

## **General Information for New and Returning Skaters 2011-12**

Lessons Mid October to March. Registration begins in August.  
Charles Gorman Arena, 80 University Avenue, Saint John, NB

### **PROGRAMS**

<b>Group</b>	<b>Description</b>	<b>Days</b>	<b>Ice Time</b>	<b>Fee</b>
<b>5</b>	Learn to Skate: Beginner	Saturday Sunday	12:30-1:00 pm 3:45-4:15 pm	\$200
<b>4</b>	Learn to Skate: Skills Improvement	Saturday Sunday	11:45 am-12:30 4:15-5:00 pm	\$275
<b>3</b>	Introduction to Speed Skating	Saturday Sunday	10:45-11:45 am 5:00-6:00 pm	\$300 ( +\$100 FR)
<b>2</b>	Intermediate Speed Skating	Tuesday & Thursday Saturday	5:45-6:45 pm 9:45-10:45 am	\$390 ( +\$100 FR)
<b>1</b>	Advanced Competitive Speed Skating	Tuesday&Thursday Saturday	7:00-8:15 pm 8:00-9:30 am	\$500 (+\$100 FR)

#### **Beginner Learn to Skate (Group 5)**

Two 30-minute lessons per week

- Beginner skating skills for age 3-5 yrs and up.
- Develop confidence and ability in a fun, game-based environment.
- Parental assistance may be needed at first.
- ANYONE ON ICE MUST WEAR SKATES AND A HELMET.
- Assistance with coaching is always appreciated so speak to the coach if you are interested in helping out.

#### **Learn to Skate-Skills Improvement (Group 4)**

-Two 45-minute lessons per week

- More advanced skating skills development through fun activities and games
- For 5-7 years and up who can already skate the length of the ice
- FUNdamentals Meet introduces racing and skills competition

#### **Introduction to Speed Skating (Group 3)**

-Two 60 minute lessons per week

- Fundamental technical skills specific to speed skating
- Builds general athleticism: agility, balance, coordination and speed.
- Ages 7 and up including adults.
- Speed skates are highly recommended and available for rental.
- Skaters are encouraged to participate in FUNdamental Meets and area competitions.

#### **Intermediate Speed Skating (Group 2)**

-Three 60 minute lessons per week plus dry land training

- Develops speed skating specific skills, technique and endurance.
- Most compete at meets throughout the Province and Maritimes with goals of personal bests and having fun.

### **Advanced Competitive Speed Skating (Group 1)**

- Four hours on ice and one hour dry-land per week.
- Skaters continue to refine technical and tactical aspects of the sport, as well as physical and mental preparedness for competitions.
- These top skaters represent our club at Provincial and Maritime Competitions, and represent SSNB at National competitions.

**LTPAD:** Ages are guidelines only as SJASSC uses the Long Term Participant and Athlete Development Model (LTPAD) which allows appropriate training based on physical development. Group placements are decided by the coaches based on factors including skater ability, maturity and number of skaters.

## **FUNDRAISING**

**\*\*\*NOTE CHANGES effective 2011-12\*\*\***

Fundraising is necessary to supplement the cost of running the programs, keep registration fees reasonable and assure quality coaching and equipment. Fundraising activities also promote the club and raise awareness about Speed Skating.

There is no Fundraising requirement in the Learn to Skate groups 4-5

In response to requests for more flexibility and wider participation within Fundraising, we are trying something different this year for groups 1-3:

- A Fundraising Fee (\$100) is collected at Registration (Cheque postdated to Jan 31,2012)
- Members can either pay the \$100 FR Fee and NOT have to participate in specified Fundraising activities, OR do the Fundraising activities of their choice, with the money raised going towards their \$100 commitment.

Fundraising Activities for 2011-12, and the people coordinating them are:

- Tagging +/- basket raffle (Sheryl Crowley)
- Lamontagne Christmas Catalog (Ursina Meier)
- Chocolate Bar Sales (Teresa Teskey)

Example: A Skater gives \$100 "deposit" and sells chocolate bars and catalog items. If the profit for these worked out to \$90, then \$10 from the deposit would be kept for the club, and \$90 returned to the skater.

**Community Support and Sponsorship:** Friends and employers in the community can help out in many ways including sponsoring board pads, buying Ads in the Meet Program, donating items and services for Silent Auction and Raffle prizes.

## **COMMUNICATION**

**E-Mails:** All communication will be done through e-mail ([sjassc@gmail.com](mailto:sjassc@gmail.com)) and/or the website. Please ensure that we have your proper e-mail address.

[www.sjspeedskaters.ca](http://www.sjspeedskaters.ca). Check frequently for announcements, equipment for sale, general information, calendar...

**Emergency:** For Safety, please remain at the rink while your child is skating. If this is not possible, leave another parent with instructions on how to reach you in case of emergency.

**Photos:** Photos are displayed on “Shutterfly” and may be used in club promotional material, in the media, or on the website. If you do not wish to have photos of your child displayed, indicate this on the Registration form.

