

Gettin' Up To Speed

Calgary Speed Skating
Association

July 2007

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Congratulations Jack Walters

A big congratulations goes out to Jack Walters who was recognized at Speed Skating Canada's Awards Banquet which was held in conjunction with their 120th Annual General Meeting in Canmore, Alberta, June 15-17. Jack was awarded one of the Coaching Excellence Awards for all his hard work and dedication to speed skating, specifically at the grass-roots level.



Upcoming Coaching Clinics

Alberta Speed Skating, along with the Olympic Oval are hosting a few coaching clinics this summer/fall.

Level 1—FUNdamentals

Part A September 8-9 at the Olympic Oval

Part B November 3-4 at the Olympic Oval

Level 2—Introduction to Competition

Part A October 6-7 at the Olympic Oval

Part B November 17-18 at the Olympic Oval

Level 3 Technical

July 11-14 at the Olympic Oval

If you are interested in taking one of these courses, please contact Wendy Walker in the AASSA office, aassa@ucalgary.ca or 220-7911.

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Special points of interest:

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

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AASSA Pre-Development Team Camp



The Banff/Canmore SSC and AASSA PRESENT

2007 CANMORE SUMMER DEVELOPMENT CAMP

When: August 18 – August 21, 2007

Where: Canmore Recreation Centre, Canmore, AB.

What: A camp that 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.

Who: The camp is aimed at skaters from Bantam – Juvenile, who have current 500m times between 52 seconds and 70 seconds.

Cost: \$125/skater (cost may be subsidized depending on number of participants).

Accommodations: The Alpine Club of Canada has a hostel type of accommodation, complete with full service kitchen.

Rates are \$25/adult and \$16/child. The camp is taking place at high season for tourists in Canmore, so book early. There are also numerous hotels, motels and bed and breakfasts available in Canmore, but high season rates will be in effect. <http://www.alpineclubofcanada.ca/facility/clubhous.html>.

AASSA's Coaching and Skater Development Committee has organized this event.

Contact: Nicole Deering, Email: deering@ucalgary.ca

Phone: 403-210-8914

Address: AASSA

c/o Olympic Oval

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Thank You!

I just wanted to say a big thank you to all those members who helped out with our Casino July 8-9! We appreciate the help and couldn't have done it without you.



Nutrition Advice

THE HUNGRY TRAVELLER

School's out and many of us are heading to cabins, cottages or campgrounds this month. Some of us will be flying, some driving to our holiday destination. With a little planning you can make healthy meals and snacks a part of your vacation.

If junk food is a road trip tradition, that's fine for a day trip. On road trips you are less active than usual. If you're driving across the country, living on junk food day after day, you'll come home facing a lot of training to get back into peak condition.

A lot of road trip snacking is done out of boredom, so stock up on ready-to-eat fruits and vegetables. Stop at fruit stands. Choose the new healthy options at fast food outlets to include some vegetables and milk products in your diet. Some foods don't travel well, such as bananas, strawberries and tomatoes. Carrots, celery, apples, oranges, grapes and dried fruits will survive the trip without losing their appeal. Take a cooler to keep things fresh. Take nuts, cheese and crackers, lean sandwich meats and whole grain breads to make your own lunch. If chips are your preference, try baked chips or low fat crackers to minimize your fat intake. Car sickness can be a problem, especially for children. Try avoiding milk based drinks until you've stopped for the night.

Road trips may lead to overeating, but air travel often leaves you scrambling to get a meal. Many airlines now provide only a drink and a cookie or bag of pretzels. Connections don't always allow time for a meal. Plan ahead and find out if meals are served on your flight. If you have a stop-over, look up the connecting airport on the internet and learn what food outlets are available near your gate. Even if you think you'll get an in-flight meal, or time to eat between flights, take snacks with you! A prolonged check-in, delays in security, delayed or cancelled flights can all sabotage the best laid plans. Carry something like granola or energy bars that have fibre, protein and energy. Stay hydrated on the flight with the water and juice that is offered.

Research your destination so you know what to expect. If your accommodation has cooking facilities you can avoid the expense of eating out for every meal, while still enjoying local foods purchased at the grocery store. Dining out is your chance to try something new, rather than looking for the familiar franchises of home. Try to eat a variety of foods and remember: you are on vacation so indulge a little.

Finally, whether flying or driving, learn the latest restrictions on what you can take with you. For flying there are carry-on restrictions on liquids, so you'll need to get your water and juice from the in-flight service.

Be aware of which foods are allowed if you're crossing borders. Most meat, fruits and vegetables cannot be taken into the U.S. Check for updates on specific items at http://www.aphis.usda.gov/import_export/index.shtml.

If you travel for competition there are some excellent websites on sports nutrition. Sports Dietitians of Australia, www.sportsdietitians.com offers fact sheets on various nutrition issues, including Nutrition and the Travelling Athlete.

S. Gail McLeod, R.D.