



**British Columbia Speed
Skating Association
Newsletter**

Published four times per
Season. Submissions to the
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**Next issue deadline
November 22nd, 2006**

**2006
SEPTEMBER
NEWSLETTER**

**Volume 10 Issue 1 Sept. 06
2006 FALL ISSUE
MOVING FORWARD INTO THE FUTURE TOGETHER.**

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Photo: Ron Cartier





EDITORIAL. RON CARTIER

Welcome back everyone to a new season of fun on ice.

Welcome to the
Seasons Start issue of
the Leading Edge
Newsletter

Well as you may have noticed i am still playing with the newsletter design. Never seem to be completely satisfied, just have to rearrange things around here.

A small issue to start off the season, get your articles in for the next issue. Remember to send photos and a copy of your club logo.

If you host an event this year please submit an article about it, a little free advertising for your club.

Should be an extremely busy year what with the CWG selections and Games, 3 Regional Training Centers and a new HP coach. Hi Guy glad to have you aboard and welcome.

This should mean a lot of articles coming in and photos. I hope to get out to more of the events this year. Looking forward to seeing everyone's skaters in action.

Added an information section on slide-boards in the coaching section of this issue.

Hope everyone has a great season and hope to see you soon.

Ron Cartier, editor.



Denny Morrison is a candidate in a contest being sponsored by Bootlegger. As there is a big cash prize at stake, Denny would really appreciate us all getting out the word and having everyone in Speed Skating (and all your friends) go on line and vote for him.

Please pass this along to one and all and lets see if we can help Denny become a winner! Go to: www.bootlegger.ca and view Denny's profile along with all other nominees from across the country. Voting starts tomorrow.

By the way....don't be surprised by the intro like I was ... just follow Denny's instructions below. Directions for voting: If you want to help me win, go to www.bootlegger.ca and click on the Generation B graphic at the bottom of the site, starting September 1, then go to the 'choose a candidate' and I am listed is listed under British Columbia - Fort St. John of course. Thanks for the help! Denny
Lorna Holbeck

FUN



FRIENDS



SPEED



CHALLENGE





PRESIDENT'S REPORT



Greetings fellow members

It's the start of a new season, and I truly look forward to a busy and rewarding year for the Association. I would like to welcome back all clubs, your skaters, parents, Coaches and Officials as we start the 2006-2007 season.

J'aimerais prendre ce moment pour étendre un accueil chaleureux à Guy I would also like to take this opportunity to extend a warm welcome to "Guy Thibault who has joined our coaching team courtesy of GamePlan and PacificSport. Guy's credentials include Canada's National S.T. Head Coach for 8 years; Coach of the American Long Track Team for 3 years; Long Track Coach in Ste Foy for 3 years and a member of Canada's National Team for 8 years. While on the National Team, Guy represented Canada at the 1988 and 1992 Winter Olympic Games. Guy's first official coaching role in BC was attending the Provincial Summer Camp in Richmond."

The Board have had a busy summer preparing for the start of the season. New to the Board this season are Owen Spence, Vice President and Tina Henry, APC Chair. Both have been busy with their portfolios and are fitting in nicely.

As Director of Membership Development, Marg Kriek is working with her committee and the clubs on their submissions to the different SSC MDC grants. The latest grant MDC has submitted on behalf of those clubs that applied is the On the Edge program which both Brenda Hennigar and Anne Pousette had so much success. Well done ladies. The main focus of the committee will be working with the clubs to see how they can best assist them to increase their membership and promotion of the sport.

As Director of Coaching Barb Beck continues to work at increasing the number of coaches in the Association and in seeing more coaches certified Level 2. It is vitally important that we have Level 2 coaches in every Zone to ensure continued participation in the BC Winter Games. Clubs are encouraged to develop coaches within your club. I was please to so many of our coaches take advantage of the opportunity to attend the new CBET workshop in Calgary earlier this summer. I would also like to thank Ariana, Keith, Margie and our CWG Team Coaches and Managers. Our BC team is in good hands.

Tina Henry Director of Advanced Programs has been very busy with her Committee; Eden Green, TriMacKay and Donna Luck getting the draft CWG and Team bulletins out to the clubs. Again this season I encourage team members to check your email on a regular basis for any information that may be sent out by either the Office or the Advanced Programs Committee. Please read all information carefully and pay special attention to any deadline dates.

