

**the LEADING EDGE**

Submissions - Email to: [rcartier@mac.com](mailto:rcartier@mac.com)

**Content this issue:**

- Editorial -----Pg 2
- Presidents Message -Pg 3-5
- Skater Bios -----Pg 5-11
- Club News -----Pg 11-
- Canadian Long Track Report -----Pg 16
- Coaching News-----Pg 17
- Pat Underhill and Jari Sokkanen -Pg 17-19
- Coach's Section -----Pg 20
- Missing Midgets (humour) -----Pg 21



BC LT Championships, fort st John, 2005

Photo - Ron Cartier

# Editorial

## Welcome to the new design.

Hello, this is my first edition of the Leading Edge. I sincerely hope that you enjoy the new format, and please don't hesitate to provide me with feedback.

The whole idea of this newsletter is to provide an open information forum for all the association members, not a political platform. I fully expect all the clubs, coaches, skaters and executive members to get involved by providing skating related News, Training tips, photos etc.

### Enjoy the Sport and pass on your experience.

Ok coaches, you know who you are, the ones who never submit anything to the Newsletter, time to get off the fence and get involved, this issue I have put in a couple of items to the coach's section to show you how easy the process is.

Traveling with the team to trials or Canadians, send me a report on the event so that the rest of the province can get the inside scoop on the event. Don't keep us in the dark.

### Skaters get involved.

Please email me any suggestions, or ideas you have to make speed skating in BC better, I will keep your names anonymous. I find it curious that no-one has asked, you, the skaters what you think. The sport is all about you! Without you skaters the rest of us might as well turn off the lights and go home.

### Some questions for you to answer.

- 1-What do you like about BC speed skating.
2. What do you hate about it.
3. What would make it better.
4. Competition formats, your favorite, and how to improve them.

Just a few of the many possible questions you can answer. Please email me so that the rest of us can see what is important to you the skater. We are here to see that Sport is an enjoyable and fun experience for all.

I will also be at the BC short Track Champs so grab me there and talk my ear off :-)

Thanks and hope to hear from you all.

Ron Cartier, editor

Email -- [rcartier@mac.com](mailto:rcartier@mac.com) End

### Next issue deadline is April 15.

Looking forward to lots of articles and photos, please submit your club logos for use on the club news page.

Skaters input and opinions are always welcome.  
Coaches and Officials get involved.



# Presidents Message

## Message to Clubs and the Membership,

**BC Long Track Championship 2005:** I would like to begin by wishing the Fort St John Elks a very happy 40<sup>th</sup> Anniversary and congratulating them on hosting a successful Long Track Championship. 12 clubs attended with a total of 125 athletes and the weather, at least from the perspective of this Southerner, was perfect.

Fort St John also hosted a banquet which I was so pleased to see was very well attended. Ritha Johnson shared a small part of the club's history and recognized Bill Dyer for his contribution to the success of the club. Many of our athletes were awarded certificates of record in recognition of provincial long track records established in the 2003-2004 season.

The competition was filled with human interest stories, from the joy of personal success to the disappointment of having equipment problems. Congratulations to Diane Silzer who continues to break Canadian Records year after year and to all those skaters getting those huge PBs. Ross Knudson had more than his fair share of problems. He lost a couple of bolts. Returning to his hotel for spares he locked himself out of his running car! He was able to make it back to the oval to skate but was again plagued with further problems just before another of his races.

I have always known that we are part of what is a very warm, supportive, giving group; this was very evident throughout the event. I am compelled to acknowledge a couple of our members who showed a high level of sportsmanship; Eric Tylsoky of Fort St John who took the time to give support and direction to another athlete he knew was skating Olympic Style for the first time; Rick Lee, also from Fort St John who assisted with the repair and replacement of bolts to skates and checked skaters' equipment; and for the many other acts of sportsmanship and kindness that did not go unnoticed. To all of you, please allow me to say thank you.

As a mom, something that brought tears to my eyes was the amount of support offered to Devin

during his 5000m race – his first ever by the way. Devin was encouraged by not only his peers in the

Junior category but by many other skaters, every coach and every official (from Referees to Timers and Place Judges) in attendance. The sound of the bell and that last lap could not have come soon enough for me. Thank you everyone for giving Devin (and his mom) a memory that will remain dear to him for the rest of his life.

