

# Gettin' Up To Speed

## Calgary Speed Skating Association

September 2007

Volume 2, Issue 10

## 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 Ryan at [Tu-fast4you@hotmail.com](mailto:fast4you@hotmail.com) or 220-4417.



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## Coaching Coordinators

As many of you know by now, Tawnya Hons is no longer with the club as Head Coach. She has decided to leave us to pursue one of her dreams, raising a family.

We currently have two great Coaching Coordinators, Ryan Hickman, Competitive Coaching Coordinator and Joshua Ajohn, Development Coaching Coordinator. Both these coaches have been with the club for many years and provide experience and enthusiasm in their respective areas. As always, if you need to talk to either Coordinator, please email them or call the office.

## Parent Orientation Meetings

Each fall we hold an orientation meeting for new members to familiarize themselves with speed skating and the Club. We are offering a meeting for competitive programs. The **Competitive Season Overview Meeting** will be held on

**Monday, September 24** from **7:30-8:30 pm** and **Tuesday, September 25** 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](mailto:calspeed@ucalgary.ca) or 220-4417.

## Special points of interest:

Check out our web site at: [www.calgaryspeedskating.com](http://www.calgaryspeedskating.com)

Contact us at:

Nicole  
[calspeed@ucalgary.ca](mailto:calspeed@ucalgary.ca)

Josh  
[joaj@telus.net](mailto:joaj@telus.net)

Ryan  
[Tufast4you@hotmail.com](mailto:Tufast4you@hotmail.com)

# AASSA Development Team Camp and Pizza Party

Full details regarding the September 29-30 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](mailto:deering@ucalgary.ca)

All **Development Team suits** will be handed out this weekend. Each DT skater must complete a Nomination Form and bring \$25 for the rental of the skin suit.

The cost for the camp is **\$20** and includes the pizza party Saturday evening. DT skaters must indicate whether they will be staying for pizza.

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, all new members must write a letter to AASSA stating why you would like to be on the Alberta Development Team.



## Clothing For Sale

If you haven't already seen the new Calgary Club clothing, it is here!

The costs are as follows:

- Club Jackets—\$80
- Long Track Skin Suits—\$185
- Short Track Skin Suits—\$195
- Side Zip Soft Shell Pants—\$110
- Side Zip Lycra Pants—\$95
- Beanie Skull Cap—\$20
- Black Toque—\$15
- Baseball Hat—\$15

Russell Dri-Fit Type Warm-up  
Shirt: S-XL—\$40, XXL—\$45

If you are interested in any club clothing, contact Nicole at 220-4417  
[calspeed@ucalgary.ca](mailto:calspeed@ucalgary.ca)



## Coaches Wanted!

Have the itch to coach this year? Join the Calgary Speed Skating coaches force. There are flexible shifts, good pay, and a fun atmosphere! We are looking for coaches for beginner levels up through to more advanced. Parents, this is a great opportunity for you to get on the ice and coach a young group of kids. You would be paired with a more experienced coach for the technical aspects of

the sport and you can mentor our coaches with your life experience.

If you want to learn more about this exciting opportunity, contact Ryan Hickman and Joshua Ajohn via email, [Tufast4you@hotmail.com](mailto:Tufast4you@hotmail.com) [joaj@telus.net](mailto:joaj@telus.net)

# Nutrition Advice

## GOOD NEWS, BAD NEWS: KEEPING UP WITH NUTRITION RESEARCH

Nutrition research often gives us reason either to celebrate...or not. Research findings can lead to changes in nutrition recommendations, as we've seen in the new Canada Food Guide. Research usually leads to more research.

In recent years we've had cause to cheer as we heard about the benefits of chocolate, coffee and red wine. Now, even chips may get some good press. In a study of snack foods, chips *with no saturated or trans fats* had a more favorable effect on lipid profiles, the good and bad blood cholesterol and triglyceride, than other snacks, even those low in fat. That study may lead to more research.