Director of Officials Maurice Legros has a handful of busy workers sharing the committee workload. Level 2+ Referees and Starters were invited to identify the provincial meets they'd like to work at this season – ODC will make their decisions this month. Host clubs will be advised of the ODC selections by early October. Maurice has been able to secure Jacques Gregoire as Chief Referee at the Canada Winter Games ST Team selection meet in December. While here, Jacques will conduct a Referee's Clinic as well. Jacques is open to speaking with anyone while he is here so please take the opportunity to speak with him while he is here. Jacques is also the SSC Officials development Chair,

I would like to encourage all clubs and the membership to visit our website as we continue to move toward getting information out to





PRESIDENT'S REPORT PAGE 2



you via this medium. Lorna will supply each club with their user login and password for the Community of Practice Area. This is a secure area of the website for the membership only. Lorna will post many items of interest in this area. If you have not received your login from your club please contact your President.

Lorna will continue to look after the overall operation of the office and communications with the clubs. I would like to stress how important and time-saving it is for everyone however, that questions/concerns be e-mailed to the appropriate Committee Chair or Board member rather than the Office. As we move closer to the Games the demands on Lorna increase.

Club Registrars will again use enrolNet to register members directly into the SSC membership data base. Cindy Moore has volunteered to take on the role of Provincial Registrar this year. This will free up some of Lorna's time to take on new responsibilities in the office. Welcome Cindy and thank you for offering your time.

We are pleased to have been considered and now have in place 3 PacSport regional Centres. One in the North, another in the Okanagan and the 3rd in the Fraser Valley. We look forward to exciting things from them.

We can look forward to another 3 issues of the newsletter this season. Thanks to Ron for kicking the Leading Edge up a notch for all to enjoy. I know Ron would really appreciate the assistance of the clubs and their coaches in getting articles into the newsletter. Ron has always said that coaches have much to contribute.

I encourage Club Presidents and the membership to contact me or any of the other Board members if you have any concerns. Club Presidents or designated contacts can help improve communications by ensuring all information received is passed along to your members.

To all parents, coaches, officials and club executives – I thank you for your support over the last season and I ask that we work together to make this sport a safe and happy one for our Athletes, Coaches Officials, and Parents.

Club Presidents and executives please encourage your membership to become involved as Coaches, or Officials, your club and the Association will benefit greatly from their involvement. Your parents are one of your assets. Apply a little polish and see them and your club shine.

I look forward to seeing you at rinks and ovals around the province throughout the 2006-07 season.

Thank you

Yours in Speed Skating *Lanyin Osborne* **BCSSA President**





APC DIRECTORS REPORT

The APC committee has been extremely busy since the AGM in May. Committee members are Eden Green, Trish McKay, Donna Luck, Barb Beck and Lanyin Osborne sit on the committee these individuals have already put in numerous hours for APC, thank you. APC held meetings or web conference calls on the following dates, June 8, June 25 and July 28th, August 16th. During these meetings and by numerous emails APC was busy working on the following items.

- Canada Winter Games Criteria for the 2007 CWG, the draft document was distributed to the Coaches in the Province for their input prior to the Final Document being dispersed to the membership. (Thank you to those who replied)
- Team Bulletin this draft document was distributed to the Coaches and Presidents in the Province for their input prior to the final document being dispersed to the membership (Thank you to those who replied). As requested at the 2006 AGM. Please take the time to read over this document as changes have occurred.
- Oval Program – APC would like to congratulate and wish all the best to the oval skaters in the 2006 – 2007 skating season.
 - The skaters that qualified and were accepted into the oval program for this season are. (qualified and accepted based on Oval criteria)
 - LT - Ricky Krieck, Ian Houghton, Timothy Gladysz, Elyce Henry
 - ST – Cory Rasmussen, Michael Friesen, Steven Friesen, Brenda Friesen, Carisa Lau, Mitch Hewitt, Trevor Rasmussen.
 - Skaters are reminded to have their payments for the Oval program into the office by the due dates as outlined in the Oval funding memo, sent out to all Oval Program skaters.*
- Bronze Program
 - List of skaters were submitted for the Bronze Program or Regional Bronze Program. Those skaters that qualified for the Senior or Jr. Teams were eligible for the program.
 - For the Bronze Program only 6 Short Track and 6 Long Track spots are available, the number of speed skaters that qualified to skate at the Olympics determines the numbers.
 - Information regarding this program and the benefits to athletes can be located on the web at www.pacificsport.com
- Athlete Agreement
 - APC went over the Athlete Agreement prior to it being forwarded to the skaters. (no changes were made to this document).
 - The Athlete Agreement has been sent to all members of the Senior and Jr Provincial Teams.
 - This document has to be signed by the skater, witnessed and returned to the BCSSA office by August 31.
- Skater Rep.
 - As of August 15, 2006 we have not heard who the skater rep will be for this season.
 - I will try and meet with the Calgary skaters either August 31 or September 1 while I am in Calgary, and have the position filled.

