

Festivals on Ice

In just a few months, the world's biggest festival of winter sport, the Winter Olympics, are coming to Canada and this represents an opportunity for Canadians to celebrate their love of winter sport and skating. As part of the celebrations leading up to the Vancouver 2010 Olympic Winter Games, Speed Skating Canada is launching a program to assist clubs, provincial/territorial branches and communities to develop Festivals on Ice.



The intent of the Festivals on Ice program is to provide an opportunity for people of all ages to come together in a fun, safe and welcoming environment and experience the pure joy of skating. Speed skating is, racing on skates and Speed Skating Canada's goal is to provide an opportunity to all Canadians to experience skating and the thrill of racing on skates in its many forms.

The concept is to encourage speed skating clubs and community groups across the country to host local celebrations that encourage the general public to join them for a day of skating, on hockey skates, figure skates or speed skates. All speed skating Clubs and Branches have been provided a Festivals on Ice Kit which contains resources to assist you in hosting a Festivals on Ice celebration activity. The celebration itself can be hosted in many forms:

- ▶ Skate-a-thon to raise funds for a local charity or for your club
- ▶ Biathlon...join forces with other community sports such as cross country skiing, snow shoeing, etc... to see who is the best
- ▶ Skate-offs for sports teams
- ▶ Interclub/intersport skating skills challenges
- ▶ Community Marathon
- ▶ Skating Under the lights/Stars
- ▶ School Skills Challenges
 - School vs School
 - Classroom vs Classroom
- ▶ Community Challenges
 - Who is the fastest 100m skater in town?
 - Corporate pursuits

The Club and Membership Development Committee (CMDC) is pleased to announce that additional support is available to clubs hosting activities in the way of a Festivals on Ice Host Grant program. The Festival on Ice Program will be distributing five (5) one-thousand (\$1,000) grants to clubs hosting a Festivals on Ice activity.

We encourage you to join us in this exciting program by submitting an application. Applications can be found by going to the following link: http://www.speedskating.ca/client/cmsUploads/speed_skating/File/Club_and_Membership/Festivals_On_Ice_Application_September_28_2009_ENG.pdf

The True Sport Challenge...

**TRUE
SPORT**
LIVES HERE

Are You With Us...

Speed Skating Canada is one of Canada's premiere National Sport Organizations and a proud member and champion of the True Sport Movement. True Sport is a social movement powered by people who believe that good sport can transform lives and communities. True Sport members across Canada are committed to community sport that's healthy, fair, inclusive, and fun. True Sport members stand together against cheating, bullying, aggressive parental behaviour, and win-at-all-costs attitude.

In partnership with True Sport, speed skating Clubs and Branches have been presented with a challenge to declare themselves members of the True Sport Movement. Clubs are asked to adopt one of the 6 Principles for Sport in their declaration that they will embrace and embody. Clubs will receive a True Sport package that includes a declaration certificate and a resource kit that will help them to live True Sport. To register your club for the challenge, visit the True Sport website www.truesportpur.ca.

Our goal is to have seventy-five percent (75%) of our clubs accept this challenge by January 01st, 2010... Have you joined the challenge.



Photo courtesy of Sandi Vyse

Thanks to a grant from the True Sport Foundation, the Kamloops Long Blades Speed Skating Club will be initiating a new program with the Boys and Girls Club of Kamloops.



As a result of the Kamloops Long Blades receiving a \$5,000 True Sport Community Fund grant from the True Sport Foundation, the Speed Skating Club was able to ensure that some deserving kids will be able to join as members of the club. "This is a great opportunity for our club to give back to our community by working in partnership with the Boys and Girls Club of Kamloops. It will be exciting to introduce our sport to youth who may not otherwise have an opportunity to speed skate," says Kamloops Long Blades President, Trish Archibald.



2009 SSC Youth Leadership Symposium participants on the steps inside the Richmond Olympic Oval.

Photo courtesy of Yanna Moncion

“ It was a great experience and I would be ready to take part in it again, to have the chance to meet new people and learn new things. I strongly suggest that our club tries to help in some of these plans, and try to come up with new ideas to help the Olympic Spirit and the rush of Speed Skating. ”

- **Philippe Bergeron**,
Gloucester Concordes Speed Skating Club

SSC Youth Leadership Symposium A Success!

By: **Yanna Moncion**

In February 2009, I had the pleasure of meeting a group of 25 youth in Richmond, BC who earned the opportunity to participate in Speed Skating Canada's first ever Youth Leadership Symposium. The symposium can be summarized in one word: success!

