

Gettin' Up To Speed

Calgary Speed Skating
Association

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Good Bye

In case you haven't heard, I am leaving the club to pursue a position with the City of St. Albert. Thank you to all the Calgary club members for your dedication to the sport of speed skating over the years! I wish everyone the best of luck in their skating careers and hope to see you at a meet or two this year.

Take care,
Nicole Deering

Reminders

Regardless of the posters around the Oval this week, the club does have ice on Oct 12, so if you normally practice on Sunday's please note you will have ice.

Please note that there is no club skating on Monday, October 13.

There is also no club skating on Tuesday, November 11.

Adult SPDers, Monday night LT now begins at 8:40pm.

Calling All Coaches

The club is still looking for some coaches for Learn to Skate, Absolute Speed, and our SPD 2 & 3 programs. If you are interested in coaching please contact Shawn Holman at holmansportdev@yahoo.ca

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Special points of interest:

Check out our web site at:

www.calgaryspeedskating.com

Contact us at:

Shawn Holman

holmansportdev@yahoo.ca

Club office

calspeed@ucalgary.ca

A New Breed of Masters Skaters

Our club has always had a large group of Masters skaters, but recently we've seen many parents out on the ice in an attempt to get fit, have fun and embarrass their children. One of these groups has been rallied by an ambitious board member who has dubbed them The Desperate Ice Wives.

The group is causing some concern among more experienced skaters. One unnamed Masters skater is keeping an eye on her records, and her water bottle.

Many male parents have also taken up speed skating, and may resent their exclusion from this group based on the term "Wives". None of these fathers could be reached for comment.

My advice to all of you speedy, record holding adults: watch your back, and hope these newcomers continue to do the same.

-Name Withheld

Officials Clinic

The club will be hosting a Level 1 Officials Clinic on **Wednesday, October 22 from 6:30-9:30pm**. The course will take place in Kinesiology A-120, near Mac Hall. If you are interested in signing up, please contact the club office no later than Oct. 17.

Nutrition Advice

A QUICK REVIEW

Thank you for the great feedback from those who responded to the nutrition survey. Unfortunately, the response to the survey was very small. I still have 25 Plate Mate Food Trackers to give away, so send me your completed nutrition surveys!

In the survey responses, a universal request was to see articles with practical suggestions for school lunches, snacks and coolers for competitions. Although those have been discussed in past articles, the information can always be updated for future newsletters.

This month I have a request for more input from club members. What do you pack in your cooler? Do our veteran meet-goers have any suggestions for newer members? Where do you eat out when you go to meets? Have you found places to eat that provide healthy food in a timely fashion?

With the Edmonton Fall Classic approaching, here are a few reminders for packing your cooler.

Put some freezer packs in next to the most perishable foods like meat and cheese.

Pack buns and bread, fillings and condiments separately and let everyone build their own sandwiches. They'll taste fresher than sandwiches made at home, transported to the meet and left in the cooler all night. If you have small condiment packages on hand, take those along.

Take fruit in bite size portions, such as apple and pear slices, orange segments or grapes. Keep cut fruit from turning brown by rubbing it with lemon or lime. Fruit cups also travel well.

Hard boiled eggs are a good source of protein and are easy to pack and to eat.

Stay hydrated with juice boxes and lots of water.

If you take yogurt along, try to keep it in the refrigerator overnight, unless you have a good cooler with freezer packs that will keep it cold all day and night.

Keep your cooler closed to keep everything inside cold, unless you're inside a particularly cold arena.

Finally, some useful things to pack include a small hand blender, cutlery, a small sharp knife, a portable electric kettle, and even a small, flexible cutting surface.

For more details, refer to the November 2007 CSSA newsletter nutrition advice.

Keep those survey responses coming! A copy of the survey can be found in the September 2008 newsletter.

S. Gail McLeod, R.D.