Please feel free to contact myself or a committee member if you have any questions. We look forward to a great season of skating and success for our skaters.

Sincerely
Tina Henry Director, Advanced Programs





COACHING DIRECTORS REPORT

Our new CBET Coaching Facilitators went to Calgary in July for a full week of classes. These Facilitators will now be able to run coaching courses and fully certify our coaches in technical, theory and practical. This will take three separate weekends to complete. Julian Green and Nancy Goplen along with Keith Gordon, Eden Green, Cathy Turnbull-Spence, John and Sheila Thobo-Carlsen are all certified as CBET Facilitators.

Under the new CBET system only those coaches that are fully certified can be grandfathered into the system. You will require all three components, technical, theory and practical to be fully certified at that level. Those coaches in the SSC Red Book that are not fully certified will not be listed anymore and will have to recertify. All coaches will have to take the ethics portion but will have five years to fulfill this requirement. There will be 3 stages of certification, in training when a coach has some of the required training; trained when a coach has completed all required training; certified when a coach has completed the evaluation requirements. The old level 1 is now called Fundamental Coaching. The level 2 is now Introduction to Competition.

Coaches wishing to put their names forward as Provincial Coaches for the Canadians must email me their names by November 1/06. This coach MUST be fully certified level 2 to be considered. The coaching committee will then choose the male and female coaches for both Long and Short Track. The Long Track Canadians are in Winnipeg Feb 10-11/07. The Short Track Canadians will be held in Dieppe, New Brunswick on March 30 – April 1/07.

Guy Thibault is our new High Performance Coach. He was introduced to those that attended the summer camp in Richmond. He brings a wealth of knowledge and is looking forwards to working with our coaches and athletes. He will be based in Quebec but will be in our province for camps and the major competitions.

Neal Marshall was in Richmond on August 7/06 to run a Level 4 Task. The Task was #14 Practical Coaching: Training Camps. This task gave the coaches the opportunity to refine their knowledge of training camp preparation, execution and evaluation. It was very informative and interactive. Many of the coaches that worked in the summer camp took part in the seminar.

Our new season has already started with drylands and camps in progress. This should be an exiting season and I wish all coaches, skaters, officials and parents the very best.

BARB BECK DIRECTOR COACHING





SSC COACHING UPDATE



New NCCP Implementation Update

The Coaching Development Committee has worked hard over the last two years with the development of FUNdamental and Introduction to Competition contexts of the new NCCP coaching certification program. These programs will replace the current level I and II, and as previous emails, no technical I or II courses are to be offered by any branches. The new courses will fully integrate the theory and technical components of coaching certification.

The following is a brief update for branches, with further detail to take place at a workshop at the SSC – AGM in June.

Learning Facilitator Training

The new title for course conductors is LEARNING FACILITATORS. LF training will take place in Calgary July 17 – 21. Branches were asked to submit up to a maximum of two names of which SSC will fund to attend the training. Branches were also given the option of sending other delegates at their expense. Branches were provided with a LF Guide to assist in the identification of suitable individuals. Branches will be able to start implementing the new courses following this training.

Branches may also want to host workshops to train other LF's. This will be possible, but with some guidelines. Branches will be responsible for bringing in a MLF to train additional LFs should they wish to have them. SSC would cover the cost of keeping MLFs current and certifying new MLFs through workshops held in conjunction with the bi-annual Coaching Symposium, branches would be able to put names forward of individuals to certify as MLFs based on their course delivery records and other criteria that we have not yet established.

Grandfathering

Branches have been advised since October 2005 that coaches will need to be fully certified, including theory, technical and practical, to be considered for direct grandfathering into the new system. This holds true today.

In identifying a process for this transition, the Coaching Development Committee wanted to ensure that those coaches who have already taken courses be recognized.

