching for the Club when you are not doing your own training, and being trained as a coach.

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Special points of interest:

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

Contact us at:
Nicole
calspeed@ucalgary.ca

Shawn
holmansportdev@yahoo.ca

Letter From the President Cont'd

Build TEAM and foster the enjoyment of competition - Calgary Club Team Event: For the 2008-2009 season our TEAM has identified the Edmonton Fall Classic (short track) Nov 7th-9th as a primary focus for all club members. Our goal of this competition is to provide a team building opportunity for all members (parents and skaters) at the beginning of our season. Activities include:

Group bus trip

Social events at the hotel (pool, dinners)

Buddy system for new and veteran members to meet one another and assist with questions about speed skating racing formats and other details of a race weekend.

Please mark this on your calendar and stay tuned for more information regarding this event!

Have a stronger presence at national and North American competitions:

In 2009, Canadian and North American championships will be:

NAST December 5-7'08 Madison, WI.

NALT February 6-8'09 Calgary, AB.

CALT February 14-15'09 Regina, SK.

CAST March 27-29'09 Cambridge, ON.

Please plan to represent Calgary (and Alberta) at those competitions. The competition is high level, and the camaraderie is great. Of course, it takes more than planning. Hard work is required through the training season – listen to your coaches to get faster and stronger!

Fundraising: New Club programs and new coaching fees come at a financial cost to the Club. Fees will be increasing, but at a rate less than the increased costs. Your Board sees this as an investment in building the Club. However, we are concerned that Casino revenues (anticipated in the second half of 2009) will be lower, since the Grey Eagle Casino is outside the charitable Casino pool. As well, some Club members have raised questions concerning the ethics of using Casino funds to support amateur support. The answer to these issues is fundraising. Mick Dilger is working with a group on this, and if you are interested in helping, contact Mick (before he contacts you).

Club Gear: Richard Hijnen has put together another great line-up of on-ice and off-ice gear. Look for me in my new Calgary Speed Skating ball cap, and get your own skin suit, jacket, ball cap or beanie. Show the world that you skate with Calgary Speed Skating.

We have to keep doing everything else well. For the Board, this is only possible with the hard work of Shawn Holman in skating programs and Nicole Deering in administration. My other thank you is to all Club volunteers, with whose hard work we can continue to host competitions and other Club activities.

See you on the ice,

Blair Carbert

President

Calgary Speed Skating Association

Fall Registration

Fall Registration:

CSSA's fall registration for new and returning members will be held on Wednesday, September 3 from 7-9pm and Saturday, September 6 from 10am-2pm. The location is the third level of the Olympic Oval.

If you have any questions about registration, please contact Nicole calspeed@ucalgary.ca or 403-220-4417.

Volunteers Needed:

CSSA is in need of volunteers to help run its two registration dates, September 3 (7-9pm) and 6 (10am-2pm). We are looking for approximately 12 volunteers per day. This is a fantastic way to fulfill your volunteer commitment and meet Club members while you are volunteering. If you have any questions about volunteering or to sign up to volunteer for one or both of the registration dates please, contact CSSA's VP of Volunteers, Tania Tam tania.tam@shaw.ca.

Skate Swap/Sale During Registration:

There will be tables available for members to sell/swap their speed skate gear during both days of registration. Tables will be set up and each member must man their own section of the table. CSSA is in no way a buyer or seller of members goods, its just providing a gathering place for everyone to swap/sell their equipment that they no longer fit or use. To reiterate, each person must sell/swap their own equipment. CSSA will not sell your stuff for you.

Saturday BBQ:

CSSA will be hosting a BBQ on Saturday, September 6. All new and existing members are encouraged to attend. This will be a great opportunity to register for fall programs and visit with other members and coaches.

If you would like to help with the BBQ, please email Tania Tam. We'll require someone to pick up the supplies, someone to man the grill(s) and someone to help with setup/clean up.

Hats and Toques:

This year CSSA will be handing out club hats and toques to the first 30 completed registered members on September 3 and the first 70 completed registered members on September 6.