The YLS Symposium was held in the Richmond Olympic Oval which allowed participants to see and experience the facility as it will be during the Olympic Games. The YLS was also held the same weekend as the City of Richmond's Winterfest celebration which gave the youth an opportunity to skate on the oval and interact with the local community and promote the sport of speed skating. Participants demonstrated their love for speed skating by actively engaging in discussions on sustainability in speed skating, the role of VANOC during the Olympic Games, the role of the SSC Board of Directors and future opportunities for youth in the sport. The weekend began with participation in a hilarious ice breaker activity which resulted in teams creating the tallest tower possible using balloons and scotch tape. Quite a show!

One of the most rewarding opportunities provided to participants of the YLS was the chance to have Jeremy Wotherspoon speak to the group about his speed skating experiences and what he was most looking forward to with a home Olympics. Jeremy answered questions and encouraged participants to follow their hearts and go for the gold. Following this one-on-one session with Jeremy, members of Speed Skating Canada's National Long Track Team were invited to join the group for lunch. Several athletes and two coaches joined YLS participants who were overjoyed being able to rub shoulders and converse with members of the National Team. I take this opportunity to thank our National Team for taking the time from their busy schedules to share their stories and encouraging messages to our participants. They were very professional and are great role models for our youth.

As a member of Canada's speed skating community you should be very proud to know that this generation of ambitious, thoughtful and courageous youth is involved in our sport as skaters, administrators and volunteers. They are a group of hard workers who have a passion for sport and desire to stay involved in speed skating. We wish them the best success in the upcoming skating season and much happiness in all of the future endeavors they undertake. Speed Skating Canada is excited and looking forward to hosting the next Youth Leadership Symposium in 2011!

Did you know...

- ▶ The first medals for speed skating in both LT and ST during the Vancouver 2010 Olympic Winter Games can be won on February 13th...

Long Term Participant and Athlete Development

Since 2004, Speed Skating Canada has been working on developing and subsequently implementing a long term participant and athlete development model which will seek to define speed skating programs in Canada's. The purpose of this process being to ensure the best sporting experience possible for every participant through developmentally appropriate programs which provide participants with developmentally appropriate programs which correspond to the participants stage of development and personal interest and part of the Canadian Sport for Life movement. (www.canadiansportforlife.ca).

Much progress was made during the 2008-2009 seasons, and the coming two seasons promise much more.

A new competitions and events system is taking shape for 2010-2011.

At the 2009 Speed Skating Canada Annual General Meeting, *Racing on Skates*, the report of SSC's Competition and Events System Review Team was presented to the SSC membership.

The report was received and motions unanimously adopted as follows:

- ▶ The Guiding Principles for Competition and Events (Racing on Skates, Appendix 1) be received and adopted.
- ▶ The Developmental Constructs and Recommendations (Appendix 2 and 3) be received and adopted in principle as the foundation to guide changes to SSC's competitive System
- ▶ That SSC prepare detailed program changes based on the details above to be presented at the 2010 AGM.

Copies of the presentations made at the AGM and electronic copies of Racing on Skates are available at: <http://www.speedskating.ca/LTAD.cfm>

Printed copies of Racing on Skates are available for \$25/copy, shipping included.

SSC Standing Committees have since met adopting the majority of the recommendations and building the competitive structure to support the implementation of the recommendations. SSC will be going forward with a competitive structure which is in-line with the recommendations of Racing on Skates for the 2010-2011 season assuming endorsement by SSC's AGM in 2010. SSC standing committees will be meeting jointly at the end of November along with Branch representatives to discuss in detail what the actual competitive system will look like. A draft of the proposed system will be circulated for membership consultation in January 2010, with the final package to be presented for membership approval to be available in late April 2010.

This is a very exciting time for speed skating in Canada. It is hoped that the shift towards developmentally appropriate programming as defined by the LTPAD model will lay the foundation for continued success of all participants both in life and in sport as part of Speed Skating Canada's relentless pursuit of excellence. We encourage all members to become familiar with Racing on Skates, as summarised in the Executive Summary. You are encouraged to ask club and Branch representatives what steps are being taken locally to implement the recommendations of Racing on Skates, particularly in the FUNdamentals and Learning to Train stages of development. For specific questions or to obtain a printed copy of the report please contact Douglas Duncan, Project Manager by email at dduncand@speedskating.ca

LTPAD Resources for Parents, Coaches and Clubs

No one is more important in ensuring developmentally appropriate programming than Parents, Coaches and the clubs in which young skaters first take to the ice. There are many resources available to assist in defining these programs. Here are a few places to start:

