

The Leading Edge



Two skaters from the Ridge Meadows “Learn to Skate” Program in August, take a break from the rigors of training.

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Notes from the Editor

What can I say to explain the slow arrival of this edition of **The Leading Edge. We have had all our children home for the last few months, including a son in law, my school district job started up again, I have changed employers in my second job, moved the daughter and son in law to their own home, joined a new small group at church, maintained my position on the worship team and become more active in our local union. What can I say? Its been busy. I hope you are all more relaxed than I. My apologies to those of you who contributed and those of you waiting to read it. I hope it was worth the wait.**

Sylvia Lindgren
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COACHES CORNER

We have a talented group of athletes in our province but one area that most young athletes overlook is the importance of goal setting. It can become a guide for your future activities and keep you on track when it can become easy to get distracted by activities, events, or results that are either not healthy or not moving you towards your goals.

In setting a goal for yourself I would suggest that you start by making sure that its big enough so that once its met, you will be completely content with the accomplishment. For example, is competing at the Canada Games your goal or would you like a medal? There is nothing more satisfying than meeting a long term goal but at the same time, if its not grand enough, it can be a source of frustration in that after years of work you can be left with a feeling of dissatisfaction with the results.

The next step would be to talk about your goals with your coaches, family and friends. Your coaches can help with a game plan to move you in the right direction, your friends and family can help to hold you accountable to your stated expectations of yourself. Your goals may also require that your family play a role in your progression in that accommodations may have to be made to allow for training or competition. As a guideline, you will know if you are not thinking big enough if no one tells you that you can't do it or if once looking at your training plan, things look easy. No worthwhile, satisfying goal will come to you without significant work, its what makes the accomplishment significant. If what you are aiming for is easy, everyone will do it and it will have no significance.

There is no one in our province that doesn't have the ability to go as far as they want to given the proper work ethic and attitude towards training. Our sport is fairly unique in that it isn't dependant on any particular body type or natural ability. Most activities have a



body type or skill set that is specifically required for success but I can think of world champions in every shape and size in speed skating, from Sergey Khlebnikov, to Hiroyasu Shimizu the common denominator is their ability to focus on a goal and work consistently towards it.

The road to success isn't always short and smooth but the good news is that a skaters full potential can't be reached until the late 20's at the earliest so a good portion of our club has a few years ahead of them for progression, the decision just needs to be made to start. Goals can always be altered, the danger becomes that the growth curve can be too steep if some progress isn't made early on and doors can become harder to open.

Turn Left at the Corner.

Mike Hall (Salmon Arm Ice Breakers)

Kamloops Report



The Kamloops Long Blades had an active and fun summer with lots of great things going on.

This summer we started an inline speed skating club. We skated twice per week on the pow wow grounds of the Kamloops Indian Band. A big thanks to them for letting us use their parking lot. Our club was able to purchase several pairs of inline speed skates through a grant that we received from Local Sport Development Fund- LegaciesNow 2010. We had sizes from really big to really small, so we had all ages participating. We had tons of fun and some really good training, and after all of our mascot marmots were eaten by the owls, we were visited by a bear and a racing turtle. No matter where we go, or what we do, we find adventures!

We had 4 mini camps over the summer in which we spend the day skating, swimming, doing dryland, having an educational session, and a picnic. We find that these camps are a great way to tune the skating skills and keep the club together over the summer. We were lucky to have a former BC skater who was the Dutch national team coach from the 2010 Olympics, John Monroe, join us for one of our mini camps. The skaters really



Jessica Hewitt, Dominic Villeneuve, Martina Antifay, Sandi Vyse, Rylan Debeeld, Sylvie Lloyd, BJ Schmidt, Leia Hoot, Dana Colter



Dominic Villeneuve, Sandi Vyse, Rylan Debeeld, Martina Antifay, Holly Antifay

enjoyed his perspective on training and learned some great new things from him.

