

Gettin' Up To Speed

Calgary Speed Skating Association

September 2006

Volume 1, Issue 8

Welcome Back!

Welcome back! We're off to a great start and looking forward to a super season. Please take a moment to get to know your coach or as a parent take the time to introduce yourself to your child's coach.

See you on the ice!

If you have any questions about your coaches or group, please contact Tawnya

tmyard@ucalgary.ca or 220-4417.



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Parent Orientation Meetings

Each fall we hold an orientation meeting for new members to familiarize themselves with speed skating and the Club. The

New Parents Meeting will be held on **Monday, September 18** from **7-8 pm** and **Tuesday, September 19** from **6:30-7:30 pm**.

Note: You only need to attend one of these meetings.

We are also offering a meeting for competitive programs. The **Competitive Season Overview Meeting** will be held on

Monday, September 25 from **7:30-8:30 pm** and **Tuesday, September 26** from **6:30-7:30 pm**.

Note: You only need to attend one of these meetings.

If you have questions, please contact Nicole calspeed@ucalgary.ca or 220-4417.

Special points of interest:

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

Contact us at:
Nicole
calspeed@ucalgary.ca

Tawnya
tmyard@ucalgary.ca

AASSA Development Team Camp and Banquet

Full details regarding the September 30—October 1 Development Team Camp will be available shortly. Any club coaches interested in assisting with the Development Team camp should contact Nicole Deering at 402-210-8914 or deering@ucalgary.ca

All **Development Team suits** must be returned by **September 15th** or we will not be able to hand out the suits during this weekend.

The cost for the camp is **\$30** and includes a ticket to the AASSA Banquet. DT skaters must indicate whether they will be attending the banquet.

Refunds will not be given if skaters cannot attend the banquet.

Wondering if you are eligible for the AASSA Development Team. You must be an Age Class skater (Midget to Intermediate skater) with two distances under 115% of the Canadian Record. If you are not sure if you qualify, ask one of your coaches.

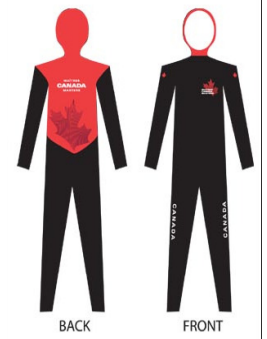
In order to become a member of the AASSA Development Team, you must complete a Nomination Form (can be found on the AASSA web site): http://albertaspeedskating.ca/files/DT_Nomination_Form.doc and write a letter to AASSA stating why you would like to be on the AASSA Development Team.

The AASSA Banquet will be held in the Foothills Room at the Best Western Village Park Inn. Doors open at 6:00 p.m. and dinner will be served at 7:00 p.m. Tickets are \$30 each. Friends and family are welcome!



Master's Skin Suit Orders

If you are planning on ordering a Master's skin suit, please hand your sizes and money to Tawnya by Sept 29th. Bring size info and a cheque made out to CSSA which can be dropped off directly with Tawnya or at the Skate Shop (make sure you put your money and size info in an envelope marked "Tawnya"). The suits will be \$160 (shipping included) and should take about 6 weeks.



SIZE	Chest	Waist	Hips	Arm Length	Inseam	Girth	Thigh
Adult Small	36-38"						
Adult Med	39-41"						
Adult Large	42-44"						
Adult X-Large	45-47"						

Long-Term Athlete Development Seminar

Learn more about your budding athlete!

Take an opportunity to learn more about Long-Term Athlete Development. **Dr. Stephen Norris** will discuss the new Canadian model of long term athlete development, a training, competition and recovery program based on developmental age, ie the maturation level of the individual rather than chronological age.

This new framework focuses on growth, maturation, and development, trainability and sport system alignment and integration.

This session will be held on **Saturday, September 30 9:00 am -1:00 pm** at the **Talisman Centre**- Sears Nutrition Kitchen room.

Skate Shop Changes

The Calgary Speed Skating Association has amalgamated with the Olympic Oval Skate Shop. All skate rentals and meet registration drop off will be done through the skate shop. This allows us to better maintain our rental fleet and offer more technical services through the skate

shop, such as rockering and bending.

It also allows us to have skate personnel available during every club ice time as opposed to a few days per week. Skate sharpening equipment will still be available to all club members to use during club ice times at no cost.

We still require 1-2 volunteers a few times a week to work in the equipment room during club ice time to help members with different deadlines, such as meet registration drop off.

If you are interested in volunteering this season at the skate shop contact Nicole at 220-4417 calspeed@ucalgary.ca

Club Jackets Are Here!

If you haven't already seen the new Calgary Club jackets, they are here! The cost is \$80, payable to CSSA.

The jackets are black, wind resistant/water resistant with our club logo and name embroidered on the jackets.

If you are interested in a club jacket, contact Nicole at

220-4417
calspeed@ucalgary.ca