## BC Age Class Short Track Championship

**2005:** I would like to wish to each and every one of our athletes good luck as you prepare to compete in the upcoming BC Cup 2, and the Regional Championships in anticipation of getting your percentage down to attend the Provincial Championship in Esquimalt. May you all end the 2004-2005 season with personal bests.

Brenda Freer has shared some insight as to the organizing of the competition and I am very much looking forward to being in attendance.

## Canadian Age Class Short Track Championship

**2005:** The CACSTC organizing committee is well on their way to hosting a successful competition and would like to ask all clubs for assistance in providing volunteers, becoming part of the medal sponsorship program, etc. I encourage clubs and their members to contact Jack Huggan and offer your assistance however you can: [pat\\_huggan@telus.net](mailto:pat_huggan@telus.net)

## North American Short Track Championship

**2006:** The Board would like to inform the membership that BC has been awarded the NAST Championship for 2006. Thanks to the Kamloops Long Blades for putting forth a successful bid package. We wish them the best of luck in organizing what we know will be an event that BC will be proud to host. As will Dawson Creek.

## Canadian Age Class Long Track Championship

**2006:** We cannot forget that Dawson Creek will be hosting the CACLTC.

We are going to be a very busy Province in 2006. Should the Board be of any assistance to either



### **Presidents message cont.**

organizing committee, please let us know.

**2005 Provincial Summer Camp:** Matsqui has confirmed the dates for the Provincial summer camp for the 8<sup>th</sup> -12<sup>th</sup> August so mark your calendar everyone. The gossip around is that it should be a good one. Organizers are a little tight lipped for now about what is in the plans but I have been told with a smile to “wait and see” which is very encouraging. So when you see those registration forms appear it might be a good idea not to wait too long before getting yours in as the camp may fill up quite quickly.

**Membership:** Marg Kriek and her committee would like to remind new clubs that the deadline for applications for SSC's Seed Program is quickly approaching. New clubs wishing to apply for this grant are to submit completed applications to the BCSSA office by February 28th. As each Province can only submit 2 applications per year, Marg and her Committee will then review the applications and select two to forward on. Awards will be announced at the SSC AGM. Successful applicants will receive \$14,500 this fall, \$1,500 in the fall of 2006 and \$500 in the fall of 2007 for a total of \$16,000! Funds are intended primarily for the purchase of mats and skates to assist new clubs in achieving sustainability.

**SSC's Cutting Edge Pin Program.** This program is now available to clubs for free! (In the past you've paid \$1.50 per colored pin and \$1.75 per metallic pin.) Pin orders must be placed directly with SSC from now on though so don't wait until the last minute. Plan ahead and order your pins this month so you have them on time for your year-end wind-up events. Contact Dawn Currie at SSC: [dcurrie@speedskating.ca](mailto:dcurrie@speedskating.ca)

Clubs wanting to know more about this program can check it out on the SSC website: [www.speedskating.ca](http://www.speedskating.ca)

**Coaching:** Barb Beck wishes to advise the membership that the CACLT coaches are Keith Gordon and Diana Coder.

The Coaches/Officials 04-05 retreat will be held in Kamloops on April 16/17. Barb would like to encourage clubs to have their coaches attend. It sounds like this retreat will be a very informative one again. The host hotel for the retreat will be the Ramada with a room rate of \$57.00 per night for both Coaches and Officials. Remember to mention Speed Skating to get the rate. Address and contact information: 555 W Columbia St Kamloops (250) 374-0358

Barb has been in contact with Linda Palm at PacSport and Nancy Goplen about Level 2 clinics, so stay tuned for more information. Nancy is trying to finalize some dates.

**Executive Director:** Ted Houghton would like to remind our athletes of the Services provided courtesy of GamePlan to selected skaters, in the following areas: Massage therapy, Physiotherapy, Sports Psychology, Chiropractic Services and Dietary supplements. Please make use of these services we don't want to lose them because they are not being used.

An initial meeting between the BCSSA and a delegation from Richmond to discuss their proposal for the 2010 oval is scheduled to take place this month. We trust this will begin a long and productive partnership for us with the City of Richmond.

