

Welcome to **The BUZZ!!** Your information highway to “what’s happening” in speed skating.
March Edition

Talking it Up With Charles Hamelin



What is your favorite food: Mexican Burrito

Nick Name: Charlou or Charlot

Pet Peeve: Have to wash the dishes.

If you could do one thing to change the world, what would it be: make the planet greener and bring back all the animals or things that have disappeared so far on the planet!!

Favorite music group: Linkin Park

Greatest achievement to date: World champion on the 500m in 2007 in Milano, Italy

What advice would you give to young speed skaters: have fun but listen to there coaches!

Greatest speed skating memory: Be on the highest step of the podium for the world team championship with my teammates, in 2007 in Budapest, Hungary

Something New: SOGO Active

Local youth aged 13-19 can join Sogo Active, a national youth physical activity program presented by Coca-Cola Canada in collaboration with ParticipACTION and Provincial and Territorial Coordinators by going to the website at www.sogoactive.com and become eligible to be selected by Coca-Cola Canada as one of over 1,000 torchbearers in the Vancouver 2010 Olympic Torch Relay.

Sogo Active gives young Canadians the tools to design, change and control their own individual “get active” plan. Sogo Active’s national, online network connects teens with their peers and community organizations to provide a framework to set activity goals, share challenges, celebrate successes, and use their own ideas to embark on a lifetime of active, healthy living.

In addition to getting teens involved, Sogo Active is also recruiting local organizations to become Community Hosts. Community Hosts are local groups—from sports teams to after-school programs to youth groups—that offer support, facilities, equipment or expertise to Sogo Active youth.

Organizations are typically involved in recreation, active transportation, youth engagement, sport participation, active living, public health, groups working with youth with disabilities, groups working with disadvantaged youth, aboriginal organizations, faith organizations, multicultural groups and other sectors that support physical activity, such as outdoor recreation and dance.

Community Hosts can sign up through the website at www.sogoactive.com. Sogo Active is free and will help organizations make connections with youth, encourage physical activity and build leadership skills. Community Hosts will also help youth participants’ access community micro-grants to fund their youth-led activities.

What’s Happening:

The **Manitoba Speed Skating Association** celebrated the 90th Anniversary of the School Speed Skating Races on Wednesday, February 25th at the MTS Centre. This year to mark this commemorative event Susan Auch attended as a special guest.

Stephen Gough, formerly of Fredericton, is a highly accomplished short track speedskater, and member of the Canadian men's 5,000-metre relay team, which placed fourth at the 1994 Lillehammer Olympics. He competed in various provincial, national and international competitions from 1985-98, and while doing so set 15 New Brunswick, one Canadian, and two North American records. Since retiring from competition in 1998 he has remained active in the sport, and is currently a coach with the national short track team.

The **2009 Coaches Symposium** will be hosted in Richmond, BC, June 19th-21st.

Monthly Photo Tip by Jeff Bough jeffboughphoto@shaw.ca:

The philosophy behind good photography is as important as anything else you will learn. Before taking any photograph, try these two steps:

1. **Ask yourself "What am I taking a picture of".** If you are not there to explain the photo, will the viewer understand what they are meant to see?
2. **Get closer/Fill the frame.** Take a few steps closer; zoom in on your subject. Eliminate distractions that detract from your photo. Next month:

A camera does not take good pictures.....you do.