Jessica Hewitt returned to Kamloops for a brief visit at the end of July, so we were very lucky that she spent some time with our skaters. She led a dryland session, and everyone was thrilled to be taught by a National Team member who grew up as a Kamloops Long Blade. We learned some new imitations, and got some valuable technical pointers.

All in all, it was an awesome summer and we're looking forward to an even more awesome skating season! Join us for the October Chill on October 29. Bring your costumes!

Submitted by Sandi Vyse



Esquimalt Speed Skating Club (1966 - 2011)

Greetings from the Island!!

Well, after an amazing wonderful summer, the new season has finally come upon us! This year marks the Archie Browning Arena's 50th anniversary! The Esquimalt Speed Skating Club took part in the celebration with a big display of some memorabilia from our club as well as information about the sport of speed skating. We had videos of previous Olympics playing throughout, posters, pictures and even a very old pair of blades and boots! This event was well attended and brought much attention to our club and our sport.

Some of our members spent some time in Calgary at one of their camps, as well as participating in weekly dry land training sessions from July to present day. We are happy to see a few new smiley faces on the ice this season and, this being another BC Winter Games year, some of the members are gearing up for this much anticipated event.

The Esquimalt Speed Skating Club is also marking a milestone with this, our 45th year!! Our club started in 1966 and is still running strong today! Thanks everyone!

We wish everyone a safe and successful season, see you all soon!!

HIGH PERFORMANCE COMMITTEE

The HPC would like to congratulate the following athletes who have qualified for the BC High Performance/ High Performance Development Programs for 2011-2012 :

Level 1 Tori Spence (LT)
 Keara Maguire (LT)

Level 2 Courtney Shmyr (ST)
 Scott Bickerton (LT)
 Alec Janssens (LT)
 Sarah Pousette (LT)
 Alison Banwell (LT)
 Ashley Nelson (LT)
 Ellis Jordan (LT)
 Elyce Henry (LT)
 Josie Spence (LT)
 Nick Goplen (LT)

Level 3 Michelle Mackay (ST)
 Thomas McLennan (ST)
 William McLennan (ST)
 Jordan Rosborough (ST)
 Jesse Keca (ST)
 Mitch Kupchanko (ST)

Jamie Macdonald (ST/LT)
Caitlynn Macdonald (LT)
Chris Neykov (LT)
Braden Clouthier (LT)
Aedan Giffin (LT)
Cam Bennett (LT)
Carolina Hiller (LT)
Jamie Inglis (LT)
Zack McLaren (LT)
Phillip Shrimpton (LT)
Emilie Medland-Marchen (LT)
Dan Medland-Marchen (LT)
Jeanette Steinmann (LT)
Jamie Lee (LT)
Sara Spence (LT)

High Performance Development

Anneke Pederson
Annie Russel
Alison Desmarais
Teagan Rasche
Ethan Wilson
Jacob Graham
Mitchell McCullough
Shota Inoda
Nico Hiller
Justin Cross

Connor Meeks
Pauline Sutherland
Sylvie Lloyd
Kiersten Hagen
Benjamin VanSpronsen
James Ashwell
Kyle Pardell
Rylan Gaudet
Connor Johnson
Trenton Chard
Jun Bae
Lucas Hiller
Bernie Tse
Hilary Desmarais
Carley Budac
Kaelin McNally
Ian Cross
Robyn Kempers
Steven Timotius
Morgan Swan

Congratulations to all skaters and we wish you the best for the 2011-2012 season!