**The Leading Edge:** I would like to thank Ron Cartier for offering to step up as Editor of the Leading Edge. I understand from Darlene Chapman it was a very tough choice for her to make as she received several very good expressions of interest. So Ron – welcome. We will all look forward to receiving a newsletter in the very near future. Members should e-mail submissions to Ron at [rcartier@mac.com](mailto:rcartier@mac.com) by Feb28th.

**AGM:** this years BCSSA AGM will take place in Port Coquitlam April 29-30-May 1. (Friday evening, all day Saturday, Sunday until about 1pm)

Clubs are encouraged to ensure representation at this meeting. It is at this meeting that rule changes will be discussed and voted on, membership fees will be ratified, elections will be held to

**Presidents message cont.**

fill Board and committee vacancies, information sessions and workshops will take place, guest speakers will present on topics of current interest and resource material will be made available.

The AGM is a valuable networking opportunity where delegates from new clubs mingle with those from established clubs, big clubs with small clubs, urban clubs with rural clubs! It's a place where your voice will be heard and your vote will be counted.

The AGM also promises to be a valuable opportunity for everyone to hear about the impacts 2010 is having and will continue to have on our sport.

There will be lots of fun too: a silent auction (donations welcome), Annual Awards and Recognition and a Saturday banquet.

Club executives are encouraged to take some time in your busy schedules now to meet with your members and go through the Rules and Regulations (P&Rs) in the BCSSA Red Book. This is your opportunity to make affect change – proposed changes to existing rules or proposals for new rules must be submitted to our Constitution and Bylaws chair six (6) weeks before the AGM (March 18<sup>th</sup>).

More information in this regard, along with the P&R change form will be distributed to club Presidents by e-mail later this month.

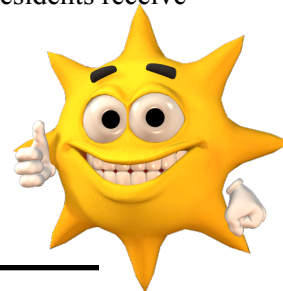
**Conclusion:** The season seems to have gone by so quickly and it is now time to start thinking about our Championships and the AGM. Lorna will be sending out the Awards Package later this month. It will include nomination forms for Volunteer, Coach and Official of the Year as well as the Bursary application and the Club of the Year points form. Every club has wonderful volunteers. Nominating them for provincial recognition is one way you can say thank you to them for what they do and let them know that it does not go unnoticed.

I would like to thank all of you who have come forward and shared your concerns, most of all your kind words of appreciation for what the Board is doing. I can't tell you how much your comments are valued and appreciated.

Club Presidents are reminded to advise Lorna if we should be using your Secretaries for distribution of information to your members. As a President I can empathize with the overload of e-mails we Presidents receive and what can get overlooked.

Thank you  
Yours in Speed Skating

Lanyin Osborne **End**




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## **2004 – 05 BC Team Bios**

### **Senior Provincial Team – Short Track**

**Cory Rasmussen**

**Club:** Prince George Blizzards

**Coach:**

**What year did you begin Speed Skating?**  
1986

**Why do you Speed Skate?** Because it challenges me.

**What motivates you to train?** The desire for self improvement and accomplishment.

**What is your goal for 2004-05?** To make at least National Development Team.

**What is your #1 accomplishment in Speed Skating?** My favorite medal BCST 1992 as a B skater.

**Michael Friesen**

**Club:** Fort St. James Flacons

**Coach:** Keith Gordon

**What year did you begin Speed Skating?**  
1987

**Why do you Speed Skate?** It's fun! I like going fast.

**What motivates you to train?** The thought of one day hearing the Olympic music played as I walk into the opening ceremonies in Vancouver 2010.

**What is your goal for 2004-05?** Make the National Training Team (top 12)

**What is your #1 accomplishment in Speed Skating?** Coming 5<sup>th</sup> overall at the Canada Winter Games and finishing top 25 overall in National Trials competitions.

**Team Bios Cont.**

**Alison Testroete**

**Club:** Matsqui Blades  
**Coach:** Yvon DeBlois  
**What year did you begin Speed Skating?**  
 1996

**Why do you Speed Skate?** The speed, enjoyment, competition.

**What motivates you to train?** Wanting to improve; become more competitive; stay fit.

**What is your goal for 2004-05?** Gain confidence in racing and improve technique.

**What is your #1 accomplishment in Speed Skating?** 15<sup>th</sup> place National ranking, 5<sup>th</sup> in 1500m and 500m at the Canada Winter Games; growth as a person through speed skating.

