

THE BUZZ

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

True Sport Declaration - Reminder

In conjunction with True Sport, Speed Skating Canada issued a challenge at the 2009 AGM in Richmond, to all clubs and branches to join the True Sport Movement by declaring themselves a True Sport Club and Branch. Clubs and Branches are reminded to make sure your True Sport declaration is submitted online at www.truesport.ca. True Sport was founded on the core values of inclusion, fairness, fun and excellence. Clubs declaring themselves True Sport will receive a package that includes a copy of their declaration.

Festivals on Ice

As part of the celebrations leading up to the Vancouver 2010 Winter Olympic Games, Speed Skating Canada is launching the **Festivals on Ice** program, encouraging all clubs and branches to host a local celebration for club and community members, regardless of whether speed skates, hockey skates or figure skates are used. Tool kits have been provided to assist in the planning and promoting of celebrations.

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.

Additional support will be provided through "hosting grants", with applications available in mid October.

Talking it Up With Ivania Blondin...



What is your favorite food: Breakfast foods....Banana and nutella wrapped in my Mom's home-made crepes!!!

Nick Name(s): Ivan - my teammates, Iv - family, friends and Houston!!! (parrot - he's my favorite!!)

Pet Peeve: When someone says they're going to do something but they never do.

If you could do one thing to change the world, what would it be: Change people in a way that they would not compare themselves to others

Favorite music group: Rascal Flatts

Greatest achievement to date: Making both Short Track and Long Track Junior World teams in one year and finishing top 8 in both. I am now on both ST and LT National Development Teams for 2009-2010.

What advice would you give to young speed skaters: Losing is just a reason to fight to regain your spot

Greatest speed skating memory: Making the Junior Worlds team at the age of 14. I had no idea what I had just accomplished. At the end of the competition I asked my coach (who was Dave Morrison at the time) what it meant...and he said to me 'Ivanie, you are going to Junior Worlds.'

Photo Tip of the Month: Lighting

Jeff Bough – jeffboughphoto@shaw.ca

I was planning on discussing symmetry as it pertains to composition...but...this time of year is all about the lighting. Fall lighting is amazing. Use early morning and late afternoon light to put a great accent on your shots. The low angle and long shadows bring a dramatic look. Unless we have to, most outdoor shots are avoided when the sun is high overhead, usually between about noon and 3. Overhead light gives a very flat look which is fine if that is what you want, but it tends to lack punch. The morning light in the fall has rich colours and brings out detail in your subject by creating small shadows. Don't put the light behind you but have the light run across your image. As well, morning fog and mist as the sun breaks through makes for pro quality images that will stand out.

Next Month: More about light.

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