

# The Leading Edge



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Note from the editor: You are all doing a fantastic job of getting articles and news to me now. Please keep it up...I am having a blast putting it all together.

Next issue: March 2011

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## Crunch Cereal Bars

1 cup corn syrup  
 1 cup white sugar  
 1/3 cup oil  
 1 tsp vanilla

3 cups dry rice cereal  
 3 cups lightly crushed corn flakes  
 3 cups old fashioned rolled oats

Bring corn syrup, sugar and oil to a boil and cook for 4 mins. Remove from heat and stir in remaining ingredients. Pour into a parchment lined rectangular pan. Cool and slice into bars.

Tip: Remove from pan with the parchment paper and use a large knife to slice through.

**CRADLE COACHING TIPS AND BITS****Tips and Bits Part 1**

## Bits:

Premier's sport Awards Program has a skating badge program that runs similar to swimming with a "report card" style track system and badges that you can purchase to award your younger skaters with. [www.psap.jwspporta.ca](http://www.psap.jwspporta.ca) (the skate program was developed by a BC speed skater).

Coaching Beginner Skaters Under 6 is a manual that covers concepts, development characteristics, and games to mention a few. It was developed by Dalphena Snively, who coached speed skating for many, many years in Fort St. James.

## Tips:

-Washable markers to draw patterns and designs for skaters to follow on the ice.

Example: draw stars on the ice and have the scrap them off, makes them use balance and their edges

-Bowling: use foam/plastic kids bowling set on the ice. Helps with balance when throwing, they have to skate to retrieve the ball and set up pins

-Beanie Babies: this is one of the most useful tools that I have used. They can be placed on the head to practice balance they can be thrown, they can entice a child out onto the ice, their uses are only limited by your imagination.

Alison Leach

Cradle Coach (12<sup>th</sup> season)



**OFFICIALS DEVELOPMENT COMMITTEE BULLETIN**

The Officials Development Committee is pleased to present the 2010–2011 ODC Bulletin. It is important to note that the ISU Rule changes for both short track and long track speed skating, as well as the SSC Rule changes specific to officials are included in the 2010–2011 Officials Bulletin. To see what is happening in the world of officiating please follow the link below.

[http://www.speedskating.ca/client/cmsUploads/speed\\_skating/File/Officials/2010OfficialBulletin\\_R2.pdf](http://www.speedskating.ca/client/cmsUploads/speed_skating/File/Officials/2010OfficialBulletin_R2.pdf)

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**SEASONS GREETINGS FROM THE ISLAND!!!**

The Esquimalt speed skating club wishes everyone a safe and happy holiday!

**Merry Christmas** everyone, see you in the **new year!**

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## ENERPLEX IS WELCOME IN FORT ST. JOHN

Every March when skating ends there is the usual period of rest, recovery and renewal. Not so for the Fort St. John Club. The buzz continued most of the summer to plan for the 2010/11 season. The past season represented a major transition for our club, a challenge that everyone loves to have. Until 2009 we skated short track from October to March with a two months longtrack intermezzo on the outdoor oval. The outdoor oval however is now history. It was used one last time this past winter, when Jamie Lee skated her two magnificent laps with the Olympic Torch. A fitting tribute and contribution.



**Katryn Stickel coaching the cradles on the ice.**

In 2009 we started skating (short track) in the Enerplex; just after Christmas we laced up our long blades for skating on Canada's newest 400 m indoor speed



skating oval. The Enerplex is an amazing facility, housing two NHL size hockey rinks on the ground floor, a 400 meter refrigerated indoor speed skating oval on the first floor, and suspended from the ceiling a 380 m three lane rubberized running track. Athletes now have access to a 7-month long track season with ideal conditions, quite a change from the outdoor challenges. The first major competition held was the 2010 Work Safe BC Long Track Championship with excellent cooperation from the City of Fort St. John..

The current season started with the first ever 5-day long track speed skating camp in the Enerplex from Aug 30- Sept 3, 2010. There were 40 skaters from Dawson Creek, Fort St. John, Prince George and Kamloops, coached by Fort St. John's Richard Stickel, Kathryn Stickel, and Wim Kok; Dawson Creek's Ron Cartier and Kamloops' Sandy Vyse. There was also a large support team of club volunteers. Highlight was no doubt

the week long presence of Denny Morrison, who provided the skaters with valuable technical expertise on ice. Did they ever love it! This was mainly due to his very relaxed and personable approach. Thank you Denny. The camp also included dryland sessions and presentations on LTPAD (Jacques Thibeault), nutrition (Melanie Chapple), race-day preparation (Denny Morrison), testing and strength training (Kristin Harrott - Pacific Sport). The final day saw a number of fun races (500 and 1,000 m), two distances in which Denny exhibited his outstanding abilities. Impressive for those who were there to watch it.