**Joseph Gladysz**

**Club:** Fort St. John Elks  
**Coach:**  
**What year did you begin Speed Skating?**  
 1990

**Why do you Speed Skate?** The speed.

**What motivates you to train?** To go faster.

**What is your goal for 2004-05?** To improve my National Ranking.

**What is your #1 accomplishment in Speed Skating?** Getting 4<sup>th</sup> overall at the 2003 Canada Winter Games.

**Tim (George) Bodell**

**Club:** Burnaby  
**Coach:**  
**What year did you begin Speed Skating?**  
 1993

**Why do you Speed Skate?** To test my mental in the heat of competition

**What motivates you to train?** A burning desire for self-improvement

**What is your goal for 2004-05?** Improve National Ranking, surviving a 3000m

**What is your #1 accomplishment in Speed Skating?** Canada Winter Games Team

**JT Miller**

**Club:** Fort St. James  
**Coach:**  
**What year did you begin Speed Skating?**  
 1987

**Why do you Speed Skate?** To be the best I can be and to have fun.

**What motivates you to train?**

All the endorsement deals.

**What is your goal for 2004-05?** To get my CPGA and top 32.

**What is your #1 accomplishment in Speed Skating?**

**Brenda Friesen**

**Club:** Fort St. James  
**Coach:** Keith Gordon  
**What year did you begin Speed Skating?**  
 1987

**Why do you Speed Skate?** I love it...the people, the travel, the challenge, the excitement

**What motivates you to train?** Beating my personal best times; being able to travel competitions across Canada; keeping in shape

**What is your goal for 2004-05?** Improve my National Ranking; improve my flyer, and all of my times

**What is your #1 accomplishment in Speed Skating?** Canada Winter Games, Canadian Records, Medaling at Canadians.

**Steven Friesen**

**Club:** Fort St. James Falcons  
**Coach:** Keith Gordon  
**What year did you begin Speed Skating?**  
 1989

**Why do you Speed Skate?** Cause it's fun! I get to travel, meet new people and I like competition.

**What motivates you to train?** I train, so I can reach my dream of the 2010 Olympics.

**What is your goal for 2004-05?** To make Senior Trials and better my National Ranking.

**What is your #1 accomplishment in Speed Skating?** Qualifying for Senior Trials.

**Jessica Hewitt**

**Club:** Kamloops LongBlades  
**Coach:** Sandi Vyse-Lloyd  
**What year did you begin Speed Skating?**  
 1997

**Why do you Speed Skate?** I speed skate because it's fun and challenging.

**What motivates you to train?** Wanting to get to the next level in skating.

**What is your goal for 2004-05?** Compete in Junior Trials and Senior Trials.

**What is your #1 accomplishment in Speed Skating?** Competing in the Canada Winter Games.

Team Bios Cont.

Tim Pelz

**Club:** Matsqui Blades

**Coach:**

**What year did you begin Speed Skating?**

1993

**Why do you Speed Skate?** I like the feeling of going really fast for a long period of time.

**What motivates you to train?** Making National Team; fun; the thrill of pushing my body daily.

**What is your goal for 2004-05?** Top 16 over-all at Trials.

**What is your #1 accomplishment in Speed Skating?** Continually improving every year and never missing a National Team Trials.

**Provincial Team – Short Track**

Elyce Henry

**Club:** Fort St. John Elks

**Coach:** Richard Stickel

**What year did you begin Speed Skating?**

1992

**Why do you Speed Skate?** I love the sport and I have lots of fun with it.

**What motivates you to train?** Knowing that it going to help me accomplish my goals.

**What is your goal for 2004-05?** I would love to make Junior Worlds, but if not then maybe a top 5 or 6 finish at Junior Trials.

**What is your #1 accomplishment in Speed Skating?** Last years Canada Cup #2 because I finished well and improved a lot – it was the best I've ever skated.

