

Gettin' Up To Speed

Calgary Speed Skating
Association

May 2007

Volume 2, Issue 6

No Baby Hons Yet...

For all those inquiring minds, no Tawnya has not had her baby yet. The due date is quickly approaching, Friday, May 11! I can assure you Tawnya is doing very well and feels 'large and in charge'. She is hoping flowing us around the soccer pitch will induce labour, but no luck yet.

I am planning a baby shower for mom and baby Sunday, 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 Friday, June 8.

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



AGM/Wrap-up Party/Awards

On behalf of the Calgary Speed Skating Association, we would like to offer our gratitude to those members who attended the Annual General Meeting and Wrap-up Party/Awards Presentation.

The CSSA's Board of Directors were elected/re-elected:

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

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Special points of interest:

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

Contact us at:
Nicole
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joaj@telus.net

Ryan
Tufast4you@hotmail.com

AGM/Wrap-up Party/Awards Cont'd

Calgary Speed Skating would also like to extend congratulations to all those awards winners:

Coaches Awards

Rookies of the Year—Suzanne Hamilton and Stephanie Schlachter
Up and Comers—Graeme Carbert, Gil Junio and Matt Szostakiwskyj
Super Women—Abby Ennis and Brenda Friesen
Most Consistent—Graeme Koelwyn
Beyond the Call of Duty—Ryan Hickman and Beth Whitmee
Coach of the Year—Michael Friesen

Skater Awards

Masters:

Master 1—Rejean Lavoie
Master 2—Jo-Ann Johnson
Master 3—Bob Irvine
Master 4—Laurits Skjolingstad
Master 5—Roy Whitney
Master Skater of the Year—Ronald Johnston

Short Track:

Most Improved Novice—Lance Fibke and Emma Norman
Most Improved—Andrew Misquita and Allison Bates
Top Skater—Gil Junio and Elyse Morrison

Long Track:

Most Improved Novice—Scott Rairden and Nadine Larson
Most Improved—Sean Tompkins and Kimberley Bates
Top Skater—Keith Sulzer and Isabel Dilger and Brianne Tutt (female tie)

Overall Awards

Family Challenge Cup—Dilger Family (Mick, Barb, Isabel, and Stefan)
Chris Nicols—Brad Bates
Sportsperson of the Year—Mark Terstappen
Skater of the Year—Stefan Dilger

If you haven't already picked up your award, contact Nicole to make arrangements.



Thank you to Conoco Phillips!

On behalf on the Calgary Speed Skating Association, we would like to give a special thank you to Conoco Phillips for their donation to the club!

Any parents/members that may be interested in getting their company involved in sponsorship/donations to the club, please contact Nicole.



Spring Dryland

Here are the long-awaited details of the spring dryland program. If you would like to sign up or make changes to your current registration, please contact Ryan Hickman [Tu-fast4you@hotmail.com](mailto:fast4you@hotmail.com) and Josh Ajohn joaj@telus.net. You can register with us or with your coach up to June 1st.

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 can 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.

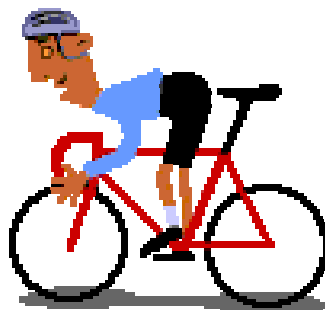
The Comp 1 Group will begin on Tuesday May 1st at 5:00p at Edworthy Park.

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.



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

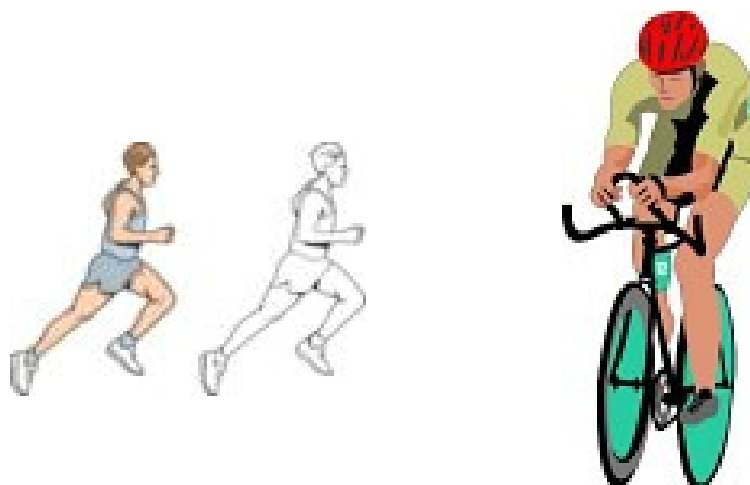
Edworthy Park or the park just west of McMahon Stadium on University Drive.

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 know 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

NUTRITION: FOLLOW THE RAINBOW

You may have noticed some recent changes to Canada’s Food Guide. Health Canada has updated it based on years of research into what makes a healthy diet for most people. The new guide is much more specific about the type of food we should eat, how often and the amount of physical activity we should do: 30 to 60 minutes daily for adults, 90 for children. Researchers found that many Canadians don’t get enough fibre, folic acid or beta carotene. The new Food Guide addresses this and recommends an eating pattern most likely to meet our requirements.

The fruit and vegetable group has become the dominant arc of the rainbow, with 7 to 8 servings recommended for most people, 8 to 10 for men 19 to 50 years old. That should include one orange vegetable, for beta-carotene, and one dark green vegetable, for folate. If you’re lucky enough to have a garden, plant some Swiss chard, pole beans, peas and carrots. Choose fruits and vegetables more often than juice.

Grain products are still important, but the recommended daily servings have been reduced to 6 to 7 for women and 8 for men. The key nutrients from grain products; B vitamins, iron, zinc, magnesium and fibre; can be provided in the reduced number of servings. Half of your grain products should be whole grain, such as brown rice, barley, oats and whole grain breads and pasta.

Choose skim, 1% or 2% milk and low fat milk alternatives for your 2 daily servings. If you’re 9 to 13, make that 3 to 4 servings. Adults over 50 need 3 servings daily in addition to a Vitamin D supplement of 400 IU/day.

Beans, lentils and fish get special mention in the Meat and Alternatives, and not just for their low saturated fat content. Eat fish at least twice a week for the omega-3 fats, and eat beans and lentils often for the fibre and folate. Your daily total from the meat and alternatives should be 2 servings for females over 14, 3 for males over 14. Children only need 1 serving, or 1 to 2 for those aged 9 to 13. The serving size is now 75 g rather than 50 g, but a serving can be distributed over more than one meal.

To learn more about these new guidelines, or to get a copy of the new Canada’s Food Guide, go to www.healthcanada.gc.ca/foodguide. There is also a brand new adaptation for First Nations and Inuit people, using traditional foods and foods more commonly found in remote locations.

If you’re short of time, energy or ideas for healthy meals and snacks, check out the Dietitians of Canada website at www.dietitians.ca/eatwell for tips on menu planning, recipes and time-saving techniques.

Make healthy eating a priority!

S. Gail McLeod, R.D.