The Grand Opening of the Enerplex took place on October 13 with a number of good news announcements. First, to date almost \$3 million dollars has been raised through corporate sponsorships for a 15 year period. More sponsorship funding is being negotiated. Second, the Enerplex will now be known as the Pomeroy Sport Centre, named after the Pomeroy hotel chain in Northern BC and Alberta. The Pomeroy family has deep roots in the community. Third, the City of Fort St. John has signed a Memorandum of Understanding with the Canadian Center for Sports (Pacific Sports) to deliver programs aligned with the "Canadian Sport of Life (CS4L)" model. It integrates health, education and sports activities for everyone with an emphasis on children

and youth, much along the LTPAD principles. The facility will be designated as an official " Pacific Sport Northern BC High Performance Training Centre." The Centre will hire a full-time sport development coordinator based out of Fort St. John, B.C. Not only will this benefit many activities and sports in the Peace region, it should bode well for speed skating. Needless to say that we are very excited about these possibilities. We extend an invitation to everyone to come, see and skate in this amazing place. Hard to believe, but it is here, some six years after the idea was first launched. Wow!

Submitted by E.W. (Wim) Kok (Fort St. John)



**Looking down the long track inside the Enerplex.**

## Fort St. James Falcons

The short track season ended abruptly as our arena was shut down for Christmas on December 19, 2010. One of the ways to control costs in our little town of 2,000 people is to not pay arena staff overtime thru the holidays. We don't skate on Thanksgiving, Remembrance Day or the last 12 days of the year!!!

Oh well,... the outdoor oval is almost ready to go having nearly 40,000 gallons of water on it and having been ice-bladed twice. Some brave kids have already been skating but we might not do fast laps for a few days!!!

Our new flood truck is really luxurious with modern features our old one lacked. The truck has a speedometer (!), fuel guage (!!!) and a split shift rear differential (?!). PS – it's not that new, dating from 1986. Ha... Seriously it works fine.

Our end of season practice for Learn to Train and Learn to Compete had a simple objective - skate as many laps as possible in an hour. For this practice we used the old track so we could compare to old records. Notable totals were Caitlynn Macdonald -196 laps, Sandra Sulyma 179 laps and Emily Sulyma 153 laps.

I went out on the ice to interview our FUNdamentals group. I asked them questions which you can infer from these answers:

“He makes us do laps. And we get to play games”  
Mina

“The hardest thing is ‘skate-around’ and best thing is ‘Torpedo’ ” – Jupa

“I like games, laps and races – but hardest thing is ‘duck-walk’ drill “– Heeda

“Mat rides” – Luka (Active starter)

“Racing” [his favourite activity], [coach makes him do] “laps and relays and slaloms in cones” – Austin



“Of course I like speed skating or I wouldn't be in speed skating would I?” – Emily (that was a really dumb question from the reporter!) (as you may have guessed Emily is way beyond FUNdamental age).

“Practice exercises, going through cones, torpedo and tag” – Logan

Congratulations to our Fort skaters who have gone far afield to race. Caitlynn Macdonald recently raced in Quebec City where she had outdoor personal best times in all her distances. Her sister Jamie skated in the Canada Games trials in Kelowna and was able to qualify into the 5<sup>th</sup> position. This of course was big news in our town with a front page newspaper article and a good photograph of her at a start. We all look forward to the final announcement of the CWG Teams on January 12<sup>th</sup>.

Good luck to all BC speed skating in 2011.

## PRINCE GEORGE BLIZZARDS

As you read this update from our Prince George club, we will have just finished our Snowflake Mini-Meet, our second meet this fall where we used the new track and race format with our younger skaters.

We thank all of the 59 skaters from other northern clubs who attended our Central Interior Challenge in November. Our meet coordinator, Ariadne Hiller, writes, "Skaters from Cradle (4 years old) to Masters (60 years old) skated at the same meet using 3 different track sizes (60m, 100m and 111.12m). Great job, Track Stewards! A fundamental aspect of the success of the meet was the teamwork between the recorders and the coaches.