Trevor Rasmussen

**Club:** Prince George Blizzards

**Coach:** Yvon Deblois

**What year did you begin Speed Skating?**

1987

**Why do you Speed Skate?** Fun, Fast, Dangerous.

**What motivates you to train?** Knowing I can do better, get stronger, endless fun.

**What is your goal for 2004-05?** Climb the ranks of BC and Canada.

**What is your #1 accomplishment in Speed Skating?** Perseverance/still skating.

Ryan Hickman

**Club:** Prince George Blizzards

**Coach:**

**What year did you begin Speed Skating?**

1992

**Why do you Speed Skate?** To push myself to be better than what I am. The people that I skate with and those who make it possible to skate are rare few who pursue the same goal, and I am exceptionally lucky to be able to work with them.

**What motivates you to train?** Most training just plain difficult but sometimes I will skate a corner or a lap or a race that is perfect. I will train through the long hard laps for weeks to get that new pb, that smooth pivot, that incredible feeling that lasts only a moment.

**What is your goal for 2004-05?** To make the Top 32 at National Team Trials, to make the BC Senior Provincial Team, and to improve any personal best times.

**What is your #1 accomplishment in Speed Skating?** Attending the 1999 Canadian Championships because I had to fight so hard to get there. I had to race a two-person tie-breaker to qualify to attend nationals and when I raced, I finished something like ten places than where I was seeded.

Chris Roberts

**Club:** Matsqui Blades

**Coach:** Bette Roberts

**What year did you begin Speed Skating?**

1987

**Why do you Speed Skate?** I speed skate for fun, to stay fit, and for the competitions.

**What motivates you to train?** To stay fit and to have the skills to place ahead of my competitors in competition.

**What is your goal for 2004-05?** Top 32 in Canada and to make it to the Canadian Short Track Championships.

**What is your #1 accomplishment in Speed Skating?** A bronze medal in the relay at the Canadian Short Track Championships

Kristi Fadden

**Club:** Matsqui Blades

**Coach:** Bette Roberts

**What year did you begin Speed Skating?** 13 years ago

**Why do you Speed Skate?** Keeps me in shape; I love it and the people.

**What motivates you to train?** 2010 Olympics in Vancouver.

**What is your goal for 2004-05?** Win a medal at Canadians and make top 32 at National Trials.

**What is your #1 accomplishment in Speed Skating?** Winning a gold medal at the Canadians.

**Team Bios Cont.**

**Shaelagh McNeil**

**Club:** Ridge Meadows  
**Coach:** Eden Donatelli Green, Julian Green, George Donatelli  
**What year did you begin Speed Skating?** 1995  
**Why do you Speed Skate?** It's fun; the friends I've made are people who have impacted my life in many ways and I love the competitive feeling the sport brings out in me.  
**What motivates you to train?** Knowing that it gets me that much closer to my goals  
**What is your goal for 2004-05?** To make the Nationals and medal in as many distances I can.  
**What is your #1 accomplishment in Speed Skating?** Persistence in the face of adversity over a long duration.

**Lisa Holt**

**Club:** PoCo Lightning  
**Coach:** Barb Beck  
**What year did you begin Speed Skating?** 1998  
**Why do you Speed Skate?** Because I love it!  
**What motivates you to train?** Because I want to look good in a bathing suit and because I want to do well.  
**What is your goal for 2004-05?** Improve on last year; go as far and as fast as possible.  
**What is your #1 accomplishment in Speed Skating?** Qualifying for Team Trials #2 last year and placing top 10 at Canadian Short Track last year.

**Carisa Lau**

**Club:** Poco Lightning  
**Coach:** Barb Beck  
**What year did you begin Speed Skating?** 2000  
**Why do you Speed Skate?** I like the sport because it is a fun way to make new friends. I also like the speed and the challenge of competition.  
**What motivates you to train?** I am motivated by the thrill of victory and the pursuit to achieve new heights.  
**What is your goal for 2004-05?** To make Canadians and improve my National Ranking.  
**What is your #1 accomplishment in Speed Skating?** Coming 3<sup>rd</sup> in BC AgeClass in Kelowna; Attended BC Winter Games in 2<sup>nd</sup> year; Attended Canadian AgeClass (2004) Ottwawa.

