

Gettin' Up To Speed

Calgary Speed Skating Association

December 2005

Volume 1, Issue 2

Please note the Calgary Club will **not** be hosting the Festive Meet in December. The two large meets CSSA will be hosting this season are the **Alberta Open Long Track, Jan 13-15, 2006 and the RU Fast Short Track, Feb 17-19, 2006.**

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CSSA Christmas Party

The Calgary Speed Skating Association is pleased to announce its annual Christmas Party and Fun Long Track Mini Meet.

The Christmas party will be held on Thursday December 22, 2005 from 6:30-8 pm.

Wear your festive toques and sweaters.

The Fun Long Track Mini Meet will include a couple short distances and a 10km 'marathon' for everyone. Distances will be determined once the office knows how many participants

there will be on December 22. Please tell your coach if you are planning on attending CSSA's Christmas Party and Fun Long Track Mini Meet. We look forward to celebrating the Festive Season with you!

2006 Alberta Winter Games Zone 3 Playoffs

The 2006 Alberta Winter Games (AWG) are scheduled for February 23-26, 2006 in Edson, Hinton and Jasper. Long Track speed skating will be held at Jasper Park Lodge on Lake Mildred. This is the second time long track speed skating will be showcased at the AWG.

Eligibility is as follows:
12 competitors per zone;

1 Female 2nd Year Midget
1 Male 2nd Year Midget
2 Female Juveniles
2 Male Juveniles
2 Female Juniors
2 Male Juniors
1 Female Intermediate
1 Male Intermediate
All athletes must be 11 years old before the start of the Games.
Zone 3 (Calgary) Playoffs will be held

Tuesday, December 13, 2005 from 6:30-9 pm.

All those skaters eligible who are planning on competing at Zone 3 Playoffs must fill out a registration form and hand it into the CSSA office by Friday December 9, 2005.

Please note, if you think your child has the opportunity of becoming a fill, they must skate at Zone 3 Playoffs in order to be considered as a fill.

Ice Cancellations

Please note that the following ice sessions have been canceled:

The last day of program skating prior to Christmas is the Christmas Party on **Thursday December 22, 2005.**

Program skating will resume on **Wednesday January 9, 2006.**

The last day of skating for the Learn to Speed Skate program is **Saturday December 17, 2005.** Learn to Speed Skate

will resume on Saturday **January 14, 2006.**

Saturday December 3, 2005 there will be no program skating due to the Junior Short Track Team Trials.

Special points of interest:

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

Contact us at:
Nicole
calspeed@ucalgary.ca

Tawnya
tmyard@ucalgary.ca

Upcoming Short Track meets:
Rocky Mountain House ST Meet
December 10, 2005

AASSA Development Team Long Track Camp #4 **December 17-19, 2005** in Edmonton, please contact Nicole in the AASSA office if you are planning on attending; deering@ucalgary.ca

Upcoming Long Track meets:
January 13-15, 2005 in Calgary.

Sunday Morning Races at the Olympic Oval

Calgary Club skaters are eligible for the following Sunday morning long track races:

December 11, 2005

December 18, 2005

January 29, 2005

February 18, 2005

February 25, 2005

March 4, 2005

Sign up at the Oval front desk each Thursday prior to the Sunday racing; the cost of Sunday racing is \$4.00 which is payable to the Oval front desk.

Short Track Mini Meet, December 17, 2005

CSSA is putting on a short track mini meet on Saturday December 17, 2005 from 4:30-6:30 pm for all those skaters in Learn to Skate, Learn to Speed Skate and Intro to Skating, age classes Cradle, Pee Wee, Bantam and Midget (ages 4-11). This is a great opportunity for all those kids who have not participated in a race this season to see what all the hype is about!

Please sign up with your coach, or call Tawnya or Nicole in the CSSA office, 220-4417 or email Nicole at calspeed@ucalgary.ca before December 6, 2005. This event is free, we request that every skater have at least one parent volunteer to help with timing, place judging and marshalling skaters.

Would Be Astronaut Skates Like a Rocket

Long time Calgary Speed Skating Association member Arne Dankers has a few goals in life besides being a world class skater. Earlier this year he finished his studies in Electrical Engineering at the University of Calgary and he has plans to eventually join the space program in order to become an astronaut. And physically speaking he has a few things going for him as well; not only is he an athlete who competes at world level in speed skating, he has shown tremendous endurance on a bicycle (we are talking 7-8 hours solo), great strength in the weight room, can swim in icy cold water (I have photographic proof), has eaten bugs on occasion (survival skills) and last but not least, he keeps a cool head when racing at supersonic speed on ice as a skater. He also has held a license to fly glider planes. All together some of the famous 'Right Stuff' that NASA is always looking for in candidates for their Space Program.

At the start of the World Cup season two weeks ago in Calgary, he became the first Canadian to break the 6:20 minute mark in the 5000m event, beating the legendary 4 time World Allround Champion Rintje

Ritsma by 4 seconds and finished in 10th position. The Olympic Oval proved to be very fast that weekend, with the eventual winner setting a new World Record.

This past weekend in Salt Lake City, the second World Cup was held and once again Arne skated a superb 5000m. His finish time of 6:14.01 was the 4th fastest time ever skated at that moment and would actually have been a world record a week prior. His blistering pace set the tone for what was to come next as a number of skaters starting after him tried in vain to match his speed (10 laps in a row under 30 seconds!) or beat his final time.

In the final standings Arne finished in 7th place while it took another world record to beat him that day (with 2 of the men under the latest world best time) while he was closer to the winning time than ever before.

The years of dedicated and hard training appear to be paying off for Arne this season. And now that he is within striking distance of the podium finishers this may turn out to be Arne's season to break through to the very top. Club members

can come out between Christmas and New Year to cheer on Arne during the Canadian Olympic Trials, where he will take the next step towards the 2006 Olympic Games in Torino.

- Arno Hoogveld