The club coaches' input in the final configuration of the divisions was a key element in the meet. They were responsible for moving skaters up or down a division depending on their skill level. As a result, some age classes were divided into two divisions, a fast one and a slower one. Very little lapping happened and the competition was very equal and meaningful. The skills and fun races were amazing and everyone had a great time. Thank you, Coach Wendy Hudyma, for organizing and directing this section of the meet."

Congratulations to two of our senior skaters, Tim Hemsall and Sarah Pousette, for earning spots on the BC Team for the upcoming Canada Winter Games in Halifax. Tim qualified for one of the five short track spots, and Sarah earned her spot as one of the four long

track skaters. As you may know, Sarah and Tim are now training and going to school in Calgary. Another of our senior skaters who is also living in Calgary, Phillip Shrimpton, will have another opportunity to qualify for the long track team in early January. Good Luck! Four of our junior skaters-Carley Budac, Rylan Gaudet, Lucas Hiller, and Morgan Swan-also tried out for spots on the BC team, and gained a lot of racing experience in the process. Congratulations to all of our skaters for representing our club so well!

We hope that all of you are all able to enjoy the delights of the season with family and friends. Many of us will be heading out to our Outdoor Oval to skate long track over the holidays. We also look forward to seeing many of you at the upcoming meets around the province.



**Lina H., Sarah P., Carley B., Callie S. and Morgan S. at the Can Am in Calgary.**

## BURNABY HAIDA CELEBRATES AGATHA

Agatha Van Der Starre turned 80 years old Dec. 21, 2010. She is a thirty year veteran of the Burnaby Haida Speed Skating Club. She is the holder of BC, National, North American and World Masters age group speed skating records in short track and long track and is still skating. No plans to quit any time soon.

On Sat., Dec. 18, 2010, at Kensington

Arena in Burnaby, Burnaby Haida Short Track Speed Skaters of all ages and ability will log 80 laps of the rink as individuals or in relay, to celebrate Agatha's 80<sup>th</sup> birthday as the Club wraps up 2010. Festivities will run from 2:30 pm to 6 pm .

With a sizeable masters group, Burnaby Haida is one club where no one can say they are too old to take up skating! "It's a great sport for older people," Agatha says. Easy on the joints, it strengthens your knees, legs, abs and back.

Born in Holland in 1930 as Agatha Van Dorp to a family of five boys and two girls, skating on the canals when they froze was just what you did. While she competed to a limited

degree as a teenager, Agatha noted once that this was before women's speed skating was officially included in the Olympics. That didn't happen until 1960 when Agatha was 30 years

old. She hung up her skates and immigrated to Canada in 1953 with husband Tony Van Der Starre and raised 2 children, Art and Ariana, the current club coach.

Then, at age 49, she

learned about the New Westminster speed skating club where she met the Burnaby Haida club coach, Adrian Brabander, who asked her to join his club at Kensington Arena. Agatha competed in her first race that year – 1980 – at the BC Winter Games. "But I didn't win," she notes. That quickly changed. In 1982 she won a 400m bronze medal in the 45-plus age group in Trail, BC.

Agatha became club president in 1981, a position she held for 11 years, and to this day remembers the names of all the club skaters and encourages young and older, praising their progress. To help build up the club, daughter Ariana, when newly graduated from SFU, and future husband Ben joined. He coached the club from 1984-1989. Ariana



went on to compete at provincial and national levels and is the current coach. Now her son, Tunis, trains and races with the club.

Watching her mother, Ariana believed her mom could do much better. By 1987 she had stepped up Agatha's training, developing an off-ice dry-land training program, including cycling.

It paid off. In 1997, at 66 years old, Agatha became the Canadian and North American Grand Masters Champion in the over-50 age category, holding all the continental time records for four distances and every Canadian record in her age group for all distances.

In 2003 Agatha took the World Title at the Seniors Games of the International Seniors Speed Skating Committee in the 70-plus age group in Alkmaar, the Netherlands.

In 2007 Agatha was inducted into the Burnaby Sports Hall of Fame in the Builders category. Earlier, in 1993 she was presented with the Investors Group Community Sport Achievement Award for Outstanding Involvement in Community Sport.

So. Agatha turns 80 this year. I am 54. If she has a bad day and I have a very good day, I can pass her. After one particularly tough practice, I could barely speak for half an hour. Within minutes of getting off the ice Agatha chirped: "Well, that was a good skate."

