

Gettin' Up To Speed

Calgary Speed Skating
Association

March 2007

Volume 2, Issue 4

Upcoming Mini Meets

We have two upcoming Mini Meets for the month of March:

Short Track Mini Meet # 5 will be **Saturday March 10th from 4:30-6:30pm**. We will have warm-up from 4:30-4:45pm followed by as many races as time allows.

Please register by telling your coach or emailing Tawnya at tmyard@ucalgary.ca.

Long Track Mini Meet #5 is moved to **Saturday March 17th from approximately 5pm-6:30pm**. Note: this has changed from Tuesday, March 13. It will be held in conjunction with the school skate challenge so if your kids have friends at school who would like to compete in a speed skating race they are welcome to come and try it out.

We need a few good volunteers for this Mini Meet, so if you can help out,

Please contact Nicole at cal-speed@ucalgary.ca.

Please register for either or both meets by telling your coach or emailing Tawnya at tmyard@ucalgary.ca.

CSSA Annual General Meeting

Calgary Speed Skating Association's Annual General Meeting will be held Sunday, April 22, 2007 from 2-4pm at the VRRRI.

If you have questions about the AGM ask Nicole.

We hope to see you out!

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Special points of interest:

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

Contact us at:
Nicole
calspeed@ucalgary.ca

Tawnya
tmyard@ucalgary.ca

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.

Any skaters who took home trophies from last year's wrap-up party, please bring them back to the CSSA office by Monday, March 12.

Skate Return

For all those members who have rented skates from the Oval Skate Shop this season, please return your skates after you last class to the Skate Shop. An alternate date will be set for those who cannot attend their last class. An email will be sent out regarding skate returns.

Last Day of Club Skating

Please note that the last day of long track club skating is Monday, March 12. The last day short track club skating is Friday, March 16. The last long track Mini Meet of the year will be held on Saturday, March 17.

If you have questions regarding these dates, ask your coach(es) or Tawnya.

Oval Finale

The last meet of the year for long track is being held March 13-17th. This event is open to all skaters who wish to try and best their personals one last time this season.

Age restrictions apply to youth:

Second year juveniles (age 13) are the youngest eligible to skate in the all-round competition.

Second year midgets (age 11) are the youngest eligible to skate the sprint program.

Check out the Oval website www.oval.sunergon.com for the announcement and entry forms. The deadline for all entries is Thursday, March 8.

World Masters Championships

Congratulations to all our CSSA Masters who competed last weekend in the World Masters Championships!

Jo-Ann Johnson	Margaret Elm	Drew Schemmer
Rejean Lavoie	Richard Hijnen	Marco Lebrasseur
Scott Anderson	Bob Irvine	Brian Sulzer
Mathew Otwinowski	Ron Johnston	Laurits Skjolingstad
Werner Meyer	Roy Whitney	

360 skaters age 30-84 competed over four days with multiple personal bests and age class records skated. The following skaters won medals giving the international field a run for their money:

Ron Johnston, Men's 65-69 category- Gold in the 500m in World Record time for the category, 5th place overall.

Drew Schemmer, Men's 35-39 category- Silver in the 500m, 1500m, bronze in the 3000m and 5000m, 2nd place overall.

Jo-Ann Johnson, Ladies 50-54 category - Bronze in the 500m, 4th place overall.

For complete results please go to the Oval website www.oval.sunergon.com

NALT and CALT Results

Calgary club once again had a strong showing at the North American and Canadian Long Track Age Class Championships this year, both of which were held in Winnipeg.

NALT Calgary Speed Skating Association Results:

Midget Female

Mallory Zorman—1st Overall

Juvenile Female

Isabel Dilger—1st Overall

Lillian Iwaniszyn—2nd Overall

Staci Dawidowski—3rd Overall

Kate Hanly—6th Overall

Junior Female

Jennessa Kemp—2nd Overall

Brianne Tutt—4th Overall

Kimberley Bates—5th Overall

Intermediate Female

Stephanie Schlachter—1st Overall

Suzanne Hamilton—1st Overall

Master 1 Female

Jo-Ann Johnson—1st Overall

Midget Male

Stefan Dilger—1st Overall

Taylor Cameron—5th Overall

Nicolaas Love—6th Overall

Juvenile Male

Nathanael Love—4th Overall

Sean Tompkins—5th Overall

Malcolm Kinney—6th Overall

Junior Male

Benjamin Tam—6th Overall

Intermediate Male

n/a

NALT and CALT Results Continued

Calgary club once again had a strong showing at the North American and Canadian Long Track Age Class Championships this year, both of which were held in Winnipeg.

CALT Calgary Speed Skating Association Results:

Midget Female

Mallory Zorman—1st Overall

Allison Bates—15th Overall

Juvenile Female

Isabel Dilger—1st Overall

Lillian Iwaniszyn—2nd Overall

Staci Dawidowski—4th Overall

Kate Hanly—13th Overall

Junior Female

Brianne Tutt—1st Overall

Jennessa Kemp—7th Overall

Rosie Tempest—9th Overall

Intermediate Female

Kari Slipp—2nd Overall

Stephanie Schlachter—2nd Overall

Midget Male

Stefan Dilger—1st Overall

Sasha Fathoullin—5th Overall

Nicolaas Love—11th Overall

Juvenile Male

Heath Irvine—10th Overall

Sean Tompkins—18th Overall

Malcolm Kinney—19th Overall

Nathanael Love—20th Overall

Junior Male

Benjamin Tam—13th Overall

Intermediate Male

n/a

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>

Thank You From the Head Coach

I am expecting a new little Hons in May and am therefore leaving my position as Head Coach. I would like to take this opportunity to thank all the members of the Calgary Speed Skating Association. The positive energy that is exuded from all the members towards our programming, and the sport of speed skating has really caught hold and you can feel that we are starting to have a club culture. Membership has continued to grow and our competitive programs have been incredibly successful at provincial, national, and international events. I feel very fortunate to have been able to work with everyone and am excited to see where the club goes next. Thank-you Peter Buzinski for choosing me for this role and sharing your vision of where the club could go. Thank-you to the Board of Directors for your support. I also appreciate all the support and enthusiasm from parents when I tell them I'm leaving to be one too! Thank-you!



CSSA Casino

CSSA's next casino has been named, July 8-9, 2007. Please mark this in your calendar and if you know you would like to 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.