

# Gettin' Up To Speed

## Calgary Speed Skating Association

June 2006

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## Summer Dry land

Summer Dry land Programs are off to a great start. We currently have the following programs running:

### **Tuesdays 5-6pm 8-12 year olds**

General fitness and agility combined with some skills specific to speed skating. A fun program for staying fit.

### **Mondays-Wednesdays, 4:30-6pm- 12-15 yr olds**

More specific dry land training

with the goal of providing our midget and juvenile skaters with a subtle volume increase and technical skills.

### **Mon, Tues, Wed, Thurs, 6:30-8pm 16 and over**

Running, strength circuits, cycling and core exercises geared to both competitive speed skaters and those wanting general strength and fitness.

All the programs have been running at Edworthy Park. If you

are interested in joining please contact Tawnya at 220-4417 or [tmyard@ucalgary.ca](mailto:tmyard@ucalgary.ca)

## Inside this issue:

In-line skating	2
Skate Rentals for Camps	2
Last Call for Outstanding Skate Rentals	2
CSSA Year End Award Winners	3-5
Master's Skin Suits	5
Fall Program and Registration Information	6-8

## Track Cycling

We had the opportunity to run a novice course for speed skaters on Wed May 17<sup>th</sup> and Wed May 24<sup>th</sup>. The novice course introduces track cycling and teaches everyone how to be safe on track. It is mandatory for all individuals who come out to ride the track to have taken this course.

This program was well received with 20 participants ranging in age from 10-30+. Everyone had a blast. We will be continuing our track cycling Wednesday nights throughout the summer.

Details will be available by June 5<sup>th</sup>. For those of you who weren't able to take the first novice course, there is another one June 16-17<sup>th</sup>.

To register or for more information contact CBTL (Calgary Bicycle Track League) [www.cbtl.ca](http://www.cbtl.ca). If you are interested in cycling with the speed skaters please contact Tawnya at 220-4417 or [tmyard@ucalgary.ca](mailto:tmyard@ucalgary.ca)



## 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)

Tawnya  
[tmyard@ucalgary.ca](mailto:tmyard@ucalgary.ca)

## In-line Skating

Do you love skating but not sure how to use your in-line skates safely? Need a refresher on using your brakes and the pathways safely? Never been on in-line skates but want to try them out? I'm planning to teach some in-line skating classes for members of the speed skating club. They will be:

Monday, June 19<sup>th</sup> 6:30-8pm  
Edworthy Park, North Parking Lot

Wednesday, June 21 6:30-8pm  
Edworthy Park, North Parking Lot

These classes are free for members already signed up for the dryland program. It is \$10 for those not registered in dryland. Please call or email Tawnya at 220-4417 or [tmyard@ucalgary.ca](mailto:tmyard@ucalgary.ca) to register. All ages welcome. Maximum 10 participants per session, register soon!



## Skate Rentals For Camps

Skate rentals for the Summer Speed Camp will be available on Sunday, July 9<sup>th</sup> during camp registration. CSSA members registered in the camp will be able to rent their skates for the entire 2006-07 season at this time. We are finalizing costs for rentals and will have them out in the July newsletter.



## Last Call for Outstanding Skate Rentals

This is a final reminder for any/all skaters who still have Calgary Club skate rentals. Please return your rentals to Tawnya or Nicole at the CSSA office, the Oval front desk (with a piece of tape with your name written on it and taped to the skates), or to dry land training.

We will be forced to cash your skate deposit if you do not return your rentals by June 12, 2006 .

# CSSA Year End Award Winners

For those of you who were unable to attend the year end wrap up party at the Volleydome, here are the awards winners in various categories. Congratulations to all winners!