Reminders

Attention Alberta Development Team Members! If you haven't already, please return your rental DT skin suit ASAP. Nicole needs to do inventory and look at repairs on the suits for the upcoming season. Please return all suits to the Olympic Oval. Put the suit in a bag and write you name on the bag as well as Nicole Deering.

Any skaters interested in being an **Alberta Development Team Member for the 2008-09 season** should submit a nomination form to Nicole in the AASSA office. These forms are on the AASSA website, under the 'Downloads' section. Note the deadline for nominations was August 15, 2008 but Nicole will accept nominations until the end of August.

AASSA is hosting a Pre Development Team Camp again this year in Canmore. The camp will run from August 30-September 1 and is open to all skaters on the cusp of getting on the DT or are in their first year or two of the DT. The camp is aimed at skaters from Banam - Juvenile, who have current 500m times between 52 seconds and 70 seconds.

The camp is targeted to younger skaters with the aim of helping them to take the next step in their skating development. Skaters will be put into two groups based on ability. Each group will have two, 1 hour 15 minute on ice sessions per day. There will be daily off ice and classroom sessions. Evening activities are being planned that take advantage of the recreational opportunities in the local area, these activities are not part of the camp, and participation is optional, climbing at Visions Gym has already been booked for Sunday evening.

The cost of the camp is \$125 per skater. The cost maybe subsidized if AASSA is successful at their grant application.

For further details, please visit the AASSA web site; <http://www.albertaspeedskating.ca/> look under 'Events' for the registration and waiver.

If you have questions about this camp, you may contact Nicole at deering@ucalgary.ca or 403.210.8914

2008-09 Groups and Prices

For 2008-2009 the club is implementing a change to the fee structure for each group, which moves toward a group fee rate versus a number of sessions per week rate.

The primary reasons for this change are to:

Improve practice planning

Improve execution of practice

Provide more structure to promote optimal sessions for the skaters stage of development (Long-Term Athlete Development principals)

Ensure that we are effectively using our coaching staff

Ensure that we are effectively using our ice time (number on each session)

Re-branding of Groups

As CSSA build upon its previous seasons, CSSA is redesigning its groups with the addition of the Learn 2 Skate group along with some changes to its previous training groups. Below you will find a description of each of the groups and their names.

For existing members the club will be contacting you with a recommendation for your training group. After receiving your group recommendation and reading through the brief group description below, you are more than welcome to meet with Shawn Holman to answer any additional questions regarding training and competition for the upcoming season.

Group Descriptions:

Learn 2 Skate (L2S)

This group will focus on exposure to the sport at a young age targeting skaters who are experiencing skating for the first time (4-6 year olds). Learning to skate is the focus of this group. Racing will include fun and games, as well as the opportunity to participate in club mini-meets.

As there will be some weekend practices missed due to competitions and events at the Oval, CSSA is offering skaters 2 sessions per week at a fee of 1 session per week. Rather than missing out on a few sessions CSSA would like to offer all Saturday sessions as a bonus for this program. This incentive is also part of CSSA's initiative to grow its membership at the grassroots level.

Learning to skate is the focus of this group. Racing will include fun and games, as well as the opportunity to participate in club mini-meets.

Sessions: The maximum sessions for this group are 2/week.

Schedule:

Tuesday	Long Track	6:20-7:20pm
Saturday	Short Track	10:00-11:00am

The club fee is **\$175.00** for the season, this includes coaching for all practices and competitions, along with your AASSA and SSC affiliation fees.

SPD 3

This group is for beginners or young skaters that wish to work on their speed skating skills. Some skating experience is beneficial, but not a requirement. This group is based on both chronological and developmental age, speed, and skill level.

For optimal skill development skaters are encouraged to participate in both Long and Short Track development as recommended by Speed Skating Canada's Long-Term Athlete Development Plan. The focus for this group is FUN and personal bests through racing. Racing opportunities include club mini-meets in both long and short track, as well provincial meets. Competitions are not mandatory but are encouraged as part of the enjoyment and full experience of the sport.

