

THE BUZZ

Welcome to **The BUZZ!**
Your information highway to "what's happening" in speed skating.

Speed Skating Canada prepares for an innovative revamp of its competition and events structure

At the 2009 Speed Skating Canada AGM, the report of Speed Skating Canada's LTPAD Competition and Events System Review Team will be released. The report was previewed at a special meeting of the Competitions, Officials, Coaching and Club & Membership

Development Committees in Ottawa April 25th. The response was enthusiastic and these committees are working on implementation plans. The report will feature recommendations intended to guide SSC's standing committees, branches, and clubs in implementing developmentally appropriate programming at every stage of development, from Active Start to Active for Life in line with [SSC's Guiding Principles for Competitions and Events](#).

The recommendations of the report lay a foundation to create a more positive sporting experience for all speed skating participants and create a competitive system that will service the needs of all participants and grow the sport well beyond 2010. The Executive Summary of this report is now available for download within the LTPAD section of Speed Skating Canada's Website. <http://www.speedskating.ca/LTAD.cfm>



Talking it Up With Marianne St-Gelais...

What is your favorite food: Pasta with a cream sauce and shrimp

Nick Name: Body

Pet Peeve: Waiting for people, people who are always late

If you could do one thing to change the world, what would it be: Respect animals and protect those who are on the verge of extinction

Favorite music group: Panic at the Disco, Linkin Park, Fall Out Boy and Spice Girls

Greatest achievement to date: World Junior Champion in the 500m

What advice would you give to young speed skaters: Enjoying yourself while training

Greatest speed skating memory: My win at the World Junior Championships in the 500m and my world record in the same distance.

Tip of the Month: Digital Photography

Digital Photography....easy...fun....instant feedback....instant gratification...no lab techs taking copies of the 'private stuff'....and FREE, right? Yes on everything but the 'free' part. Even though you don't pay for film and processing, it is not free. Computer, memory cards, extra HD storage, some form of photo software, home printer or a kiosk for prints. But, the big killer is time. With digital, you come home with 300 photos instead of a roll or two of film from a day at the beach then a party. Reviewing, labeling and cataloging photos takes time, and lots of it. Or worse, you only look at a few then store the rest for 'later' when you see just how many you took. Photo #240 may be a gem, but you ran out of interest at photo #150. Yes, shoot lots and shoot often. I do. But try shooting 5 great pictures instead of 15 'who cares they're free' photos. I saw a sports event daily web gallery with 1600 images displayed for a 4 hr event!! I often say to people who like that my camera can shoot 11 frames per second: "Just because I can, doesn't mean I do."

Next Month: Some basic composition.
Feedback always welcomed!

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

