

Gettin' Up To Speed

Calgary Speed Skating
Association

June 2007

Volume 2, Issue 7

Introducing Claire Elizabeth Hons

I am proud to introduce the newest Honsette, Claire Elizabeth Hons. Claire was born on May 13, 2007. She was 9lbs, 1oz and 21" long.

Tawnya and Claire doing very well and appreciates all your well wishes and hopes to see you out for the shower!

The baby shower is planned for Saturday, June 23 from 12—2 or 3 pm at the Olympic Oval, all are welcome!

Please RSVP to Nicole cal-speed@ucalgary.ca no later than Wednesday, June 13.

If you are able/interested in bringing some sort of treat/drink to the shower, please email Nicole.



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New Board of Directors

CSSA's Board of Directors for 2007-2008:

Blair Carbert	President/Chairman
Mick Dilger	Vice President/Vice Chairman
Willie Dawidowski	Vice President/Chairman Treasury
Dayna Henkelman	Vice President/Chairwoman Registry
Laura Irvine	Vice President Competitions
Gayle Fathoullin	Vice President Development
Bob Irvine	Vice President Officials
Richard Hijnen	Vice President Equipment
Tania Tam	Vice President Volunteers

Special points of interest:

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

Contact us at:
Nicole
calspeed@ucalgary.ca

Josh
joaj@telus.net

Ryan
Tufast4you@hotmail.com

Alberta Speed Skating Needs Your Help

Speed Skating Canada's 120th Annual General Meeting will be held in Canmore this year from June 14-17, 2007. As such, Alberta Speed Skating must help by providing volunteers to drive delegates from the Calgary airport to the Canmore Radisson Hotel.

AASSA requires volunteers on these specific dates:

Wednesday, June 13, Thursday, June 14 and Sunday, June 17 for various time frames. The time requirement is approximately 4-5 hours. All drivers are required to be 25 years or age or older.

You would be picking up Speed Skating Canada delegates from the Calgary airport and drive them out to the Radisson Hotel in Canmore. Or take them from Canmore back to the airport in Calgary (Sunday).

If you are interested in helping out, or know someone who would like to help with driving, let me know.

Please contact Nicole prior to Monday, June 11. Thank you!

Spring Dryland

If you missed the first month of spring dryland and would like to sign up for the second month, please contact Ryan Hickman fast4you@hotmail.com and Josh Ajohn joaj@telus.net.

Cheques can be made payable to CSSA and delivered to Nicole Deering or slid under the door of the Calgary Speed Skating Office at the Olympic Oval.

Summer Programs will be set up if there is sufficient interest but since most families are either on vacation or attending summer camps, there is nothing planned at this time. If you would like programs to continue in July and August, please let your coach know.

The Comp 1 Group will begin on Tuesday May 1st at 5:00p at Edworthy Park.

The Comp 2 Group will begin on Tuesday May 1st at 5:00p at Edworthy Park.

Jack's Comp 2 Group will begin on Thursday May 3rd at 6:30p at Edworthy Park on the south side of the river and the south side of the tracks, its second session on Monday May 7th at 6:30p is at the park by University Drive across from McMahon Stadium.

The Youth Group will begin on Monday April 30th at 6:30p at Edworthy Park by the bridge.

The Adult Group will begin on Monday April 30th at 6:30p at Edworthy Park by the bridge.



nvtech.com

Spring Dryland Cont'd

Fee Schedule:

	1 month Fee	2 month Fee
4x/week	\$70.00	\$120.00
3x/week	\$60.00	\$100.00
2x/week	\$50.00	\$80.00
1x/week	\$40.00	\$60.00

Group	Age	Day	Time
Comp 1	6 - 10	Tuesday	5:00 - 6:00p
Comp 2	11 - 15	Tuesday + Friday	5:00 - 6:30p
Comp 2	11 - 15	Monday + Thursday	6:30 - 8:00p
Youth	16 - 20	Mon, Tues, Thurs, Fri	6:30 - 8:00p
Adult	20+	Mon, Tues, Thurs, Fri	6:30 - 8:00p
Games	Everyone	Wednesday	6:00 - 7:00p
Velodrome	10+	Wednesday	6:00 - 9:00p

