

Gettin' Up To Speed

Calgary Speed Skating Association

November 2005

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Essent ISU World Cup of Speed Skating

The Essent ISU World Cup of Speed Skating will be gliding into Calgary on Saturday November 12 and Sunday November 13, 2005.

Division A will begin competing at 11:00 a.m. on November 12 and at 12:00 p.m. on November 13. Division A will consist of Canadian National Team Athletes such as Cindy Klassen, Arne Dankers and Clara Hughes!

Division B will begin competing prior to Division A, times are TBD at the draw on Friday November 11, 2005.

Ticket pricing for this amazing event:

Adults \$15.00

Students (with ID card) \$10.00

Children under 10 are **free!**

Come out and cheer on your Canadian National Team!

You can purchase your tickets through Ticketmaster at 403-777-0000 or in person at the Olympic Oval front desk.



Cheer Your Face Off

All CSSA members are encouraged to attend and wear red and white in support of the Canadian National Team. All Club members and friends should sit at the North end of the Oval. Bring nose makers and lots of enthusiasm!

Purchase your tickets through Ticketmaster at 403-777-0000 or in person at the Olympic Oval front desk.

During the weeks of November 7 and November 14 CSSA will be handing out Canadian Na-

tional Team calendars provided by Speed Skating Canada. Each member family of the Club will receive one complementary calendar.

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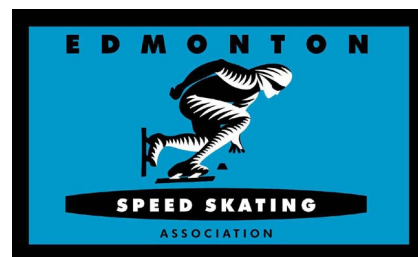
- Check out our web site at:
- www.calgaryspeedskating.com
- Contact us at:
- calspeed@ucalgary.ca—Nicole
- tmyard@ucalgary.ca—Tawnya
- Upcoming Short Track meets:
- Canmore Ice Racing Challenge
- November 11, 2005
- Red Deer Open ST Ability Meet
- November 19-20, 2005

Skating Season Off to a Great Start!

The first club meet of the 2005-2006 season was in Edmonton on October 28-30, 2005. The Edmonton Fall Classic proved to be an excellent competition with over 200 skaters from throughout Calgary and the Western provinces.

Awesome work by all Club skaters, many of which achieved PBs at the Edmonton meet. Calgary Speed Skating Association placed second out of 23 clubs.

A special congratulations goes out to Benjamin Tam for winning Division 7!



Cindy Klassen and Arne Dankers Heating Up

Cindy Klassen, a National Team long track-skater from Winnipeg who trains in Calgary beat her own world record in the 1500m on Friday October 28, 2005. Klassen's time was 1:53.77, beating her previous world record of 1:53.87.

It looks as though Cindy has peaked at just the right time as the first Essent ISU World Cup will be held in Calgary on November 12-13, 2005.

Come and cheer Cindy and the other Canadian National Team members on at the Olympic Oval.

Arne Dankers of Calgary also had a great weekend, breaking the Canadian record in the men's 3000m. Dankers' time was 3:41.96 beating the previous time of 3:43.59 which was held by Steven Elm of Red Deer.

Both Dankers and Klassen along with the rest of the Canadian National Team look ready and focused for the upcoming World Cup.

The CSSA office wishes all the National Team competing in the World Cup good luck!



Long-Term Athlete Development (LATD) Seminar

You are invited to a presentation by
Stephen R. Norris, Ph.D

To discuss the Canadian model of Long-Term Athlete Development (LATD)

The seminar will be held November 9th, 2005 from 7-9 p.m.

Kinesiology building on the U of C campus
KNB 132.

For further information, please contact
Tanya Dubnicoff at 220-7801.