

Gettin' Up To Speed

Calgary Speed Skating
Association

February 2007

Volume 2, Issue 3

Upcoming Meets

Lethbridge Short Track Competition March 10, 2007

The Lethbridge club is holding their first short track meet in many years. This is a one day meet, any club skaters who can attend this meet are strongly encouraged to attend. Registration forms can be found on the 'musical' club bulletin board, which is now located kind of across from the vending machines leaning precariously against the wall.

The deadline for entries is Monday, February 26.

Moose Jaw Short Track Competition March 9-11, 2007

Unfortunately the Medicine Hat Short Track competition scheduled for March 3-4 has been cancelled.

If anyone is interested in getting in another short track competition before the end of the season there is a competition in Moose Jaw, Saskatchewan. Registration forms will be found on the club bulletin board. Skaters and parents would be responsible for finding their own accommodations and transportation.

Season Best Times

We will be posting all the times from our Mini Meets and competitions from this season on our website. Please take a look at www.calgaryspeedskating.com. If there are any mistakes or you have questions please email Tawnya at tmyard@ucalgary.ca



Inside this issue:

Ice Cancellations for February and March	2
Alberta Youth Olympic Symposium	2
Upcoming Mini Meets	3
Volunteers for Family Day	3
Volunteers for Winterfest	3
World Cup Draw	4
Skate Swap/Sale	4
AGM/Wrap-up Party/Awards	4
World Cup Finale—March 2-4, 2007	5
Summer Dryland	6
Olympic Oval Summer Camps	6

Special points of interest:

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

Contact us at:
Nicole
calspeed@ucalgary.ca

Tawnya
tmyard@ucalgary.ca

Ice Cancellations for February and March

SHORT TRACK:

Friday February 16th 7:30-8:30 and 8:30-10pm,
Saturday February 17th, 4:30-6:30 and 6:45-8:15pm
Sunday February 18th, 5:15-6:45pm
Reason: RU Fast Club Competition
Monday February 19th, all practice times due to Family Day.
Sunday February 25th – Sunday March 4th
ALL PRACTICES THAT WEEK!
Reason: World Cup Final
Last Day of practices: Tuesday March 13th

LONG TRACK:

Monday February 19th, all practice times due to Family Day.

Sunday February 25th, 12-1:40pm
Reason: World Master's Championships
Sunday February 25th – Sunday March 4th
ALL PRACTICES THAT WEEK!
Reason: World Cup Final
Last Day of practices: Tuesday March 13th

World Cup Week Plans

We will not have any ice available to us at the Oval from Sunday February 25th to Sunday March 4th.
Please talk to your coaches to find out what alternate plans they have for possible dry-land activities. Also, get your World Cup tickets now, it looks like another sellout for this event! For more information on this event, look at page 5.

Alberta Youth Olympic Symposium

The Alberta Youth Olympic Symposium (AYOS) is a leadership development program for Alberta high school students. Up to forty students in grades 10-12 will be selected to attend this 3 1/2 day residential workshop in Calgary, Alberta. It is designed for students who have an interest in leadership and the Olympic Movement.
AYOS 2007 will be held May 10 - 13, 2007

at the University of Calgary. The application [information](#) for AYOS 2007 is now available on their website at www.ayos.ca. Participants are able to receive high school credit for their involvement with AYOS. Applications are due by March 30th, 2007.
This is an excellent opportunity for any high school student, I (Tawnya) attended AYOS when I was in grade 11 and would highly recommend it.



Upcoming Mini Meets

The skating season is coming to a close and that means our last short track and long track mini meets are coming up.

The last short track mini meet is scheduled for Saturday, March 10 from 4:30-6pm.

The last long track mini meet is scheduled for Tuesday, March 13 from 6:30-8pm, which is also our last day of lessons.

If you are interested in attending, please tell your coach(es).

Volunteers for Family Day

On Monday, February 19th the Oval is hosting a huge Family Day event. We are able to showcase an information table right next to the short track from 12-4pm to provide information about our club and answer questions about speed skating. If you and your family would like to take some time to promote our sport and share your love of speed skating or need to finish off a few volunteer hours please contact Tawnya at tmyard@ucalgary.ca.

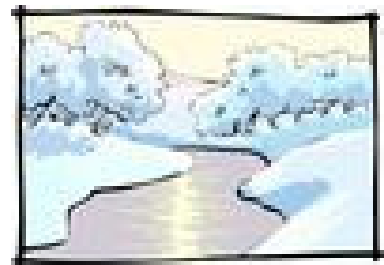


Volunteers for Hillhurst-Sunnyside Community Winterfest

On Saturday, February 24th the Community of Hillhurst-Sunnyside is holding their annual Winterfest festival at the Hillhurst-Sunnyside Community Centre which is located at 1320 5 Avenue N.W. (by Riley Park).

We are able to showcase an information table/demo from 1-3 pm to provide details about our club and answer questions about speed skating. If you and your family would like to take some time to promote our sport and share your love of speed skating or need to finish off a few volunteer hours please contact Nicole at cal-speed@ucalgary.ca

In order for us to be a presenter at this Winterfest, I'll need to know by the end of this week (Feb 16) if we have interest from our membership on volunteering at this event.



World Cup Draw

The Organizing Committee Calgary (OCC) has offered Calgary Speed Skating a fantastic opportunity, two of our youth skaters will be given the chance to hold a banner and lead the World Cup winners around the Oval for their victory lap on Sunday, March 4.