- ▶ The developmental constructs of Racing on Skates lay out the key developmental considerations by domain and include references to tables of supporting evidence. A must read for all coaches.
- ▶ Canadian Sport for Life maintains an impressive list of resources for download and maintains specific sections for parents as well as athletes and coaches – www.canadiansportforlife.ca
- ▶ The Canadian Sport for Life quarterly e-news provides regular updates on new initiatives across all sports in Canada as well as providing a listing of upcoming presentations and conferences: <http://www.canadiansportforlife.ca/default.aspx?PageID=1144&LangID=en>
- ▶ Sport Fit Canada operated by legacies now provides video clips demonstrating several warm-up and testing exercises as well providing numerous links to other coaching resources: <http://www.sportfitcanada.com/>

Did you know...

- ▶ Two time 500m long track Olympic Champion Catriona LeMay-Doan, competed in both the summer (1993, athletics) and winter (1983 and 1987, speed skating) Canada Games.

Speed Skating Canada Official Added to the ISU Championship List...

Speed Skating Canada is pleased to announce Mike Makowsky from Regina, Saskatchewan has been upgraded to a Level V Starter by the ISU and added to the Championship List. Officials upgraded by the ISU to Level IV are:

Lanyin Osborne - Competition Steward, Level IV

Rocky Lamontagne - ST Starter, Level IV

Roger Cole - ST Starter, Level IV

Gilles Ferragne, ST Referee, Level IV

Rick Hunt, LT Referee, Level IV

Congratulations to the following officials for their upgrades in 2009-2010

John Walsh (ON) – Timer 3

Brad Giesbrecht (AB) – Timer 3

Yves Michaud (QC) – Starter 3A LT

Malcolm Conly (SK) – Starter 3B

Tony Lucan (SK) – Starter 3B

Cindy vanLierop (ON) – Recorder 3

John vanLierop (ON) – Lap Recorder 3

Debby Fisher (AB) – Lap Recorder 3

Blake Morrison (ON) – Track Steward 3

Cameron Boyd (ON) – 3 Track Steward

Sharon Zorman (AB) – Competitor's Steward 3

Tom O'Connor (AB) – Referee 3B

Christine Morrison (ON) – Clerk of Course 3

Jim Hume (BC) – Clerk of Course 3

Martin Stoffel (SK) – Place Judge 3

Volunteer Recognition

The **Coaches Recognition** Pin recognizes the volunteer efforts of our coaches. Clubs and branches can request pins by completing the order form found on Speed Skating Canada's website under Coaching. Pins are available as follows:

Gold	20 Years
Silver	15 Years
Bronze	10 Years
Charcoal	5 Years

The **Officials Recognition** Pin acknowledges volunteer contributions made by our officials. Clubs and Branches can order pins by completing the form found on the SSC website under officials. Pins are available as follows:

Gold	20 Years
Silver	15 Years
Bronze	10 Years
Charcoal	5 Years

National Coaching Certification Program (NCCP) Update

Transition Reminder...

Due to technical difficulties with the Coaching Association of Canada Making Ethical Decisions (MED) on-line evaluation, the SSC Coaching Development Committee has extended the deadline for ALL coaches to complete the MED on-line to January 01st, 2010. Coaches that were fully certified in the old NCCP level I and II programs will be transitioned as follows:

If you were previously a fully certified Level I coach, coaches will receive credit as follows:

- ▶ FUNDamentals – Leader (Trained Status)*
- ▶ FUNDamentals – Coach (Certified)

If you were previously a fully certified Level II coach, coaches will receive credit as follows:

- ▶ FUNDamentals – Leader (Trained Status)*
- ▶ FUNDamentals – Coach (Certified)
- ▶ Introduction to Competition (Certified)

A FUNDamentals Leader course has been developed for coaches who had previously completed the old Level I Technical course, or for those who are interested in starting their coaching certification program, i.e. skaters and new parents. The course is seven (7) hours in length. Individuals who complete the program will receive a "trained" status in the Coaching Association of Canada database. Certification at this level is not possible as there is no evaluation required for this course.

Speed Skating Canada Coaching Symposium Wraps-Up for 2009

The 2009 Speed Skating Canada Coaching Symposium brought together more than 160 speed skating coaches and presenters. Overall, participants' represented 124 speed skating clubs from across Canada, as well as many coaching and leading experts in the fields of athlete development and coaching.

Speed Skating Canada would like to take this opportunity to thank all of the coaches and presenters whose participation made this event a tremendous success. We would also like to acknowledge the support of all of the provincial and territorial branches, without their financial and moral contributions this event would not have been able to take place.