**Stefan Pavlis**

**Club:** Kamloops LongBlades  
**Coach:** Sandi Vyse-Lloyd  
**What year did you begin Speed Skating?** 1992  
**Why do you Speed Skate?** It's a great way to stay in shape; still have lots of fun racing.  
**What motivates you to train?**  
**What is your goal for 2004-05?** Have a good time and stay healthy.  
**What is your #1 accomplishment in Speed Skating?** I have many.

**Derrick Ross**

**Club:** Mission Racers  
**Coach:** Bob Hornidge  
**What year did you begin Speed Skating?** 1989  
**Why do you Speed Skate?** I love the rush.  
**What motivates you to train?** Wanting to see what I can do.  
**What is your goal for 2004-05?** Top 32 at Nationals and top four at Provincials.  
**What is your #1 accomplishment in Speed Skating?**

**Sarah Leonard**

**Club:** Ridge Meadows  
**Coach:** Eden Donatelli-Green and Julian Green  
**What year did you begin Speed Skating?** 1998  
**Why do you Speed Skate?** I speed skate because it is so much fun; I enjoy the competition.  
**What motivates you to train?** My hop in making the 2010 Winter Olympic Games in BC; and, I want to better my performance in races.  
**What is your goal for 2004-05?** To get a 49 in my 500m and to make the Canadians in both short and long track.  
**What is your #1 accomplishment in Speed Skating?** Making it to BC Winter Games and getting a pb in my 500m; making both short and long track Canadians in the same year.

**JonPaul Low**

**Club:** Burnaby Haida  
**Coach:** Arianna van der Starre  
**What year did you begin Speed Skating?** 2001  
**Why do you Speed Skate?** It's intense.  
**What motivates you to train?** Getting faster.  
**What is your goal for 2004-05?** To just have fun.

**Team Bios Cont.**

**What is your #1 accomplishment in Speed Skating?** A few provincial records.

**Mitch Hewitt**

**Club:** Kamloops LongBlades

**Coach:** Sandi Vyse-Lloyd

**What year did you begin Speed Skating?** 2000

**Why do you Speed Skate?** To meet new people, have fun and keep in shape.

**What motivates you to train?** My motivation for training are my friends, my family and my coach.

**What is your goal for 2004-05?** To make it to Canadians and get my 500m time under a 46.

**What is your #1 accomplishment in Speed Skating?** Making the BC Provincial Team.

**Amanda Leonard**

**Club:** Ridge Meadows

**Coach:** Julian Green and Eden Donatelli-Green

**What year did you begin Speed Skating?** 1995

**Why do you Speed Skate?** I speed skate because I enjoy the competition and just the sport in general.

**What motivates you to train?** The main thing that motivates me to train is my sister. We are so close with our times that it is almost always a competition to see who is better.

**What is your goal for 2004-05?** To get under 50 seconds for my 500m and also get top 4 in my age class.

**What is your #1 accomplishment in Speed Skating?** Making it into the top 16 for Canada Winter Games trials and also making it to Canadians for Long Track.

**Brooks Murtha**

**Club:** Sardis Fliers

**Coach:** George Donatelli

**What year did you begin Speed Skating?** 1994

**Why do you Speed Skate?** I speed skate because I enjoy the challenge of competition.

**What motivates you to train?** I motivate myself to train.

**What is your goal for 2004-05?** Make the Canadians again and continue on without injury,

**What is your #1 accomplishment in Speed Skating?**

**Yong-Joon Lee**

**Club:** Matsqui Blades

**Coach:** Bette Roberts

**What year did you begin Speed Skating?** 6 years ago

**Why do you Speed Skate?** To loose weight.

**What motivates you to train?** I motivate myself by thinking I can do everything.

**What is your goal for 2004-05?** Just to do my best in all races.

**What is your #1 accomplishment in Speed Skating?** I was able to skate 9.2 seconds per lap in 2 ½ years of speed skating.

**Wes Fadden**

**Club:** Matsqui Blades

**Coach:** Bette Roberts

**What year did you begin Speed Skating?** 1991

**Why do you Speed Skate?** I enjoy the competition, and also all of the friends I have made over the years.

**What motivates you to train?** My slump I dug myself last year; I also want to make Senior Racing Team.

**What is your goal for 2004-05?** To break all my times and also to actually be able to compete in a 3000m; To make National Team and skate for my country at the worlds.

