

# Gettin' Up To Speed

Calgary Speed Skating  
Association

June/July 2008

Volume 3 , Issue 9

## Summer Ice!

We are excited to announce that we have summer ice this year. Please look below or check out our web site for the full breakdown of short track and long track ice over July and August.

The cost for summer ice is included in one's dry land fees, which is \$70/month. This entitles the participant to dry land training and/or summer ice. The only other cost that one will incur is for ice.

Oval ice passes for the summer are as follows;

Youth Single - \$3.75	Adult Single - \$6.50
Youth 10 Pass -\$24.25	Adult 10 Pass - \$44.25
Youth 20 Pass - \$42.00	Adult 20 Pass - \$73.50
Youth 30 Pass - \$52.50	Adult 30 Pass - \$94.50

## July Ice Schedules

The following is a breakdown of the ST and LT ice for July;

### Short Track Ice Schedule-July

Saturday	July 5	8:30-9:45 AM
Saturday	July 12	8:30-9:45 AM
Saturday	July 26	8:30-9:45 AM
Monday	July 28	6:30-7:45 PM
Wednesday	July 30	6:30-7:45 PM

### Long Track Ice Schedule-July

Monday	July 7	7:30-8:45 PM
Monday	July 14	7:30-8:45 PM
Monday	July 21	7:30-8:45 PM
Monday	July 28	7:30-8:45 PM

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## Special points of interest:

Check out our web site at:  
[www.calgaryspeedskating.com](http://www.calgaryspeedskating.com)

Contact us at:

Nicole  
[calspeed@ucalgary.ca](mailto:calspeed@ucalgary.ca)

Shawn  
[holmansportdev@yahoo.ca](mailto:holmansportdev@yahoo.ca)

# August Ice Schedules

The following is a breakdown of the ST and LT ice for August;

## Short Track Ice Schedule-August

Friday	August 1	6:30-7:45 PM
Saturday	August 2	8:30-9:45 AM
Wednesday	August 6	6:30-7:45 PM
Friday	August 8	6:30-7:45 PM
Saturday	August 9	8:30-9:45 AM
Monday	August 11	6:30-7:45 PM
Wednesday	August 13	6:30-7:45 PM
Friday	August 15	6:30-7:45 PM
Saturday	August 16	8:30-9:45 AM
Monday	August 18	7:15-8:45 PM
Wednesday	August 20	7:15-8:45 PM
Friday	August 22	7:15-8:45 PM
Saturday	August 30	8:30-9:45 AM

## Long Track Ice Schedule-August

Monday	August 11	7:30-8:45 PM
Monday	August 18	7:30-8:45 PM
Monday	August 25	7:30-8:45 PM

## Reminders

**Attention Alberta Development Team members!** If you haven't already, please return your rental 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 your 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 is August , 2008.

CSSA is in need of volunteers to help run its two registration dates, September 3 and 6. 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](mailto:tania.tam@shaw.ca).

## Reminders Cont'd

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 Bantam – 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](mailto:deering@ucalgary.ca) or 403.210.8914

## Attention Coaches

Attention coaches, anyone interested in applying for a coaching position at the 2009 Age Class Championships should fill out an application form and return it to the AASSA office no later than August 15, 2008. The forms are available on the AASSA website under the 'Downloads' section.

Coaches, please note that CSSA has received a grant from GM for coaching. This grant will be used toward off setting the cost of coaches taking course and further educational seminars, such as the SSC Coaching Symposium. If you are interested in taking a coaching course and would like to have a portion of the course paid for by the club, please contact Shawn or Nicole for further information.



## Spring/Summer Dryland

Spring/Summer Dryland has begun, if you are interested in participating, please review the information on the club's web site [www.calgaryspeedskating.com](http://www.calgaryspeedskating.com) If you have questions after reviewing the information, please contact, Shawn Holman, Director of Programs [holmansportdev@yahoo.ca](mailto:holmansportdev@yahoo.ca)

The cost of dryland training is \$70 per month.

Dryland will wrap up on Friday September 5.

## Skate Rentals For Summer Camps/Ice

Any members who have not returned rentals, please return them ASAP 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, if they have not been cashed already. We will also consider not renting again to those who are delinquent on this matter.

Note the Oval now closes at 4:30pm during the week and is closed on weekends, so call before you stop by.

If you are looking to rent skates for summer camps, please contact Shawn Holman, he will make arrangements with you for fittings. Likewise, if you are looking to rent skates for summer ice, contact Shawn.

## Equipment Swap/Sale and Web Site

We are glad to offer tables for members to set up their used equipment at club registration on September 3 and 6. This is a great opportunity for members to swap and sell equipment with other members.

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.