**SSNB:** Speed Skate New Brunswick information is available on [www.ssnb.homestead.com](http://www.ssnb.homestead.com)

**Cancellations:** Scheduled cancellations due to speed skating competitions or events outside of our control will be noted on the website calendar.

## VOLUNTEER ACTIVITIES

There are lots of things to be done to keep the club running smoothly. Your help is always appreciated:

- Board Pads; put on and take off ice at practices
- Parties and events; food and help
- Competitions; learn how to be an official or help out in another way.
- Group representatives from each group
- Your expertise may be helpful with special projects, committees, or on the Board of Directors.
- Coaching; if you are willing to coach, to learn how to coach, or to be a coach’s helper, please let us know at registration or talk to your child’s coach.

## EQUIPMENT

**Please see “Recommended and Mandatory Equipment” for group specific details**

### 1) Helmet

Helmets must be worn by everyone on the ice. Speed skating helmets are required for Groups 1, 2 and 3.

### 2) Knee pads

Soft volleyball-style or speed skating knee pads.

### 3) Shin Pads

Hard plastic soccer shin pads (without the ankle cup/strap).

### 4) Cut resistant gloves

Padded ski gloves for gp 4-5. Cut resistant gloves for groups 1-3. (Wool, cotton, or nylon gloves are NOT Acceptable.)

### 5) Neck guard

Bib style cut resistant neck guard to protect the neck and the upper chest area.

### 6) Elbow pads (optional)

Elbow pads can be worn by group 4&5 skaters

**7) Ankle protection:** Ankles must be covered, especially during competition. Guards made of cut-resistant fabric are recommended.

### 8) Eye Protection for Speed skaters: gp 1-3

Protective clear or amber glasses, shatterproof polycarbonate with a strap, (ANSI standard Z87.1) (Safety glasses, Oakleys, or racquet-ball style such as Black Knight)

### 9) Skates

Group 4&5 Learn to Skate and Skills Improvement skaters MAY wear hockey skates, figure skates, or speed skates.

As the skaters move up to group 3 they progress to speed skates. Speed skate boots and blades are available for rent from SJASSC, or can be bought. Special care, guards and hand sharpening are required for speed skate blades.

### 10) Helmet Covers

Competitive skaters buy a numbered helmet cover from SSNB to be worn during competition.

### 11) Clothing

- Learn to Skate groups 4-5 can wear snowsuits or splash pants to keep warm and dry.
- Learn to Speed Skate group 3 may wear comfortable close fitting clothing or speed skating “skin suits”. A cut resistant undersuit is recommended.
- Group 1-2 typically wear skinsuits for practice and competition. Cut resistant undersuits of Dyneema fabric are recommended.

**Where to get equipment**

SJASSC can help you find what you need. Ask coaches or other members for advice:

- We have a limited supply of basic equipment such as safety glasses, kevlar ankle protectors, older style skinsuits, helmets and blade guards.
- Bib style neck guards, shin guards, knee pads and safety glasses are available at local stores.
- Club skinsuits are ordered pre-season. Deposits are required for these custom suits.
- Look for used equipment on the website as well.
- Specialty speed skating equipment such as skates, blades, helmets, gloves, skinsuits, cut-resistant undersuits and guards are available through suppliers such as Sport Devault and other online sources. Ann Evans is the local Sport Devault rep, and is usually at competitions.

**SPEED SKATE RENTALS**

A limited number of rental speed skates are available to registered skaters. These are available during registration and from Equipment Manager Dave Hodgson. Rental Fee is \$125 with a \$200 deposit cheque. These high quality modern skates consist of separate boots and blades. All parents who will be renting speed skates for the first time are required to attend a skate care and sharpening session. Speed skates must be sharpened by hand, and a list of Group 1 skaters who sharpen skates will be available on the bulletin board at the rink.

**COMPETITIONS**

SJASSC “FUNdamentals meet” geared towards introducing the younger skaters to fun competition; check website for announcement of date. Other similar competitions may be held at other clubs as well.

1-2 day meets are held on weekends throughout the Maritimes. Watch for notices about registration for these competitions. Some weekend practices are cancelled to accommodate competitions.

*The Charles Gorman Memorial Speed Skating Championship* is hosted by SJASSC, and held at Harbour Station. January 7-8, 2012.

Calendar of events is available on [www.sjspeedskaters.ca](http://www.sjspeedskaters.ca) and [www.ssnb.homestead.com](http://www.ssnb.homestead.com)

**Board of Directors and Key Volunteers**

President	Shawna White-Dumouchel
Director of Registration	Teresa Teskey
Director of Fundraising/Marketing	Sheryl Crowley

Director of Fundraising/Marketing	Sue Ellis-Loparco
Equipment Director (Resources)	Dave Hodgson
Director of Athlete Development	Greg Richard
Director of Competitions	Joe Oliver
Director of Communication	
Director of Finance	Paul Loparco
Officials Coordinator	Pat Quinn
SSNB Representative	Shawna White-Dumouchel
Web site	Nicky Scott
Hospitality	
Group 4-5 Representative	
Group 3 Representative	
Group 2 Representative	
Group 1 Representative	
Statistics	