

Gettin' Up To Speed

Calgary Speed Skating
Association

May 2008

Volume 3 , Issue 8

CSSA's Annual General Meeting

Thank you to everyone who took part in Sunday's event! We had a good turn out and all involved had a great time.

As at all Calgary Speed Skating AGMs, the Club's Board of Director's is elected, the following are the club's 2008-09 Board of Directors:

Blair Carbert—President
Mick Dilger—Vice President
Willie Dawidowski—Treasurer
Laura Irvine—VP Competitions
Jonathan Graham—VP Registration
Gayle Fathoullin—VP Development
Bob Irvine—VP Officials
Richard Hijnen—VP Equipment
Rejean Lavoie—VP Skating
Tania Tam—Volunteer Coordinator

2007-08 Award Winners

Congratulations to all winners!

If you are a coach and need to pick up your token of appreciation, please contact Nicole in the club office. Likewise, if you are a skater and need to pick up your trophy, please contact Nicole in the club office.

Coaches Awards

Rookie of the Year—Nick Szostakiwskyj
Up and Comers—Evan Cribb, Suzanne Hamilton and Gil Junio
Beyond the Call of Duty—Abby Ennis and Jack Walters
Most Consistent—Ryan Hickman
Super Men—Joe Parrella and Miles Ringsred
Coach of the Year—Mark Terstappen



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Special points of interest:

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2007-08 Award Winners Cont'd

Skater Awards

Master 1—Richard Hijnen

Master 2—Ron Jackson

Master 3—Jo-Ann Johnson

Master 4—Ron Johnston

Master 5—Roy Whitney

Master of the Year—Bob Irvine



Short Track Awards

Most Improved Novice:

Matthew Hume and Francis Jacobs-Peters

Most Improved:

Colin Welling and Ariana McLeod

Top Skater:

Sasha Fathoullin and Mallory Zorman

Long Track Awards

Most Improved Novice:

Noah Jacobs-Peters and Abbey Young

Most Improved:

James Graham and Kimberley Bares

Top Skater:

Nathanael Love and Kate Hanly



Overall Awards

Family Challenge Cup:

McLeod Family (Lachlan, Gail, Ariana, and Jared)

Chris Nicols:

Sharon Zorman

Sportsperson of the Year:

Gil Junio

Skater of the Year:

Brianne Tutt

Spring/Summer Dryland

Spring/Summer Dryland is about to start (end of May). If you are interested in participating, please review the information on the club's web site

www.calgaryspeedskating.com If you have questions after reviewing the information, please contact, Shawn Holman, Director of Programs holmansportdev@yahoo.ca

The cost of dryland training is \$75 per month.



Skate Return

For all those members who have rented skates from the Oval Skate Shop this season and have not returned your skates, please return your skates to the Oval front desk. Reminder that you did put a deposit down for April 1'08 and if the skates are not returned, the deposit will be cashed, if they have not already.

Note the Oval now closes at 4:30pm during the week and is closed on weekends.

Nutrition Advice

DRINK UP!

Warmer weather means more outdoor training. When you're exercising or running in the summer heat, make sure you get enough to drink.

Before you exercise, have something like a banana, orange, fruit cup or a glass of juice. This provides you with some energy for your workout. If the session is in the evening, have an early light meal, at least one hour before, that is low in fat and high in carbohydrate. Drink lots of water before, during and after your work out.

If the weather is extremely warm and you are sweating heavily, you may want to have a sports drink with you for your training session. These contain sodium, potassium and some sugar for energy. Some flavoured waters have a small amount of sodium, but may not provide any energy. Plain water is usually enough if your workout is only one or two hours. Don't rely on thirst to tell you how much to drink. Drink as much as you can and weigh yourself before and after a workout. Use weight loss as a guide to replacing lost fluid. For every 1 Kg. of body weight, replace 1 L of water.

A few days before a big event, drink an extra 4 cups of fluid each day. Two or three hours before the event have another 2 or 3 glasses of water.

After exercise drink water, juice or sports drinks and have something to replace your body's energy stores. Smoothies and milkshakes are a great way to help rehydrate and get the carbohydrate and protein you need to repair muscle tissue and replace glycogen, the muscles' energy supply. You can make a smoothie with any fruit you can put in the blender. Add some juice and yogurt and drink up. Milkshakes can be a good drink after a workout if you're still growing and need the extra calories. If that's too much, have some juice with toast, a bagel, or a bowl of cereal with milk.

Some drinks are not recommended for training and especially not for children. Energy drinks with a high caffeine and sugar content can lead to sleep loss, headaches, nervousness and diarrhea when consumed frequently. Even soft drinks containing caffeine should be severely limited in growing children. The high phosphorous content of carbonated beverages can lead to calcium imbalance, especially if they are replacing milk products in the diet. Also be sure pop and energy drinks aren't replacing juice in the diet, which is an important source of nutrients.

Some flavoured waters are available that contain vitamins. These should be treated as any vitamin supplement and limited to the amount recommended on the label, just as you would limit a vitamin supplement. Most vitamins do have an upper limit for safety.

In adults, caffeine in small amounts, such as the amount in one or two cups of coffee, can be beneficial. An entire page could be devoted to the research available on caffeine. It is a mild stimulant that peaks after one hour. The effect is stronger in people who don't drink coffee regularly. Caffeine can cause stomach upset in some people.

Alcoholic beverages are not a good choice when training. Alcohol is a diuretic and can dehydrate you. It should not be consumed in hopes of "quenching your thirst"; no matter how great that cold beer tastes after your workout. If you do go for a drink make sure you have lots of water as well, and remember to have a post-exercise meal or snack that's high in carbohydrate. This summer, drink lots of water and stay cool!

S. Gail McLeod, R.D.



Spring/Summer Dryland

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 from males and 54 sec for females.

Detailed information and registration forms are available at:

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

