

# THE BUZZ

## Welcome to **The BUZZ!**

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

### **Speed Skating Canada releases the Final Report of the LTPAD Competition and Events System Review "Racing on Skates"**

At Speed Skating Canada's 2009 AGM in Richmond, the final report of the LTPAD Competition and Events System Review was released to the membership. The report outlines the recommendations of the review team as to how to align to the competition and events system for speed skating in Canada with the LTPAD model. Printed versions were distributed to all AGM delegates and Coaches attending the Coaching Symposium. The French version will be available in August.

The report was received by the membership and the following the resolutions unanimously adopted:

- o The Guiding Principles for Competitions and Events
- o The Developmental Constructs in principle
- o The Developmental Recommendations in principle

Speed Skating Canada's Standing Committees from the AGM the standing committees have been asked to review the recommendations of the report in order to bring forward a comprehensive package to implement a new competitive system for 2010-2011 season. Each standing committee has been tasked to look at specific areas of the review in order to bring together all of the recommended changes in draft form for a joint meeting of SSC's standing committees in late November of 2009 and for circulation to provincial/territorial branches and the membership at large early in the New Year. The Coaching Development Committee has already completed, this review and other committees will complete this task during their face to face meetings later this summer and into the early fall. The LTPAD Working Group will play a coordination and facilitation role in this process.

For more information about Speed Skating Canada's LTPAD model and "Racing on Skates" Speed Skating Canada's LTPAD Competition and Events System Review please go to <http://www.speedskating.ca/LTAD.cfm> or contact Douglas Duncan at [dduncan@speedskating.ca](mailto:dduncan@speedskating.ca)

#### **Talking it Up With Shannon Sibold...**



**What is your favorite food:** anything served at Sunday Brunch

**Nick Name:** Sibs

**Pet Peeve:** When people say "unorganized" instead of "disorganized".

**If you could do one thing to change the world, what would it be:** Help to ensure education for all children around the world.

**Favorite music group:** Coldplay

**Greatest achievement to date:** Finishing 7<sup>th</sup> in the 5000m at the 2009 World University Games.

**What advice would you give to young speed skaters:** Love speed skating and believe in yourself. Anything is possible when you believe. And skate as much short track as possible, even if you plan on specializing in long track eventually.

**Greatest speed skating memory:** Training in Quebec City last summer with the Centre National Gaetan Boucher gang!!

#### **Tip of the Month: Simple Composition**

A quick and easy way to make a huge difference in your photos is to place your subjects in the frame using the 'rule of thirds'. Envision a tic tac toe cross hatch on your scene. Place the points of interest where the lines intersect. Centering or 'gun-sighting' your subject in the very middle of the frame does little to attract interest. However, you can put a person's face in the centre of the photo, but place their eyes along the top line of your tic tac toe. This leaves 2/3 below the eyes and 1/3 above the eyes. Much more pleasing to our subconscious!!! Next time you watch the news, notice the anchor has their eyes placed in the top 1/3 of the screen.

Next month....more composition tips

Don't forget to visit [www.speedskating.ca](http://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](mailto:ymoncion@speedskating.ca)