We will be holding a draw for all our youth skaters who are interested. Two things to remember, only put your name in the draw if you know you will be available Sunday, March 4. Also, one entry per person. All entries must be submitted to Nicole at calspeed@ucalgary.ca. No entries will be accepted after 9pm on Thursday, February 22. The two winners will be notified by Monday, February 26. Good luck.



Skate Swap/Sale

Calgary Speed Skating will be hosting a skate swap/sale at the Olympic Oval on Saturday, April 14 from 10am—2pm in Kinesiology connecting rooms 87 and 88. These rooms are accessible by using the 'Activities Area' stair case or elevator. These rooms are on the lower level, at the bottom of the 'Activities Area' stair case, just before walking through the double doors to the Olympic Oval. Signage will be posted the day of the event. This is a great opportunity for members to swap and sell equipment with other members.

Tables will be set up, each member must man their own section of the table. CSSA is in no way a buyer or seller of members goods, we are 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. If you have questions about this event, contact Nicole at calspeed@ucalgary.ca.

AGM/Wrap-up Party/Awards

Join Calgary Club at the VRRRI Recreation Centre, located at 3304-33rd St NW across from the University (on the North side) on Sunday, April 22 from 2—5 pm. Here is a map of the VRRRI Recreation Centre:

<http://maps.google.ca/maps?f=q&hl=en&q=3304+-+33+street+nw+calgary,+ab&ie=UTF8&om=1>

Parents and Masters skaters, the CSSA Annual General Meeting (AGM) will take place in Seminar Room 1 beginning at 2 and lasting until 4pm if needed; we encourage parents to attend and get involved in the club. Activities will include games in the gymnasium, a slide show from the season, and awards presentation. Beverages and snacks will be provided. 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.

World Cup Finale—March 2-4, 2007

On March 2nd, 3rd and 4th, we invite you to come and cheer on the fastest speed skaters in the world. The podium success of Canada's long track speed skating team continues, as Olympians Cindy Klassen, Kristina Groves and Denny Morrison compete on the final stop of this season's World Cup circuit.

Races begin at 1:00 PM on Friday, March 2nd, and at Noon on Saturday & Sunday, March 3rd and 4th.

Buy your tickets in person at the Olympic Oval located on the University of Calgary campus, or through Ticket Master at 777-0000. For ticket prices and weekend pass rates, please visit our website at www.speedsk8.ca.

Essent ISU World Cup Speed Skating

March 2, 3 & 4, 2007

Hosted by the Organizing Committee Calgary

Schedule:

Friday, March 2

13:00 start -

500m Ladies
500m Men
1000m Ladies
1000m Men



Photo by Tony Field

Saturday, March 3

12:00 noon start -

500m Ladies
500m Men
1500m Ladies
5000m Men

Sunday, March 4

12:00 noon start -

1500m Men
3000m Ladies
100m Semi Final Ladies and Men
100m Final Ladies and Men

All races are finals (except for the 100m semi-finals) and contribute points to the overall World Cup standings. This is the final World Cup competition in the series and the overall World Cup champions will be determined for each distance.

We are expecting approximately 150 skaters from 16 countries.

Tickets will be available in December at the Olympic Oval and at Ticketmaster.

An order form is available on the web site and to fax out if requested.

Ticket Prices:

One-day ticket

Adult	\$ 20
Senior (over 55)	\$ 15
Student (16 and over with card)	\$ 15
Child/youth (6 to 15)	\$ 5

3-day package \$ 45 adults, \$ 35 senior/student, \$10 child/youth
(3 individual day tickets bundled together and sold at the package price)

Summer Dryland

The CSSA will offer Summer Dryland programs starting in May and running until the end of August. These will include:

CSSA Soccer Night

All ages, One day per week, May-August
One night per week will be scheduled for drop-in soccer or other games. A fun opportunity to stay in touch with speed skating friends and maintain fitness.

Learn to Speed Skate, Intro To Skating

Age ~6-10 One Day per week fun and fitness

Kids will meet one hour per week and play soccer, other games as well as learn some exercises specific to speed skating

Love to Skate/Competitive 1

Age ~8-12 Two Day per week, May-June
Kids will meet 1 hour twice per week to continue some of the dryland training that was initiated during the season.

Competitive 2 Youth

Age ~11-16 Two Day per week, May-June
Youth will meet 1.5 hours twice per week to work on technique and fitness. Youth can also register for track cycling once per week.

Teen/Adult Programs

Age 16+, 1-4 days per week, May-August
Sessions will be available 1-4 days per week and will include strength circuits, aerobic fitness, and track cycling. The focus is to maintain and/or increase fitness through the summer gearing up for next season.

Times, days and costs will be announced in March once coaches and location are confirmed. If you would like more information please contact Tawnya at tmyard@ucalgary.ca.

Olympic Oval Summer Camps

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

Absolute Speed Camp is held **July 16-20th** and is an introduction to speed skating for youth who have never participated in this sport.

Summer Speed Camp is held **July 9-14th** and is for anyone who is a member of a speed skating club, we recommend that all members attend this super fun day camp.

Masters Speed Skating Camp is being held **July 23-28th**, separately from Summer Speed this year for all our 30+ aged skaters.

Top Blade Short Track Camp is held **July 2-7th** 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.

Top Blade Long Track Camp is held **Aug 5-12th** 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.

Detailed information and registration forms are available at

<http://oval.sunergon.com/PublicServices/Camps/tabid/57/Default.aspx>