Presentations from the Symposium are available on SSC's website at:

<http://www.speedskating.ca/progjun19.cfm>

<http://www.speedskating.ca/progjun20.cfm>

<http://www.speedskating.ca/progjun21.cfm>

Officials Going to the Olympics...

Speed Skating Canada proudly announces that four officials have been selected for the Vancouver 2010 Olympic Winter Games.

Congratulations to Michel Verrault – ST Referee, Guy Marcoux – ST Starter, Hans Terstappen – LT Starter and Yves Belanger – LT Starter.

Intact Speed Skating Challenge

The Intact Speed Skating Challenge is back with a new look and a new theme. This year, we want your video stories to show us who inspires you to "go beyond"? Is it your coach? Your parents? What about your teammates or a member of Canada's national team? We've got over \$25,000 in prize money available for our finalists, plus the winner will receive a hometown visit from one of our National Team Guest Judges! Catriona Le May Doan will launch the Intact Challenge on Wednesday, October 28, so visit www.intactspeedskatingchallenge.com to get more information and tell us your story. This year's deadline for video story entry is January 17, 2010. Will you be Canada's Best Speed Skating Story?

2009-2010 Sport Development Grant Recipients

SEED:

- ▶ Kamloops River City Racers SSC
- ▶ Mirabel CPV

Long Track SEED:

- ▶ Edmonton SSC

SEED Lite Lottery:

- ▶ London
- ▶ Kamloops Long Blades
- ▶ Ridge Meadows (Maple Ridge)
- ▶ Region Lanaudiere

Coach Camp Mentorship

- ▶ Manitoba Speed Skating Association
- ▶ Kamloops Long Blades SSC
- ▶ Prince George Blizzards SSC
- ▶ Fédération de patinage de vitesse du Québec
- ▶ Alberta Amateur Speed Skating Association
- ▶ Speed Skate New Brunswick
- ▶ Speed Skate Nova Scotia

Did you know...

- ▶ Speed skating originated as a means of transportation for Vikings to cross frozen rivers and lakes.

When and Where To Be:

Date	ST/LT	Event	Location
Oct 17-20	LT	Fall World Cup Trials	Richmond, BC
Oct 31-Nov 01	LT	Olympic Oval Invitational	Calgary, AB
Nov 21-22	ST	National Qualifier	Sherbrooke, QC
Nov 19-22	LT	Can Am	Calgary, AB
Dec 5-6	ST	Canadian Junior ST Championship	Edmonton, AB
Dec 12-14	ST	Canadian Open/National Selections #1	Calgary, AB
Dec 27-Jan 02	LT	Canadian Single Distance Championships/Olympic Trials	Calgary, AB
Jan 23-24	LT	Canadian Open Masters	Quebec City, QC
Jan 29-31	LT	Canadian Junior Championships/Canada Cup #2	Saskatoon, SK
Feb 06-07	LT	Canadian Age Class Long Track Championships	Winnipeg, MB
Feb 13-14	LT	North American Marathon	Juliette, QC
Feb 12-14	LT	North American Long Track	Salt Lake City, USA
Feb 12-28	LT/ST	2010 Vancouver Winter Olympics	Vancouver/Richmond
Mar 04-07	LT	Canada Cup #3	Quebec City, QC
Mar 16-21	LT	Oval Finale	Calgary, AB
Mar 19-21	ST	Selections #2	Montreal, QC
Mar 26-28	ST	Canadian Age Class Short Track Championships	Campbellton, NB

And your committee Representatives are...

Club & Membership Development

Peggy Poole – ChairWest
 Derrick MacLeod.....Atlantic
 TBD.....FPVQ
 Kathy Elliott.....Central
 Marg Kriek.....Far West

Competition Development

Nancy Goplen – ChairFar West
 Steve HarrisAtlantic
 TBD.....FPVQ
 Sandra Chenard.....Central
 Kathy GreggWest

Coaching Development

Peter Steele – ChairAtlantic
 Annie Sarrat.....FPVQ
 Mike Rivet.....Central
 David GildayWest
 Sandi VyseFar West

Officials Development

Laurie Murchison – ChairAtlantic
 Yvan Patry.....FPVQ
 Rocky Lamontagne.....Central
 Hans TerstappenWest
 Ted Houghton.....Far West

Did you know...

- ▶ In the CTV Top 10 Canadian Olympic Winter Moments, speed skating athletes took five of the spots: 10th – Marc Gagnon, 8th Gaetan Boucher, 6th – Clara Hughes, 5th – Catriona Le May Doan and 3rd – Cindy Klassen.