The following process for grandfathering has been determined:

FUNdamental – Coaches must have completed and have credit for full level I including theory, technical and practical. Coaches will also be required to complete the on-line Ethics course. Coaches will also be required to complete the practical evaluation within a five year time frame.

Introduction to Competition – Coaches must have completed and have credit for full level I and II including theory, technical and practical. Coaches will also be required to complete the on-line Ethics course. Coaches will also be required to complete the practical evaluation within a five year time frame.

Only those coaches who have completed the above requirements will be considered for an automatic transition to receive the equivalency in the new program. Coaches will have a five year timeline to complete the on-line Ethics course.

Course Pre-Requisites

No pre-requisites are required for coaches entering at the FUNdamental level.

The following pre-requisites have been determined for coaches entering at the Introduction to Competition level:

- ◆ On-Line Ethics
- ◆ Teaching and Learning
- ◆ Planning a Practice

Age Requirements

All coaches taking any NCCP courses must be a minimum age of 16 years. Those younger will not receive course credit, and will not be recognized by CAC or SSC as certified coaches.

Dawn Currie





OFFICIALS DIRECTORS REPORT

FAQ to Officials Questions and Answers

Q: Can anyone become an official?

A: Yes anyone can become an official, from a referee to a track steward, they are all officials and all just as important as one another.

Q: How do you maintain your level as an official?

A: You must be active in the meets (at least 1 meet per year) and you must pay your official dues.

Q: Official dues? What are "official dues?"

A: Official dues are what all officials must pay each year, about \$17. They are usually paid for by the club if that official has a child skating. Check with your club to see if they assist with this payment?

Q: What happens if I do not pay my official fees?

A: The first is that you will not be covered by BCSSA insurance, not a good thing for the official, and the second thing is you will not get credit for working any of the meets.

Q: What do you mean I will not get credit for working the meet?

A: You must be registered as an official and have paid your dues (\$17) each year or the ODC/BCSSA will not count your worked meets toward your official level. So if you have not registered as an official for **two years** even though you have worked several meets, you will go down 1 level. So you could go from a level 2 to 1 or from a level 1 to having to take all the credentialing again if you have not registered as an official over a two year period. There is no back dating of meets either.

Q: So you are telling me that if I do not register and pay my dues I will not get credit for the meets worked, and I could lose my official's status?

A: Yes, that is correct.

Q: Who looks after all the official levels, meets worked, upgrades, clinics done etc? That seems like a lot of work!

A: A volunteer member of the ODC maintains a new database that will look after all the information on all officials (only the officials that are registered and dues paid). This database has been created and worked on as we speak, and no, there is no charge to the ODC/BCSSA for the formation of this program. Yes, it is a lot of work!





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Q: Do I still have to look after my own officials activities on that separate BCSSA “Officials Accreditation” slip that all the officials give out?

A: Yes, you still have to look after your own activities such as meets and clinics. As errors sometimes occur, it makes each of us responsible for ourselves. The ODC gets about 1000 pages of documentation per year on the meets alone. So if an error was made 3 years ago and now you want an upgrade, the ODC official is unfortunately not going to look through about 3000 pages of notes just to check for that mistake. The “Officials Accreditation” slip only takes 30 seconds to fill out and is a good personal backup for each official.

Q: Whom do I contact if there are errors in my officials level? An example: I know I am a level 2 timer but they have me as a level 1 meet coordinator.

A: On the BCSSA website, there is a contact e-mail for problems with official’s accreditation and such. Every official can check his or her own level by opening the officials list on the BCSSA website. Don’t forget if you’re not on the BCSSA official’s list it means either you have been left off by accident, or you have not registered as an official over the past two years. Just use the contact e-mail to explain the problem and somebody will get back and help you.

Q: What about upgrades?

A: To be honest with you there are a lot of questions relative to upgrading and I’d rather leave those questions for later in the year. Look for an article on this on the BCSSA website.

<http://www.speed-skating.bc.ca/Content/Officials/Officials%20Overview.asp?langid=1>

Then click on resources for the articles. Just remember to register as an official and MAKE SURE YOUR DUES ARE PAID!

Maurice Legros



MDC DIRECTORS REPORT

It is time to get going with registration again. Here are a few tips: Put a booth in your community events or malls * borrow an event tent--BCSSA has two-one in the north and one in the south. * Dress it up with SSC posters available through the BCSSA office * Create a club brochure, make lots and hand them out: BCSSA has brochures as well * Set up a video to attract people * Display speed skating equipment Send out fliers through the schools in your community Be sure that your club has a website Put eye catching ads in the paper Do a story in the local paper about your club Run a On The Edge Program Hope you all have a great season! Don't forget the Deadline for the SSC Long Track SEED applications are due on September 15th/2006 to the BCSSA office.