## Coaches Awards

Most Organized	Ryan Hickman
Best Programming	Beth Whitmee
Best Rookie	Anna Ringsred
Most Enthusiastic	Katie Hay
Most Consistent	Brenda Friesen

## Skater Awards

Master 1	Rejean Lavoie
Master 2	Brian Sulzer
Master 3	Al Overend
Master 4	Ron Johnston
Master 5	Roy Whitney
Master Skater of the Year	Bob Irvine

## Short Track Most Improved Novice

Male	Andrew Misquita
Female	Sonia Pagenkopf

## Short Track Most Improved

Male	Gilmore Junio
Female	Mallory Zorman

## Short Track Speeders (skated under Provincial and Canadian Record in their respective Age Class)

Junior Men	Steve Buzinski
Intermediate Women	Megan Aksenchuk
Master 3 Men	Al Overend

## Short Track Top Skater

Male	Steve Buzinski
Female	Staci Dawidowski

# CSSA Year End Award Winners Cont'd

## Long Track Most Improved Novice

Male	Robert Belanger
Female	Olivia Yung

## Long Track Most Improved

Male	Jacob Horbulyk
Female	Suzanne Hamilton

## Long Track Speeders (skated under Provincial and Canadian Record in their respective Age Class)

Midget Girls	Lillian Iwaniszyn
	Kate Hanly
	Alyson Jesty
	Staci Dawidowski
Midget Boys	Heath Irvine
	Stefan Dilger
	Malcolm Kinney
Juvenile Girls	Rebecca Walters
	Jennessa Kemp
	Isabel Dilger
	Brianne Tutt
Junior Women	Kaylin Irvine
	Stephanie Schlachter
Junior Men	Steve Buzinski
Intermediate Women	Anastasia Bucsis
	Kari Slipp
Master 3 Men	Bob Irvine
	Matthew Otwinowski
Master 4 Men	Laurits Skjolingstad
Senior Men's Olympic Style	Arne Dankers
	Steven Elm

## Long Track Top Skater

Male	Heath Irvine
Female	Anastasia Bucsis

# CSSA Year End Award Winners Cont'd

## Family Challenge Cup

McLeod Family

Lachlan, Gail, Arianna, Jared

## Chris Nicols Award

Barb Dilger

## Sportsperson of the Year

Matt Szostakiwskyj

## Skater of the Year

Lillian Iwaniszyn

## Master's Skin Suits

In an effort to create a unified Canadian Team of Master's for the 2007 World Master's Championships, CSSA is taking down the names of those interested in purchasing a Canada Masters skin suit.

Please email Tawnya [tmyard@ucalgary.ca](mailto:tmyard@ucalgary.ca) if you are interested. I don't know how many of you will be able to pull off the handlebar mustache to go with the skin suit!!



# Fall Program and Registration Information

For those of you already skipping summer (we had it in May, right?) and moving on to planning your fall, here is the first draft of the CSSA fall schedule.

## **New This Season**

We are an incredibly fortunate club who has the ability to do short track and long track throughout the entire season. We are working towards taking full advantage of this opportunity by advocating combination programs that reflect the competitive season. If you look in the "Recommended Season Breakdown" columns for each level you will see that short track is emphasized in the fall and early spring, while long track is emphasized in winter. These are recommendations to allow us to present the best total package speed skating programs. They will allow children and youth to experience both disciplines and learn from each.

## **What about skates? Will I need to rent 2 pairs?**

Everyone who wishes to rent skates will still be able to rent just one pair for the season. For a minimal additional fee we will have alternate skates available to borrow just for the sessions required. For example, if I rent long track skates, skate long track 2 times per week but want to add one day of short track I would simply pick up my short track skates just prior to that session. After the session I would return the skates. They will be sharpened and maintained for me, ready for the next practice.

## **How do I know which program is the right one for my child?**

This year we will be implementing better systems for determining which group skaters belong to. Since we didn't have those in place for the last season we will generally use the following. Skaters who have completed one year of Learn to Speed Skate should enter Intro to Skating. Skaters age 6-8 who were in Intro to Skating should remain there unless otherwise indicated by the coaches. Skaters age 8-12 who were in Intro to Skating at least one year should move to Love to Skate/Competitive 1. Skaters in Competitive 1 who achieved their Development Team times (115% of the Canadian Record for their age group or are very close to this standard will move to Competitive 2. Anyone who doesn't fit these criteria, was in strictly long track programming last year or has any questions or concerns should contact Tawnya at 220-4417 or [tmyard@ucalgary.ca](mailto:tmyard@ucalgary.ca)

## **Fall Registration:**

Members only registration  
Tuesday, August 29, 2006 from 7-9 pm upstairs at the Olympic Oval  
Wednesday, August 30, 2006 from 7-9pm upstairs at the Olympic Oval

Open registration (for members who missed the August dates and all new members)  
Wednesday, September 6, 2006 from 7-9pm upstairs at the Olympic Oval.