In an effort to provide a web site that members can visit to sell their used equipment, CSSA has approached Bow Cycle. If interested in selling equipment, you may go to the Bow Cycle web site;<http://www.bowcycle.com/bc08/index.shtml> Once at the web site you will go to the 'Online Classifieds' tab and set up an ad under 'Miscellaneous'. This service is free and should prove to be useful to members once the word is out and people begin using the site for selling used equipment.

## Discount Cards For Members

Members, if you are interested in receiving a 10-15%% off discount card for the Tech Shop, please contact Tracy Hillis;

[tuktuamuit@hotmail.com](mailto:tuktuamuit@hotmail.com) Thank you to Tracy for approaching the Tech Shop and setting up this benefit for Calgary club members. Tracy had approached the Tech Shop to explore the possibility of providing CSSA members with discounts on training equipment. We have just recently finalized this and Tracy will be provided with a discount card for each member. Once signed you will be able to go to the Tech Shop, which has 2 locations in Calgary and 1 in Edmonton and receive 10-15% off of shoes, clothing, and electronics (ie heartrate monitors).

<http://www.thetechshop.ca/>

TechShop - Calgary North West

3855 - 19th Street NW

(The corner of 19th Stt& Northmount Dr. NW)

Phone: 403.284.4339

the TechShop - Calgary

2415 - 4th ST SW

Phone: 403.228.3782

# Nutrition Advice

## NUTRITION HEADLINES: AN UPDATE

Some recent headlines make you wonder why we bother with research. We could just listen to our mothers. We'd be eating an apple a day, limiting the number of eggs eaten in a week and eating yogurt.

Headlines are designed to grab your attention, and you really do need to read the articles to learn whether an apple a day keeps the doctor away. Beyond the headline, you'd read about the benefits of eating apples, but also the healthy eating habits of people eating apples. You would learn that, no, eating eggs will not kill you.

Apples contain beneficial plant nutrients called phytonutrients, and fibre, and those who eat apples regularly have lower blood pressure, less abdominal fat and a lower risk of certain conditions such as cardiovascular disease. People who eat apples regularly also eat less total fat, less saturated fat, less sugar and more fruit than those who don't eat apples. They eat more of the nutrients such as vitamin C, Vitamin A, fibre, Calcium and potassium. Eating an apple a day may not keep the doctor away, but why would you want to? Apples are good for you, and even better, apples are readily available in Calgary. If you lived in the Caribbean it might be easier to eat a mango every day, and that would be good for you, too.

Probiotics, the good bacteria found in yogurt, are believed to have many benefits. Dairy products with probiotics have an enhanced nutrient content, especially of certain B vitamins. Probiotics also improve the digestibility of protein and fat. People who are lactose intolerant can often tolerate yogurt with probiotics. A new headline cites probiotics as helpful in weight loss after surgery in obese patients.

As for obesity, the headlines have not been good. "Weight based airfares..." and "Obesity top cause of preventable deaths" are examples that should provide incentive to get fit and stay fit.

Eggs have undergone extreme makeovers in nutrition history. Three egg yolks per week was the guideline for anyone with a history of or at risk of cardiovascular disease. As saturated fat and trans fats were found to be bigger culprits in high blood cholesterol levels, many high cholesterol foods became less restricted. Egg yolks are high in cholesterol, but they are also very nutritious in other ways. Now some eggs have Omega 3 fatty acids, which help lower cholesterol. A recent headline reported a higher mortality rate in Diabetic men eating more than six eggs per week. The study used middle aged men, many of whom were overweight, less active and more likely to smoke. Those risk factors could all contribute to a higher mortality rate.

Over the years, the benefits of eggs have been perceived as outweighing the effect on blood cholesterol. If eggs are your main source of protein, just make sure to eat a healthy diet high in fruits, vegetables and whole grains, stay active and don't smoke.

In fact, that's the best advice for most of us. If headlines seem to be going full circle, it's time to read the whole story. Our knowledge of foods may be growing, but the basic message of exercise and moderation hasn't changed.

S. Gail McLeod, R.D.

## Olympic Oval Summer Camps

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

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

**Summer Speed Camp** is held **July 14-19<sup>th</sup>** 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 21-26<sup>th</sup>**, separately from Summer Speed this year for all our 30+ aged skaters.

**Top Blade Long Track Camp** is held **Aug 4-10<sup>th</sup>** 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 18-23<sup>rd</sup>** 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>



## Billeting For Summer Camps and Season

Like in years past, there is a need for billeting athletes for the summer camps. If you are interested in boarding a skater from a different club for a week, please contact the club office.

The club has also been approached by Kelly McSweeny from the Oval regarding billeting for the season. There has been an increase in young athletes moving to Calgary without their parents to train at the Oval. The majority of the skaters are ages 15-17. If you are interested in learning more about the opportunity of billeting a skater, please contact Kelly at [kmcsween@ucalgary.ca](mailto:kmcsween@ucalgary.ca)