MARG KRIECK Membership Development Committee





CLUB NEWS KAMLOOPS LONG BLADES



KLB organizers want to thank all the BC Skaters for attending the NAST event, there were 58 competitors from BC and 203 registered skaters in total. There were over 24 records set. Now that the North American Short Track Championships are over the organizers thought they could take a break. However moving into the Olympic rink has kept us busy during the summer. This move has not been without problems but with an office for the first time, yes a place to keep our files and an equipment room for our new Rockering machine this move will be wonderful. This year the club has secured 4 practices a week in this new rink, Monday, Tuesday, Wednesday and Thursday evenings. Our skating season starts September 5.

A highlight for our club as that fund raising last season was very successful and we were able to purchase some great equipment to help with coaching. Thanks to all the hard work of our parents and executive.

KLB is now 15 years old, I know Dawson Creek is older but we are working on that! It does seem like yesterday to Sandi that the club was started. The club continues to grow bigger and change each season. Every year there are new and more members. The club is holding its first skate and clothing swap in August, passing along out grown equipment and clothes.

During the summer the skaters had dry-land training once a week and cycling 2 to 3 times a week. Several skaters competed in the cycling events for the BC Summer Games held in Kamloops. It was great to see other speed skaters from across the province at this event. The weather went from 38° on Thursday to raining and cold on Sunday but otherwise the summer games were lots of fun.

As KLB grows older each year we see more skaters who were 10 when they started heading to Calgary to train and skate. This year Jessica Hewitt is on the Short Track National Development Team out of Calgary, Mitch Hewitt is on the short track Oval team and Stacey Coder will be back in Calgary for long track. The older teens left behind can not wait till it is their turn to get there.

Sandi is now the BC representative for Devault Sports. For more information either contact Sandi or the web site.

With fall quickly approaching, skating season starting just around the corner our parents are trying to relax before that busy season of running the club and volunteering at meets. Here is to relaxing in the sun. See you in the fall at competitions and have a great season of personal best times, great races and lots of fun.





CLUB NEWS BURNABY HAIDA

Host of the 2006 – 2007 BCSSA AGM

Burnaby had a great season last year, but not without injury. Yasaman Ghanati wrenched her knee at practice which ended her skating season. A few weeks later, Ariana broke her ankle but finished the practice before allowing one of the Dads to whisk her off to hospital. Crutches and cast did not prevent Ariana from finishing the season. With chauffeuring help from willing club members, she coached at BC Cup 2 and even survived the road trip to Trail for the BC Winter Games. Here she supported Yoris Bosman, Jenna Currimbhoy, Kyle Yoshida, Scott Adderley and Kolton Babych who represented zones 4 and 5.

Many Burnaby skaters medaled at the Southern Regional, hosted by Langley, which helped our club win the Agatha Van Der Starre trophy. One of the most exciting moments at that competition was when Peter Spencer, achieved his long time goal and skated under a minute in the 500 M. He was ecstatic and his Mom, Sue Spencer, Clerk of the Course was elated. Some of our newest provincial level skaters, Jenna Currimbhoy and Scott Adderley competed in Fort St. John at the Provincial Speed Skating Championships. Scott's Mom, Karen, chaperoned, but was also able to catch up with friends that she knew when she lived in the area.

Publicity in the local Burnaby Newspapers preceded the departure of our nine skaters eligible to compete at the well run North American championships hosted by the Kamloops Speed Skating Club. Skating to a standing ovation, Agatha Van Der Starre set four North American records for the newest age class, under the watchful eye of her daughter Ariana, the BC Team Coach.

With Ariana as one of their BC Coaches, our Juvenile skaters, Kyle Yoshida and Yoris Bosman both competed at the Canadian Age Class Championships in Whitehorse. Despite fantastic performances, both were injured. During the relays, Kyle sustained a cut that required a trip to the local hospital for stitches. Yoris was sent to the hospital with a broken collarbone when Mikhail Choi from Quebec attempted a pass. Mikhail was disqualified and issued a yellow card. As Yoris and his Dad Herman, were in the airport terminal waiting for their flight home, an envelop was passed to them which contained a note of apology and the Bronze medal that Mikhail had won. An amazing gesture...