If you want to get your volunteer commitment out of the way early, attend all four dates and you'll be considered complete for the season! If you are interested in volunteering for registration, please email Nicole at [calspeed@ucalgary.ca](mailto:calspeed@ucalgary.ca)

# Fall Program and Registration Information Cont'd

## Kids and Youth Program Times

Learn to Skate (LTS) Learn to Speed Skate (LTSS)	Intro to Skating	Love to Skate/Comp 1	Competitive 2
<b>Short Track Times</b>			
LTS Sat 4:30-5:30pm LTSS Sat 5:30-6:30pm	Tues 6:30-7:30pm Thurs 6:30-7:30pm **Fri 7:15-8:15pm Make up class	Mon 7-8 pm Wed 7-8 pm **Fri 7:15-8:15pm Make up class	Mon 8-9pm Wed 8-9pm Sat 6:45-8pm
<b>Long Track Times</b>			
	Tues/Thurs 6:30-7:00pm * ice will be 1/2 LT and 1/2 ST so total session will still be 6:30-7:30pm	Tues 6:30-8pm Thurs 6:30-8pm	Tues 6:30-8pm Wed 6:30-8pm  Thurs 6:30-8pm Sun 5:00-6:30pm
<b>Recommended Season Breakdown</b>			
	<b>Sept-Nov</b> ST  <b>Nov-Feb</b> LT/ST  <b>Feb-Mar</b> ST	<b>Sept-Dec</b> 1-2 days ST, 1 day LT  <b>Jan-Feb</b> 1-2 days LT, 1 day ST  <b>March</b> 1-2 days ST, 1 day LT	<b>Sept-Dec</b> Mon/Wed/Sat ST, Tues LT <b>Jan-Feb</b> Tues/Thurs LT, Wed/Sat ST <b>March</b> Mon/Wed/Sat ST, Tues LT
<b>Program Options</b>			
	Option 1: Tues 6:30-7:30pm Option 2: Thurs 6:30-7:30pm Option 3: Tues & Thurs 6:30-7:30pm	Option 1: Mon 7-8pm, Tues 6:30-8pm Option 2: Tues 6:30-8pm, Wed 7-8pm Option 3: Mon/Wed 7-8pm, Tues 6:30-8pm Option 4: Tues/Thurs 6:30-8pm, Wed 7-8pm	** Must have two times within 115% of Canadian record in order to skate in this group**

# Fall Program and Registration Information Cont'd

## Adult Program Times

	Intro to Skating	Love to Skate/Comp 1	Competitive 2
<b>Short Track</b>			
	Tues 9-10 Thurs 9-10	Mon 9-10 Wed 9-10	Tues 7:30-9:00 Thurs 7:30-9:00 Fri 8:15-10 Sun 5:15-6:45
<b>Long Track</b>			
	Mon 8:40-10:10pm Tues 8:30-10pm Wed, Thurs 6:30-8pm Sun 5:00-6:30pm	Mon 8:40-10:10pm Tues 8:30-10pm Wed, Thurs 6:30-8pm Sun 5:00-6:30pm	Mon 8:40-10:10pm Tues 8:30-10pm Wed, Thurs 6:30-8pm Sun 5:00-6:30pm
<b># Sessions per week</b>			
	1-2	2-4	2-5

### Program Options

We are excited to introduce more short track into our adult programming this season. This will be an opportunity for great corner improvement. It also adds variety to keep things interesting. When registering this year for adult programs you will sign up for ST and LT sessions as desired; ie Mon ST, Tues LT, Thurs LT

**\*\*Program times are subject to enrollment and may change. Any changes made to the above template will be advertised to all members 1 month prior to the change.\*\***