Location

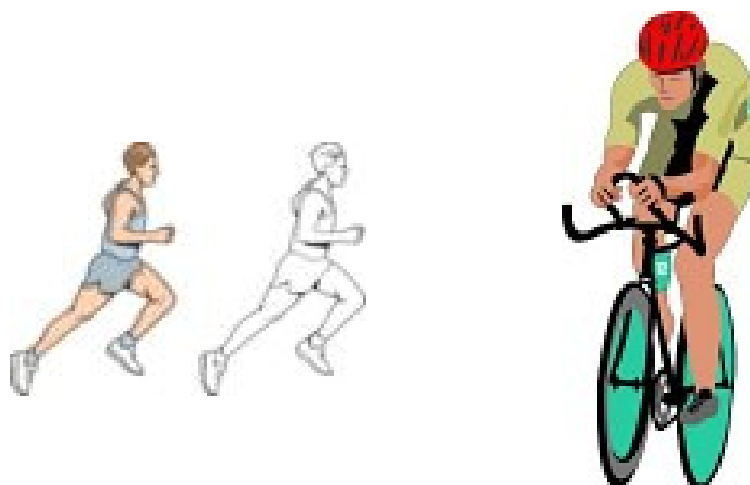
Edworthy Park or the park just west of McMahon Stadium on University Drive.

Older groups may also use the Weight Room at the Olympic Oval.

Velodrome will take place at the Glenmore Velodrome, located in Glenmore Athletic Park 5300 19th Street SW.

Coaches may choose alternate locations for activities in which case they will inform the group in advance.

Please note the program schedule is dependant on numbers.



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>

CSSA Casino

CSSA's next casino has been named, July 8-9, 2007. Please mark this in your calendar and if you can help out at our main money drive of the year, let Nicole know. We need all the help we can get from our membership on these two days as the money we get from the pooled Alberta Gaming and Lottery Fund allows us to operate year to year.



Nutrition Advice

THE FAMILY THAT EATS TOGETHER...

Nutritious meals that everyone enjoys can be a big challenge for a busy family. An even bigger challenge is finding time to eat meals together, but it's one of the best things you can do for your family.

Research is demonstrating something our grandparents probably knew instinctively. In families who eat meals together more than four times weekly, kids do better in school, are less likely to experiment with drugs, alcohol and smoking, and have lower stress levels. They also eat a healthier diet with more fruits and vegetables and a higher calcium intake than families who eat together less than twice a week.

What about the family that's juggling several different activities; music lessons, dryland training, soccer, evening jobs and parents working late? Combine that with the various ceremonies and school events at this time of year and it makes you long for the speed skating season.

There may always be nights when people are eating in shifts, but it's important to make the effort to eat together most nights. Meals don't have to be elaborate. Take twenty to thirty minutes to sit down and have a simple meal of pasta and salad, chili and rice with carrot sticks, or stew with bread or buns.

Plan ahead and cook extra when you do have time, or on that unexpected free evening when soccer gets rained (or snowed) out. Chili, stew and casseroles are all great when reheated from frozen, and the first person home, even an older child or teen, can easily get them started in the microwave. Cook extra rice, or meat and vegetables for planned leftovers to use in stir fries, fajitas and wraps.

If you're really pressed for time, meals don't have to be home made, or even hot. Keep fresh fruit, sandwich fillings, cheese, lettuce, tomato and bread or buns on hand for a picnic style meal, or pick up some sushi or healthy sandwiches and a bag salad on your way home.

We do a lot for the well-being of our families; a good education, music lessons and sports programs (especially speed skating!). One of the best things you can do is to eat meals together more than four times per week. Don't forget to turn the television off, unless it's pizza and movie night. The social aspect of eating together is almost as important as what you eat.

- S. Gail McLeod, R.D.