The bad news is that many people are overfed and undernourished. They don't eat enough nutrient rich foods, especially vegetables. Canadians are eating a lower percentage of fat than we did 35 years ago, yet there is a higher incidence of obesity. Even if you are lean and active, what you eat can affect your blood pressure. In other research, the blood pressure of healthy subjects rose much higher on standard stress tests, after eating a fast food meal high in fat and saturated fat, than it did after a low fat meal.

The good news is that regular exercise, like speed skating, can prevent obesity and keep your heart healthy. Vegetables are still good for you, too, and it's never been so easy to get a good variety. If you don't like certain vegetables, try them prepared differently. Use lots of vegetables in stir fries, soups and pasta sauces.

What if you're confused about the latest nutrition research? Moderation and variety in your food choices are recommendations that never change. Enjoy your favorite foods in moderation, and eat your vegetables!

S. Gail McLeod, R.D.

# Nutrition Survey

## Calgary Speed Skating: Nutrition Survey

1. Where do you get your nutrition information? Circle all that apply.
  - A. Registered Dietitian
  - B. Health Professional (specify)
  - C. Coach
  - D. Health magazine or other print source (specify)
  - E. Internet Health or Nutrition site
  - F. Other (specify)
  
2. How do you rate your nutrition knowledge?
  - A. excellent
  - B. good
  - C. average
  - D. below average
  - E. non existent
  
3. How would you rate your own eating habits, on a scale of 1 to 10?
  - 1=terrible
  - 10-excellent
  
4. What nutrition topics do you want to see covered in the newsletter?  
Check as many as you want and add suggestions.
  - A. Practical ideas for meals, snacks, school lunches, coolers for competitions
  - B. Specific nutrition recommendations for groups: children, teenagers, women, athletes
  - C. Information about specific nutrients and research: Vitamin D, different types of fats found in food, B vitamins, protein, etc.
  - D. Other suggestions (please list):

**Please drop off completed forms at the CSSA office.**

## Message From the President

Fellow skaters (and supporters),

Registration is over and skating has begun. It's time to sharpen skates and start shaving down those PBs.

Your new Board was busy this summer. We have built a five-year Plan for the Club, and written Job Descriptions for every Board position. These will be available soon on the Club website.

One of our biggest tasks has been the search for a new Head Coach. We posted the position in the spring, and received a number of applications. The search continues, and it is important we find the right person to fill this important role. The Head Coach of the Club should have the respect of coaches, skaters and parents, and have a vision for the future course of the Club. We will continue to search until we find the best possible candidate. In the meantime, the Board knows that much responsibility (and probably even more work!) has fallen on the shoulders of Ryan Hickman and Josh Ajohn, our Coaching Coordinators. Ryan in particular has been working hard to define and build the competitive skating groups in the Club, especially for the new Competitive 3 group. I have been working with and supporting Ryan on this, since I know it is an aspect of the Club's programming in which many parents, coaches and skaters have particular interest. Your Board is confident that in all these tasks Ryan and Josh are using their judgment to determine what is in the best interests of each skater and the Club as a whole. The Board supports them, and questions or concerns about coaching matters should be addressed to Ryan and Josh. If members have broader concerns about the Club and its activities, you are welcome to contact me or any other member of your Board.

I want to thank Ryan, Josh and Nicole, for all their work in this busy fall season. Thank you as well to Dayna Henkelman (our Registrar) and her group of volunteers who worked the two days of Registration.

Each new year brings a change in skaters and coaches. Some senior skaters have moved on to higher education, but their love of skating will stay with them. Congratulations to Angela Seulean, who has moved to Salt Lake City for a job with the US National Speed Skating Team. Long-time coaches Beth Whitmee, Brenda Friesen and Graeme Koelwyn are taking a break from coaching, but we hope to have them back again soon.

Skating goes on. Let's get out there and win some races.

Blair Carbert  
Chair/President  
Calgary Speed Skating Association