How does she do it? Fitness is part of every day, year round. For example, after giving up her driver's license, she started to ride her bicycle to the grocery store with a

backpack for her shopping (and still does), in addition to cycling and running for recreational and training purposes.

In 2005 I drove a couple of skaters to Calgary for a training camp at the Oval and noticed a lot of cyclists making their way over the mountains. We met Agatha at the camp. She had just ridden over the mountains to Calgary on a three-week bicycle trip from Vancouver to Regina with a group from her church. No surprise there were more record setting skates in her future.

*Note: Ariana tells of the conflict between being a sympathetic daughter and a hard driving coach: In 2003, when Agatha was racing 3000m in Calgary, each time she came by the coaches box she said she couldn't continue. Ariana just yelled, as only she can, "oh yes you will!!!!" She finished the race. As it turned out Agatha had pneumonia. Yikes.*

*Note: The Haida Speed Skating club was started at UBC and became Burnaby-Haida in 1973 when it moved to the then new Kensington Arena. The Bill Copeland arena is used by the club to stage its annual inter-club meet each January, drawing competitors from all around BC. This year, the meet will be held January 8, 2011, with more celebratory cake. The club currently has one member, Anna Vogl, training at the Calgary Oval and club skaters compete regularly at meets.*

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## VERNON CLUB UPDATE



The Vernon club is adding to it's numbers on a steady rate. We are now at 26 skaters, with 2 newcomers expected next ice session. This total has not been reached in Vernon for a number of years. Opening up ice times to non-profit organizations, like the Boys and Girls Club, as well as exposing our product to large audiences with our highly successful mini-meet series, have assisted the club reach these numbers. The last mini-meet, number three of four, had registrations cut off at fifty, minus three scratches, forty seven competed. (Skaters list and results on club website, [www.vernonspeedskating.com](http://www.vernonspeedskating.com).)



Another initiative, designed to attract to the depleting master level, is the purchase and creation of a "Masters of Masters" relay challenge trophy. At the present time, Salmon Arm and Vernon have events planned at all future mini-meets, as well as time allotted at the annual interclub, February 12. A "rules" charter has been drawn, hopefully other clubs may have numbers to enter this scenario next season.

Vernon will be hosting the FUN Regionals for this zone, March 12. It has also been confirmed the site of the 2012 Winter Games, will be held in the beautiful new Armstrong Arena, approx. fifteen minutes from Vernon. We have been fortunate to attract such highly skilled coaches this year, Peter Blokker, Trevor Rasmussen, and Chris Acton cover all elements as required. The "competitive" group, Salmon Arm included, is now up to thirteen skaters for the weekly sessions.

Our final pre-Xmas skate, open house goes this week. Sponsors, past members, media, etc., are treated to pizzas, drinks, snacks, compliments of the club in acknowledgement of their efforts in keeping us viable. Fun races, and the first of the master relay challenge with Salmon Arm will also take place during the night of celebration.

To all from the Vernon Club, have a happy holiday!!  
Pete Kapak

**RIDGE MEADOWS RACERS REPORT**

It's been a busy year so far for many Ridge Meadows Racers. Perhaps the Olympic buzz is still alive as we seem to have new skaters - from preschoolers to highschoolers - arriving monthly and have happily watched our sister club Langley grow in leaps and bounds this year.



Some of our new and 'veteran' Ridge Meadows skaters in Matsqui mentally preparing for their race!

We've got a new president, Ken Byers, who is learning the ropes and with more than 50 skaters on our ice, he's joined by many parents busy volunteering. We seem to be getting our exercise fundraising. After a successful Halloween skate-a-thon we will look for any ways we can beef up the fundraising to offset funding cuts. It's hard to believe the season really started way back in the summer as our skater's battled mosquito and rain storms during

dryland training and summer camp. Those hot summer nights seem a world away now in the dark of winter but the hard work seems to have paid off as three Ridge Meadows skaters, have made it to the Canada Winter Games squad. Thomas McLennan and Michelle MacKay headed to Quebec for the junior championships in December. The pair will also join William McLennan on the Canada Winter Games squad. Congrats to them on what we know was hours of hard work and congratulations to all the other BC skaters doing so well.

Our younger skaters seem to be watching the 'big kids' closely and many have come back this year with a determination to skate hard and have fun doing it! We will see you at the rink where we would love to share ideas! Here's to a safe and fun 2011 for all!