Our wrap up potluck luncheon was held once again in the Burnaby Lake Clubhouse. It is always a treat to hear Ariana speak of the disappointments and accomplishments over the season of each skater that attends this function. We held our Annual General Meeting, in early July. Because of work commitments, Florence Ha our past president, was not able to attend, however, her daughter Alice did a fine job of presenting the Coach of the Year award to a stunned Ariana. You rock girls! Keirsten and Eric along with parents Mike Hagen and Anna Bonga were brave enough to camp in the Olympic Oval parking lot in Calgary during a major thunder and lightening storm the night before the Long Track camp began on July 10. Another seven skaters from our club participated in the camp and either stayed with friends or in residence. It was great to catch up with past assistant coach Jari Sökkannen and his wife Hilary, who now live in Calgary, at a potluck dinner that we held on the Monday evening.

After the summer of dryland with Ariana and organized bicycle rides with Scott Mawson, our skaters were excited to see the ice being put into Kensington Arena the Thursday before the Provincial Camp, when we held an evening of dryland, early registration, skate pick up, flyer bundling and thanks to Jeanie Der, ice cream cones. The flyers will be dropped off at local elementary schools for distribution to their students. We are always seeking ways to reach out for new members. "Awesome" was the word used by Sue Spencer, President of the Richmond Rockets to describe the contribution of our equipment for use at the Provincial Short Track Camp. As coaches at this camp, Ariana, Alice Ha, Peter Spencer and Sophie Beriault received a special thank you. Some of our members attended the Officials clinics and others skated. There was lots of positive feedback, and although Jackie Humber may be a little stiff, she left with a broad smile on her face. Some of our members are planning to attend the Mini camp hosted by Pacific Blades in Sechelt on the August 26 weekend. Anticipation rises as the start of our skating season (September 9) approaches... **Barbara Vogl, Burnaby Haida**





CLUB NEWS MATSQUI BLADES



Summer is closing and we are about to begin the 2006/2007 skating season. It seems as though the season is continuous, but head coach Bette Roberts was finally able to put her feet up for a little bit, for a much deserved rest before we resumed the summer dryland training schedule in May. Skaters have been turning out for many a session which always feature lots of low walking and dry skating! Needless to say, the skaters are eager and ready to take to the ice!

For those of you who don't already know, Matsqui is thrilled to announce that another generation of the Holbech clan has arrived! Retired National Short Track Team member and Matsqui Blade, Bryce Holbech, and his lovely wife Val, welcomed Ashton Ryder Holbech into the world April 25, 2006. A beautiful boy who brings smiles to all, especially his parents, and proud grandma, Lorna Holbech, who positively beams at the mention of his name! Congratulations Bryce and Val!

Matsqui would also like to congratulate our own Alanna Kraus for being named National Short Track Female Skater of the Year! We had the privilege of Alanna taking time out of her busy schedule to attend our year end club banquet. Everyone enjoyed sharing a chat with her, and holding her hard earned silver Olympic medal! Alanna is a true inspiration and a real hero to all of us, we are so proud of her and her accomplishments!

Ian Houghton, a Matsqui Blade long tracker who lives, and has been training hard in Calgary, has been named the Provincial Long Track Male skater of the Year. Well done Ian! Congratulations to Kristi Fadden for being one of the 2 recipients of the BCSSA Bursary, this bursary is for athletes that have graduated from high school. Best wishes for your future endeavours Kristi! Finally, we are also happy to announce that we will be hosting the Provincial Short Track Championships in March. We are looking forward to an exciting and fast paced season.....see you on the ice!



The Richmond Rockets, BC's newest speed skating club, put on this year's Provincial Camp. Not only was there the chance to see everyone but there was also great learning opportunities and you got a free shirt! Guy Thibault made his BC debut and spent some time with the groups and the coaches. Every day there was two 90 minute ice sessions, dryland and clinics on nutrition, media, and sports physiology. Ariana, the Canada Games Short Track Coach was there coaching. Unfortunately, Keith Gordon the CWG Long Track Coach was unable to attend. Camping in the parking lot was fun as well, not that we did anything but sit around. Overall the camp was a good experience and I look forward to going next year.

Ellis Jordan





DAWSON CREEK



The Dawson Creek Speed Skating Club is gearing up for a busy skating season. We hit the ice September 23 with our kick start camp.