BCSSA HPC

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Prince George Speed Skating Club Report

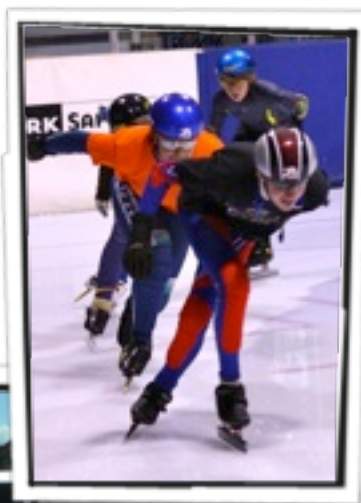
Our club executive and volunteers have been hard at work preparing for the upcoming season. Our club has almost thirty volunteer positions, and a nine-member executive, and everyone works hard for the club. Our annual Kick Start Camp was held on Sept. 17th and 18th and included ice, dryland, and testing sessions. There was even a Learn to Skate session partway through the day on Saturday, and a number of skaters from the public were assisted by some of our senior skaters to "try out" the ice. Ted Houghton was also here to give a Beginning Officials clinic to a number of our club members on Friday night. Thank-you, Ted!

A number of our more experienced skaters have already had several ice practices, and our club skaters attended summer camps in BC and Alberta again this year, including a weeklong technical camp with Sue Ellis here in PG in August.

Our website at www.pgspeedskating.ca contains links to skating in the news and other items of interest to members and non-members alike. Several of our adults, some of whom are also skaters, earned upgrades in their officials accreditation (Lap Counter, Course Clerk, Place Judge, Starter, Meet Recorder, and Track Steward) as a result of their hard work last season.

We will be hosting BC Cup 1 again this year, after a brief absence, at the CN Centre in November, along with the Snowflake Mini-Meet in December, and the CI Challenge Interclub in February, right before the BC Winter Games in Vernon. We look forward to seeing all of our speed skating friends in the near future. Our skaters are getting ready to head off to Oktoberfest in Calgary and the Edmonton Fall Classic in late October. See you at the rink!

Jenny Rankin



Some of the successful skaters from the Canada West Competition.



Some of the Competitive skaters cycled for their off season training.

Ridge Meadows Racers



“Maggie” puts the training camp skaters through their paces in August in Langley, BC.

Ridge Meadows Racers are looking forward to Autumn with anticipation after a couple of busy summer months preparing for the 2011-12 season.

Skaters from several clubs took advantage of Ridge Meadows dryland training and summer ice again this year including a few new skaters who just couldn't get enough of the sport in their first season.

In August, dozens of Ridge skaters joined others from the Fraser Valley and Interior at a tough but rewarding technical camp in Langley led by former Chinese national team member and Olympic Oval program coach Qi Mengyao (Maggie). She was joined by Ridge Meadows coaches Eden Donatelli-Green and Julian Green who shared their own wealth of knowledge in on-ice and classroom sessions.

A 'Learn to Speedskate' group was included in this year's camp with surprising success and it's great to see new skaters continue to take to the sport. Ridge Meadows now heads into this season with more than 50 skaters including a whirlwind of new skating enthusiasm circling the rink in our youngest group.

Here's to a year of fun and racing excitement for them – and for all BC skaters and clubs. Good luck to all!



Welcome Chris!!

The BCSSA would like to extend a heartfelt welcome to Chris Acton who is the new Technical Director. Chris can be reached at 250-300-9908 or by email at christina.acton@live.com.

Kelowna Speed Skating Club

The Kelowna Speed Skating Club has enjoyed a year of growth, and is well on its way to a record breaking registration. Club members have worked hard for the past 3 years to market and grow the club, with the focus being on improved set processes, and increased communication between the club and the community.

In the beginning, our club worked hard to network and promote speed skating as an option for youth. Regular articles to the newspaper were submitted, detailing the success of skaters in Provincial, Regional, and National Level Competitions. Club members invited their friends to come out and try speed skating on promo days. The club hosted provincials, as well as their annual December meet, which has been used over the years as BC and Canada Winter Games Trials. The club did a good job of maintaining its membership numbers, and the high performance coaching was excellent, but actual growth was elusive.

In 2008 the club took its first big step to being easily accessible by revamping the website, and making the posting and maintaining of

information much easier to keep current. That year we also started offering Learn to Speed Skate sessions for 2 weeks at the start of the season. Those first few classes had very few children attend, but the ones who came out enjoyed undivided attention!

