

Gettin' Up To Speed

Calgary Speed Skating
Association

March 2008

Volume 3 , Issue 6

Upcoming Mini Meet/ST Meet

We have one final Mini Meet for the season, happening in March:

Short Track Mini Meet # 5 will be on **Thursday March 6th from 7:30-8:30pm.**

We need a few good volunteers for this Mini Meet, so if you can help out or want to skate, please contact Nicole at calspeed@ucalgary.ca.

The West Edmonton Mall Fun Meet is the last short track meet of the season, which is held Saturday, March 29. Entries will be out shortly, the deadline for all entries is Friday, March 14.

CSSA's Annual General Meeting

Calgary Speed Skating Association's Annual General Meeting will be held Sunday, April 20, 2007 from 1-3 pm in Kinesiology B-132 at the University of Calgary.

If you have questions about the AGM ask Nicole.

We hope to see you out!

Found

SMALL METAL MEDALLION

NEAR THE LONG TRACK ON THE NIGHT OF FEBRUARY 28TH.

Contact Lachlan or Gail McLeod to describe and claim. You may do so by emailing cal-speed@ucalgary.ca

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Special points of interest:

Check out our web site at:

www.calgaryspeedskating.com

Contact us at:

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AGM/Wrap-up Party/Awards

Join Calgary Club at the Jack Simpson Gymnasium, located on the University of Calgary campus just a few steps from the Olympic Oval on Sunday, April 20 from 1-4 pm.

Parents and Masters skaters, the CSSA Annual General Meeting (AGM) will take place in Kinesiology B-132 beginning at 1pm and lasting until 3pm if needed; we encourage parents to attend and get involved with the club.

Activities will include games in the gymnasium, a slide show from the season, and awards presentation will happen in Kinesiology B-132 after the AGM. Beverages and snacks will be provided during the awards presentation.

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 Friday, March 14.

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 an alternate date for skate returns once it's determined.

Last Day of Club Skating

Please note that the last day of **long track** club skating is **Sunday, March 9**. The last day **short track** club skating is **Wednesday, March 12**.

Oval Finale

The last meet of the year for long track will be held March 12-16th. This event is open to skaters who wish to try and personal best 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 in the sprint competition.

Check out the Oval website http://www.oval.ucalgary.ca/files/oval/2008Finale_Announcement_0.pdf for the announcement and entry forms. The deadline for all entries is Thursday, March 6.

Upcoming Parent Seminars

Summer Training Programs

Planning meeting for Calgary Speed Skating Summer Training Programs

Thursday March 6th in the Oval Lounge at 6:30pm

Content includes:

Suggested training/activities base on LTAD principals

Schedule of training sessions

Outline of training modalities (ie running, cycling, imitations, hills, weights, inline)

Training equipment (shoes, bikes, outerwear)

Camps

Cost

Equipment Seminar –Skaters

In preparation for the final competitions we will be conducting a seminar for the skaters on **Wednesday, March 5th at 6:00 in Kinesiology B-127**. All skaters and parents are welcome to attend.

Attending These Meets?

Canadian & North American Short Track Championships

As we prepare for the final push of the season we will need to book ice for members participating in the Canadian and North American short track championships. The CSSA club sessions officially end on Wednesday March 12th. For members that are participating either CAST or NAST we have requested some additional ice from the Oval (Mar 13-16).

These sessions will be: (and only open to those attending CAST/NAST)

Thurs Mar 13 8:15-9:45pm

Friday Mar 14 6:15-7:45pm

Sat Mar 15 10:45-12:15pm

Sun Mar 16 11:15am-12:30pm

Since the ice at the Oval will be taken out on March 17th, we will need to book alternative ice at another arena for the week leading up to CAST. To effectively book this ice we are requesting the following:

Please indicate if you are attending NAST or CAST or both

Departure date for North American Championships

Return date from North American Championships

Departure date for Canadian Championships

Please send your competition itinerary to Shawn Holman at holmansportdev@yahoo.ca and Ryan Hickman tufast4you@hotmail.com

Attending WEM Fun Meet?

