

THE BUZZ

Welcome to **The BUZZ!**

Your information highway to "what's happening" in speed skating.

2009 Speed Skating Canada Coaching Symposium attracts more than 160 coaches

The 2009 Speed Skating Canada Coaching Symposium brought together more than 160 coaches from 124 different clubs and training centre programs from across Canada together in Richmond, BC for 3 days of professional development from June 19th to 21st. Participants were treated to many presentations by world leading experts as well as a special visit of the Richmond Olympic Oval, home to long track speed skating for the 2010 Winter Olympic Games.

Many of the presentations are now available on-line with other to be added soon as resource for those who did and did not attend the symposium alike. They are available at: <http://www.speedskating.ca/progjun19.cfm> Coaches have been encouraged to use these presentations as a resource to share their learning with other coaches when they return to their home clubs. If a coach from your club attended the Symposium, please be sure to ask him or her about the experience.

During the Symposium, Coaches were also treated to a special presentation of the Developmental Constructs supporting SSC's Competition and Events System Review. Each coach was provided a copy of the final report for their club. For clubs not in attendance, the copies of the report will be mailed out in the coming weeks.

Speed Skating Canada would like this opportunity to acknowledge all of the Provincial/Territorial Branches, Clubs, Presenters, and coaches without whom this event would not have been possible. We look forward to seeing you in 2011.

Talking it Up With Valérie Lambert



What is your favorite food: I love sushi, I could eat it forever!!!

Nick Name: Val Lambert

Pet Peeve: People who are hypocritical

If you could do one thing to change the world, what would it be: Improve the hospital systems internationally, make health insurance available to everyone and have better operating equipment everywhere.

Favorite music group: I don't really have a favorite band, I listen to a little bit of everything

Greatest achievement to date: Participation at 2 Junior World Championships and participation at 7 World Cups.

What advice would you give to young speed skaters: Improve skating techniques at a young age, it's much easier to do rather than when you are older.

Greatest speed skating memory: Qualifying for my first World Cup in the fall of 2007

Tip of the Month: More Simple Composition

There is a known series of black and white photos spanning back to the 1940's taken by a child. The single factor that has made these unique is that they were all taken from his point of view, about three and a half feet off the ground. A dog looking straight at him...a women holding a closed umbrella at her side...passerby's looking down from above. When we take photos from our eye height while standing up, it is just that, a view we are very accustomed that seldom draws our attention. It is the 'see what I see' type of photo. To make a difference to everyday photos, try using different points of view. The quickest and easiest is to get on your knee, even if it is a sunset or quick shot of your dog, cat, child. Get lower than normal or higher than normal. Stand on a park bench and shoot down, lie in the sand and shoot along a log to your subject. It will make a surprising difference that can add something just a little different.

Next month.....off balance works.

Don't forget to visit www.speedskating.ca again next month for our newest version of The BUZZ!!!
If you have a great idea you'd like to see in one of the upcoming The BUZZ issues, please do not hesitate to contact Yanna Moncion at ymoncion@speedskating.ca