2008-09 Groups and Prices Cont'd

SPD 3 Cont'd

Sessions: The maximum sessions for this group are 4/week.

Schedule:

Monday	Short Track	7:00-8:15pm
Tuesday	Long Track	6:20-7:45pm
Wednesday	Long Track	6:30-7:45pm
Thursday	Short Track	6:30-7:30pm

The club fee is **\$300.00** for the season, this includes coaching for all practices and competitions, along with your AASSA and SSC affiliation fees.

SPD 2

This group is for young skaters who wish to build upon their speed skating skills from SPD 3. This group is based on both chronological and developmental age, speed, and skill level. SPD 2 is a diverse group offering a progression from SPD 3, but also a transition to the demand of high performance programming in SPD 1. Coaches will evaluate and implement individual needs for both training and competition as part of the skaters' seasonal planning. For optimal skill development, skaters are encouraged to participate in both Long and Short Track development as recommended by Speed Skating Canada's Long-Term Athlete Development plan. As SPD 2 skaters are at different developmental ages, an individualized approach to discipline split (Long Track: Short Track), along with physical activities will be recommended depending on the skaters' developmental age and physical and mental readiness.

The focus of competition for this group is to introduce the skaters to competitive development, while continuing physical development. Skaters will build upon their competitive experiences in SPD 3 focusing on FUN and personal bests. As a transition to SPD 1, skaters will increase the number of competitions from SPD3 during the season. Racing opportunities include club mini-meets in both Long and Short Track, as well as provincial meets. Skaters in SPD 2 are strongly encouraged to participate in competitions for optional development of skills, along with the fun and full experience of the sport. As mentioned, SPD 2 is a diverse group, whose members will have personalized goals. SPD 2 skaters are exposed to goal setting on an individual basis, with an increase in education and responsibility as a transition to the SPD 1 group. Please note that there are specific time standards and qualifying competitions for specific events.

Sessions:The maximum sessions for this group are 5/week (dryland is part of group warm-ups)

The 5th session for SPD 2 will be determined by the physical and discipline need for the specific time of the season.

Coaches will use the 5th session to periodize volume, intensity, and skill development based on both group and individual needs.

5th Sessions for SPD 2.

Schedule:

Monday	Short Track	8:15-9:30pm
Tuesday	Long Track	6:30-8:00pm
Wednesday	Short Track	7:00-8:15pm
Thursday	Short Track	7:30-8:45pm
Thursday	Long Track	6:30-8:00pm
Friday	Short Track	7:30-8:45pm
or Saturday	Short Track	11:00-12:50pm
or Sunday	Long Track	12:00-1:40pm

The club fee is **\$425.00** for the season, this includes coaching for all practices and competitions, along with your AASSA and SSC affiliation fees.

2008-09 Groups and Prices Cont'd

SPD 1

This group is for young skaters who wish to build upon their speed skating skills from SPD 2. There is an increase in competitions for this group with a transition to programming demands of a high performance skater. Skaters will be exposed to detailed and individualized goal setting which will focus on building upon their skills gained in SPD 2. This group is based on both chronological and developmental age, speed, and skills level. Athletes in SPD 1 must also display a readiness (both physical and mental) to participate in the demands of a high performance program which include; increase in volume and intensity, participation in identified competitions, year round programming, testing and monitoring for performance and recovery. For optimal skill development skaters are encouraged to participate in both Long and Short Track development as recommended by Speed Skating Canada's Long-Term Athlete Development plan. As SPD 1 skaters are at different developmental ages, an individualized approach to discipline split (Long Track: Short Track), along with physical activities will be recommended depending on the skaters' developmental age and physical and mental readiness.