In the 2009-2010 season the club did 2 promotional skates during the local WHL Kelowna Rockets Games. We also received a hosting grant to run a Festival on Ice. These events brought more attention to the sport, and allowed us to form a firm partnership with the city. We are now firmly committed to hosting a Festival on Ice every year, with the support of the City of Kelowna.

We continued the promo at the Kelowna Rockets Game in the fall of 2010, and found that our new website made us easy to find in the excitement of the post Olympics. We also continued to run the Learn to Speed Skate sessions, still with lukewarm attendance, but still a positive experience for those involved. Our 2010-2011 season found us committed to being involved in the International Children's Games, the Canada Games

Short Track Trials, and the first ever Canada West Competition. We decided at the beginning of that season, that we could commit one year to a strong focus on hosting, knowing that it would be a huge commitment. We also began to routinely ask our new skater parents to become certified as officials, in order to build our base. The club received much press in that season, and that helped to remind the community that we exist. All of this is in addition to the continued success of our skaters!

So here we are in the 2011-2012 season, and skaters are flooding in the doors and our Group 1 and 2 sessions haven't even hit the ice yet! We have a welcoming process in place so that parents enquiries are answered quickly, and their children are on the ice within a week. Our Learn to Speed Skate sessions this year are finally a success, and many of our brand new skaters took part in our start-up camp. We hope to continue this growth, giving us a base of skaters to move up the ladder into the more competitive group. These ideas might help your club to get unsurpassed growth of your own!

Fort St. John Elks Recreation and Speed Skating Club

The upcoming season will be our third in the Pomeroy Sport Centre (PSC). During the past season we hosted the Peace River Challenge (ST), one regional long track meet and the Work Safe BC Long Track Championships. The latter had been awarded to the Dawson Creek Club, but due to extreme weather conditions, the outdoor meet was moved to Fort St. John with only a four-day notice. The cooperation from the City of Fort John and the many volunteers contributed to a very successful event competition

The 2011-2012 season unofficially kicked off in July, when 55 Olympic Oval program skaters and seven coaches held an 8-day training camp at the PSC. There were five skaters from the Chinese National Team, including Beixing Wang, the Ladies 500 m bronze medal winner at the 2010 Olympics. Liam McFarlane, former world record holder on the 500m short track was also present. Not only was it exciting to see this calibre of skaters train in Fort St. John, it was also a great opportunity to showcase the oval. Fort St John skaters were invited to skate in one of the training sessions. The camp concluded with Spectra Energy's presentation of the Team Canada Hockey jersey, worn by Denny Morrison during the victory lap after his gold medal performance at the 2010 Olympics. The jersey was signed by his team mates and auctioned off with the proceeds to go to KidSport Canada, a charity which supports children who can't afford to play organized sports. Denny, and his brother Jay, unveiled the jersey, which is now permanently displayed in the PSC lobby as a symbol of achievement and inspiration.

In August the club hosted a successful long track camp with skaters from Burnaby, Dawson Creek, Fort St. Kamloops and Vanderhoof with head coach Richard Stickel and assisted by Sandy Vyse, Katherine Stickel and Pacific Sport. Following the camp the advanced skaters continued their training throughout September. This year the club will again offer programs for cradles, beginners, advanced and master skaters. In addition to a regional meet, the Club will be hosting two high level competitions at the PSC.



Denny Morrison, Lucas Makowsky and Mathieu Giroux's gold medal victory lap



Eryn Stickel, Theresa Martens, Renee Kalkman and Hannah Brunn

The first weekend of February 2012 will see the master skaters compete in the Canadian Open Masters Championship (LT). The weekend after the PSC will be the site of the Canadian Age Class Championship (LT). Both competitions will give skaters, coaches and parents another opportunity to firsthand experience Canada's second indoor oval.

Finally, the club will organize a number of officials' clinics in cooperation with BC-ODC and provide opportunities for officials to be mentored for more experience and upgrading during the upcoming competitions. More news on this will be forthcoming from BC- ODC.