We're hosting the Work Safe BC long Track championships this year so we will be supplying you with a large Oval again this year. Good weather optional. Hope to see lots of new faces out on the Oval this year.

Kolton Chapman took up my old sport of competitive cycling this year and did well at the BC summer games coming away with a Silver medal in the Road race. Not bad for being new to the sport.

Yvonne Hopkins is off to Mexico this winter on a student exchange program, Not to much in the way of speedskating down there, but we wish her all the best and an enjoyable time. Should be a fun experience all around.

The Grande prairie speedskting club had me help them out on getting a Long track oval going. Should be up and running by december, this is good news as it expands the oval count to 3 within an hour and a half from home. Will mean more long trackers and more competition in the North, always a good thing.

Really looking forward to this season, with a young club there is a lot of basic technical coaching to be done, i really enjoy working with the younger skaters. Fun is the word..

See you all later.

Ron Cartier





COACH'S CORNER



ANATOMY OF A SLIDEBOARD

A lot of people have asked me about the design and construction of a slideboard. So i decided to provide some basic instruction on boards.

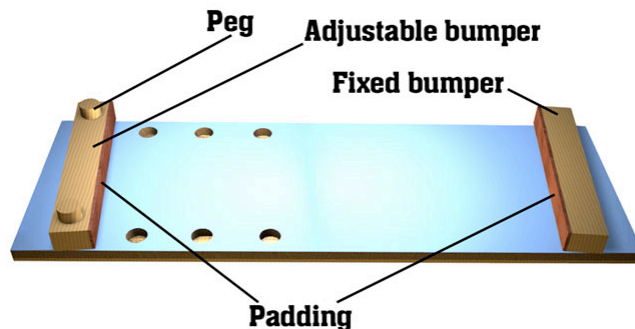
First off what are the benefits of a board and why should a skater need one.

- Working in a horizontal plane promotes a straight sideways push and complete extension of the pushing leg.
- Helps skater practice proper recovery and blade placement.
- a deep skating position can be practiced, gradually building the time a skater can hold a low position.
- An accelerated push can be developed and practised by the skater.
- Skater can develop a good fall / weight transfer and work on perfecting the timing of the fall / recovery/ push in a controlled manner.
- Can help promote a relaxed and efficient skating style.
- Uses the same muscles in the same way as skating and can help develop/maintain endurance and specific strength.
- Board skating replicates the hip knee angles, angular velocities and accelerations of skating.
- can be used for Dry-land physiological training.
- Will make you a better skater!

The basic board is 7-8 feet long by 2 to 3 feet wide. the smaller sizes are more suitable to younger skaters while the larger size is need for the older junior skaters.

A board consists of a plywood base 3/4 inch thick with a good quality counter top material such as arborite on top as the sliding surface. A wood frame, 1"x4" is glued and screwed to the bottom of the plywood to prevent warping of the board over time. two bumpers 3"x3" are attached at either end with screws to make a fixed board. For an adjustable board one of the bumpers has holes drilled in it, every foot for half the board

length, for 1-1/4" pegs that go through the bumper and into corresponding holes in the base to hold the bumper in position.



This makes the board usable by skaters of all ages, by adjusting the length for taller or shorter skaters, and you get more value.

The bumpers should be fixed at a 8-10 degree angle to prevent side loading stress





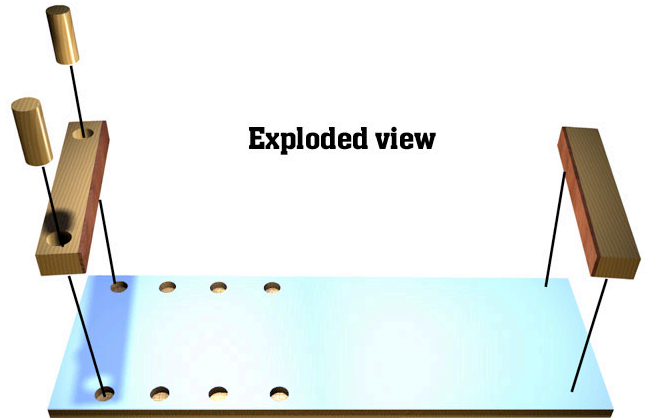
COACH'S CORNER PAGE 2



on the developing knees of young skaters. The foot when placed flat with socks is wider at the front than the heel and without this angle offset the foot would be forced to turn inwards at contact with the bumper. With the offset used the feet are kept in a neutral forward pointing position. Result is less stress on the knee joint.