The focus of competition for this group is to increase competitive development, while continuing physical development. SPD 1 skaters will have an increased individual approach to training and competition, along with monitoring. SPD 1 skaters will build upon their knowledge and skills from SPD 2 to more advanced training methods, competition (intro to Olympic style), and recovery techniques and monitoring tools. Skaters in SPD 1 must be ready for an increase in skater responsibility for training programs, competitions, and the monitoring of the balance of school and sport. SPD 1 skaters will participate in both Long and Short Track disciplines as part of their developmental plan. The SPD 1 group is a diverse group, which will have various goals depending on the skaters' stage of development. Goal setting is done on an individual basis. Please note that there are specific time standards and qualifying competitions for some specific events.

Sessions: The maximum sessions for this group are 6/week (includes programming of dryland). Due to the increase in training demand, periodization of sessions will include the use of weekend training to balance academic and sporting demands.

Schedule:

Tuesday	Short Track	8:15-9:30pm
Wednesday	Long Track	6:30-8:00pm
Thursday	Short Track	7:30-8:45pm
Saturday	Short Track	4:30-6:00pm
Sunday	Long Track	12:00-1:40pm

The club fee is **\$925.00** for the season, this includes coaching for all practices and competitions, along with your AASSA and SSC affiliation fees.

Adults

- Adult SPD is targeted for skaters wishing to;
- pursue personal bests
- pursue physical fitness
- participate in competitions
- Meet new friends
- Pursue HP goals (ie stepping stone to Oval Programs, World Masters)
- Participate with family members

2008-09 Groups and Prices Cont'd

Adults Cont'd

Adult SPD embraces both the recreational skater and those with specific competitive goals. All skaters will build upon their speed skating skills to reach their individual goals. Goals will be created by the skater, our coaching team and each skater's programming will be designed to achieve these goals. Programs include the ability to participate in both Long and Short Track programs, as identified in Canada's Long-Term Athlete development plan. Adult SPD skaters are at the stage of development to specialize in either Long or Short Track speed skating. Depending on one's goals and preference, coaches will work with you to suggest a plan that is the best fit for you.

Skaters in Adult SPD will have personalized goals. Racing opportunities include club mini-meets for both Long and Short Track, as well provincial meets, National, and International events. Personal bests are always the focus of this group! Adult SPD skaters will work with their coach to identify competitions to meet their goals. Please note that there are specific time standards and qualifying competitions for specific events.

Sessions:

*Depending on group size and interest an additional Short Track session may be added on Friday evenings 8:45-10:00pm

* Sunday's Long Track session is an additional option for skaters who wish to add some additional training to their program. The Sunday is an individual training session and coaching is not provided for this session.

Schedule:

Monday	Short Track	9:30-10:45pm
Monday	Long Track	8:30-10:00pm
Tuesday	Short Track	9:30-10:45pm
Tuesday	Long Track	8:00-10:00pm
Wednesday	Long Track	6:30-8:00pm
Thursday	Short Track	8:45-10:00pm
Thursday	Long Track	6:30-8:00pm
Sunday	Long Track	12:00-1:40pm

The club fee is **\$210.00** for 1-2 sessions/week or **\$425.00** for 3-4 sessions/week for the season, this includes coaching for all practices and competitions, along with your AASSA and SSC affiliation fees.

Speed Skate Rental Fees

Rental equipment will be rented to all season members on a yearly basis. This change is to improve our skaters' equipment fit and maintenance. By renting for the season skaters will have their equipment for the year allowing them to maintain their edges better. By doing this it will improve practices by skaters having better edges to improve skills, along with reducing the need for coaches to burr skates and exchange skates, which cuts into practice and instruction time. Are rental skates are divided into two fleets A & B. There are several options for yearly rentals based on newer and used model skates, as well as long track options.

Fleet A (Short Track)	Fleet B		Maple Klaps
1 and 2 year old equipment. VH boots and Maple Premium blades	Tier 1 3 year or older equipment, or Viking boot with klap blade, or Bont ST boot and blade	Tier 2 Zanstra/Elympian/Viking fixed LT boots	Blade only would attach to skater's existing boot (if suitable) or rented Fleet A VH boots.
\$160.00	\$110.00	\$70.00	\$125.00

Deposit

\$200.00 deposit required on Fleet A, B (Tier 1) skates and Maple Klaps.