If you are planning on attending the WEM Fun Meet and want some extra practice time, we maybe able to accommodate you, with some of the extra ice available for the skaters attending NAST/CAST. If you want an extra practice or two leading up to WEM, please contact Ryan, tufast4you@hotmail.com

Olympic Oval Summer Camps

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

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

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

Top Blade Long Track Camp is held **Aug 4-10th** 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 18-23rd** and is for skaters age 13+ who have met the time standards in the 500m of 51 sec for males and 54 sec for females.

Detailed information and registration forms are available at:

<http://www.oval.ucalgary.ca/public/camps>



Nutrition Advice

EXPLAINING FATS: WHAT'S GOOD, WHAT'S BAD?

What's wrong with *trans* fat and how did it become such a big nutrition villain? What's so good about fatty fish? Here's a look at the various types of fats; the good, the bad and the banned.

Let's start with what's called the blood lipid profile. This is the level of cholesterol in the blood, good and bad. Simply put, LDL cholesterol is bad and too much of it puts you at greater risk of heart disease. HDL is good and seems to provide a protective effect against heart disease. Your body produces cholesterol in the liver.

Many things will affect how much cholesterol your body produces, including your age, gender, heredity, medical conditions and diet. Some foods affect LDL and HDL, and exercise can help raise your HDL. The cholesterol you eat has a small effect on your blood cholesterol level.

Triglycerides are another blood lipid that is considered bad if it's too high.

What foods affect your lipid profile? Saturated fat is a well known fat with a bad reputation. It's usually found in animal products, but also in palm and coconut oils. A diet high in saturated fat can lead to high LDL levels, which can increase your risk of heart attack or stroke. Many types of saturated fat are being researched, as some may lead to a greater cardiovascular risk than others. Try to limit butter, fatty meats and hydrogenated fats.

Hydrogenated fats are those that have been turned from a liquid fat into a solid fat. Partial hydrogenation creates trans fats.

Trans fats not only raise your LDL levels, but they also appear to lower your good cholesterol, the HDL cholesterol. This effect is seen mainly with processed food. Some trans fats occur naturally in beef and dairy products. Some researchers believe that these naturally occurring trans fats are not as harmful to blood lipid levels as the manufactured trans fats.

Saturated and trans fats have a longer shelf life than unsaturated fats. That's the reason trans fats were traditionally used in commercial baked products such as cookies and crackers. Most manufacturers have removed trans fats from their products. In some places, such as Denmark, industrial trans fats have been banned. Try to avoid commercial products with partially hydrogenated vegetable oil or shortening and look for products that list zero trans fats. Calgary Health Region recently announced a plan to gradually remove all trans fats from restaurant meals.

Unsaturated fats are the good fats. Vegetable oils, nuts, seeds and fatty fish provide unsaturated fats. These include both monounsaturated and polyunsaturated fats. Two types of polyunsaturated fats are considered essential; Omega-3, linolenic acid, and Omega-6, linoleic acid. Fatty fish is a very good source of Omega-3 fatty acid, which is thought to lower blood triglyceride levels and help the immune system.

To make sure you eat enough unsaturated fats, use oils such as olive, canola, rice bran and soybean. Use soft, unhydrogenated margarines rather than hard margarines or butter. Add nuts and seeds to baking and salads or eat as a snack. Try to have two servings each week of fatty fish such as salmon, mackerel, sardines or trout. Try some of the foods that are fortified with Omega-3 fatty acids, such as eggs, margarine and milk.

On a final note, March is Nutrition Month and the Dietitians of Canada have come up with a Top Ten List. To look it up go to www.dietitians.ca/eatwell . To analyze your own recipes, try the new Recipe Analyzer tab, also on the site.

S. Gail McLeod, R.D.