Materials list.

3/3' plywood good one side. 2' x 7' or 3' x 8'.
2 bumpers 3"x3" 3 feet long, plus 3"x3' carpet underlay pieces to be glued to the inside of the bumpers for a pad to protect the skaters feet on contact with the bumper.
1"x4" board for the base support 2 - 8' lengths and 4 - 2'4" cross pieces.
Arborite countertop material, comes in 4'x 8' sheets.
carpenters glue, wood screws.
Contact cement and hard roller to attach arborite to plywood.



-If you are good or know someone that is good with wood construction and have the tools these boards are easy to make. If you do not know anyone that is handy with wood then get as much info from the lumber yard about applying countertop material with contact cement as you can get. The other option is to get a cabinet maker to build these for you, it will cost more but you get a pro job.

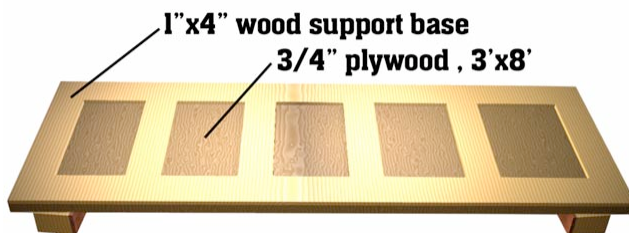
When selecting the arborite bring a can of pledge and a rag with you. find the slickest looking arborite and spray on a small area pledge, polish with a rag and inspect the arborite if it looks shiny and feels slick than that's good material. if it looks dull and not slick than look for a better sheet of arborite.. If in doubt ask the store people which would be the best arborite for your use, then test it before buying.

To keep your board clean, Use only dry clean wool socks for sliding, do not walk on the board with

shoes. clean the surface on a regular basis and store in a dry protected place to prevent marring the gliding surface. Use pledge, a light coat and wipe with a rag prior to use to get a good sliding surface.

Have fun and good training.

Ron Cartier





COACH'S CORNER PAGE 3



PRIORITY

Please make sure this information gets to all your CWG age-eligible skaters/families.

Good afternoon everyone, Ice for the October HP/CWG camp has been secured in Surrey. It's still on the Thanksgiving week-end but on the Sat-Sun-Mon instead of the Fri-Sat-Sun listed in the event schedule.

Events will end early enough on the Monday to allow out-of-town athletes time to travel home. The camp will be open to all HP athletes and identified CWG age eligible athletes. We wish this camp could be open to all CWG age eligible athletes but due to limited ice the number of CWG athletes will have to be restricted. We will take registrations though and put them on a wait list.

The dates for the camp will be: Sat. October 7th: 1-3 pm (classroom to follow)

Sun. October 8th: 1:45-3:15 pm (classroom to follow)

Mon. October 9th: 9:30-11:00 am

Location: Newton Arena: 7120 - 136B St. (72nd and King George Highway)

Registration fee: \$50.00 payable to the BCSSA After discussions with Guy, Keith and Ariana, more information will be sent out.

At this time we are looking for Volunteer families to billet out-of-town athletes. We ask that clubs contact your members in this regard. Names of families willing to host/billet should be sent to me at: lanyin@telus.net asap. Let's show our southern hospitality.

We are also looking for a volunteer camp coordinator(s) to do the following:

1) Coordinate the billeting by matching athletes needing billet with families offering to billet. This will include ensuring that the families are aware of when they will need to pick up their visiting athletes at the airport and when they need to be returned as well as ensuring daily transportation to and from the arena.

2) Put together a camp registration package and get it to the BCSSA office for distribution asap. (Sample can be made available.)

3) Accept registrations and work with the camp coaches to group and schedule the camp and athletes.

Anyone interested in assisting with billeting and/or coordinating this camp should contact me directly. Thank you Lanyin lanyin@telus.net

Lanyin Osborne

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NEXT ISSUE DEADLINE NOVEMBER 22ND





PARTING SHOTS



PHOTOS BY; Ron Cartier



Leading edge Published 4 times yearly.

Leading Edge deadlines for the 2006-2007 Season will be the first of each month. Publishing months will be September, December, March and June



Please send all submissions to The Editor, Ron cartier.

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Next Issue 10-2 November
22nd, 2006