\$100.00 deposit on Fleet B (Tier 2) skates.

Congratulations Mallory!

Mallory Zorman has recently received a \$5000 scholarship to go towards school or sport from (DESA). Upon her successful application, Mallory was asked to present a speech to the delegates on July 19th, 2008 at the Diabetes Exercise and Sports Association International Conference in Toronto, ON, Mallory Zorman was awarded the Lew Harper Memorial Youth Award. This award honours the athletic and scholastic achievement of an outstanding young DESA member. The award recognizes the courage and determination of youth who manage well the challenges of diabetes at a time in their lives when there are already so many complexities in the task of growing up. Mallory received a scholarship of \$5000 that can be used towards education or sport.

Mallory explained that the experience was phenomenal. "I met many diabetics there, who are all very involved in sport. I learned that even if you have diabetes it shouldn't be a roadblock of any goals you have in life. It may be an extra challenge but anything is still achievable. I also learned that when you accomplish something with diabetes, you feel very good about yourself because you know, not only did you achieve your goal, but you achieved it with diabetes. It took a lot away from the whole experience and feel confident that I can still train and compete and do well even with diabetes".



If you have a skater story or family story, send it to Nicole and she'll post it in the one of the upcoming newsletters.

Nutrition Advice

WHERE DOES THAT SNACK GO? PART 1: CARBOHYDRATE

How does the food we eat affect athletic performance? That depends on what you eat and what you do. The energy in food is used in different energy pathways. That's why some foods are better fuel for endurance exercise and some are better before high intensity exercise.

Energy in food comes from three sources; protein, carbohydrate and fat. Carbohydrate can be simple or complex. Simple carbohydrates are sugars such as glucose, fructose and lactose. Complex carbohydrates, starches and fibre, are made of simple sugars linked together to form a longer chain. Sugars are digested quickly and easily, but the energy they provide is used up quickly. Complex carbohydrate must be broken down to glucose after it's eaten, then used as energy or stored as glycogen.

Carbohydrate is the energy source used in anaerobic metabolism, which means no oxygen is used in the energy process. The body converts carbohydrate to adenosine triphosphate, or ATP, which is used as energy, using glycolysis. This provides enough ATP to fuel a short, high intensity burst of activity, such as a race, that lasts a few minutes or less.

Carbohydrate is stored in muscles as glycogen, which lasts for up to two hours of exercise. If an athlete continues high intensity exercise for longer than two hours, they will use up the muscle glycogen and they may "hit the wall", or run out of energy. You can continue to replace carbohydrate during the exercise by eating easily digested snacks or by drinking sports drinks that contain sugar. If you decrease the intensity of the exercise, aerobic metabolism takes over and your body will use fat as the energy source. After exercise, eat high carbohydrate foods with some protein to replace the muscle glycogen and repair muscles. This is important to recovery and to your next event or training session.

Glycemic Index is a measure of how various foods affect blood sugar and insulin levels in the body. Its original use was in patients with Diabetes to help control blood sugar levels. The glycemic index can also be used for athletes in planning snacks around training. High glycemic foods are more quickly used during exercise and can be used to quickly replace glycogen after exercise. Low glycemic foods are more useful before exercise for athletes who cannot eat or drink during exercise, such as swimmers.

For general health, low glycemic foods leave you feeling satisfied for longer and will help curb your appetite. The glycemic index is used in some weight loss diets. To compare the glycemic index of certain foods you can find a chart at http://www.diabetes.ca/Section_About/glycemic.asp, or look up specific foods to find their glycemic index at <http://www.glycemicindex.com/>. In general, foods with more soluble fibre, such as brown rice vs. white rice, are more slowly digested, so they have a lower glycemic index.

The role of fat and protein in exercise will be covered in more detail in Part 2.

S. Gail McLeod, R.D.