**What is your #1 accomplishment in Speed Skating?**

**Sarah Offin**

**Club:** Mackenzie Speed Skating Club

**Coach:** Ross Knudson

**What year did you begin Speed Skating?** 1997

**Why do you Speed Skate?** It's a great sport, the people are friendly and it keeps me busy.

**What motivates you to train?** It allows to procrastinate in my school work and to stay in shape.

**What is your goal for 2004-05?** BC Long Track Team; keep up with my program and beat my sis.

**What is your #1 accomplishment in Speed Skating?** 5<sup>th</sup> in the 1500 at Long Track Nationals in Winnipeg.

**Team Bios Cont.**

**Kyler van der Gaag**

**Club:** Kelowna

**Coach:** Nancy Goplen

**What year did you begin Speed Skating?**  
1994

**Why do you Speed Skate?** For the speed, the excitement, and to be surrounded by my speed skating family.

**What motivates you to train?** The prospect of improving myself physically and mentally.

**What is your goal for 2004-05?** To improve my personal best on the ice and to improve my coaching skills on and off the ice.

**What is your #1 accomplishment in Speed Skating?** Having the privilege to compete at Nationals and Canada Games competition.

**Elizabeth Offin**

**Club:** Mackenzie Speed Skating Club

**Coach:** Ross Knudson

**What year did you begin Speed Skating?**  
1997

**Why do you Speed Skate?** I enjoyed skating was looking for a new activity to pursue – speed skating was it.

**What motivates you to train?** Staying in shape and the fact that I enjoy it.

**What is your goal for 2004-05?** To see how well I can do after my knee injury, and to have fun.

**What is your #1 accomplishment in Speed Skating?** Attending BC Winter Games in 2003.

**Senior Provincial Team – Long Track**

**Ian Houghton**

**Club:** Matsqui Blades

**Coach:** Kevin Crockett

**What year did you begin Speed Skating?**  
1983

**Why do you Speed Skate?** Because I love it and because I want to achieve my own goals in the sport.

**What motivates you to train?** Motivation can come from anything – my personal goals keep me focused and on track.

**What is your goal for 2004-05?** Compete in World Cups.

**What is your #1 accomplishment in Speed Skating?** National Development Team 2003-04.

**Ricky Kriek**

**Club:** Ridge Meadows

**Coach:** Todd McClements

**What year did you begin Speed Skating?**  
1993

**Why do you Speed Skate?** I speed skate because I enjoy the challenges of reaching new bests on and off the ice.

**What motivates you to train?** My goals and my successes motivate me to train.

**What is your goal for 2004-05?** My goal for the season is to attain new personal bests and improve my skating technique.

**What is your #1 accomplishment in Speed Skating?** Skating my 1500m race at the Olympic Oval Finale 2004.

**Timothy Gladysz**

**Club:** Fort St. John Elks

**Coach:** Todd McClements

**What year did you begin Speed Skating?**  
1989

**Why do you Speed Skate?** I speed skate because I enjoy the hard work that is required to succeed.

**What motivates you to train?** Thinking about how good it feels to get a pb in a race.

**What is your goal for 2004-05?** My goal is to improve all my times and get a good National Ranking.

**What is your #1 accomplishment in Speed Skating?** Getting 1<sup>st</sup> overall at the LongTrack Nationals as an Intermediate.

**Provincial Team – Long Track**

**JonPaul Low**

**Club:** Burnaby Haida

**Coach:** Arianna van der Starre

**What year did you begin Speed Skating?**  
2001

**Why do you Speed Skate?** It's intense.

**What motivates you to train?** Getting faster.

**What is your goal for 2004-05?** To just have fun.

**What is your #1 accomplishment in Speed Skating?** A few provincial records.

**Team Bios Cont,**

**John Dobrowolski**

**Club:** Dawson Creek  
**Coach:** Todd McClements  
**What year did you begin Speed Skating?**  
 1992  
**Why do you Speed Skate?** Is something I love and it keeps me in shape.  
**What motivates you to train?** Improvement.  
**What is your goal for 2004-05?** Skate really really fast.  
**What is your #1 accomplishment in Speed Skating?** Coming back after nearly cutting my foot off.

**Duncan Luck**

**Club:** Fort St. James Falcons  
**Coach:** Keith Gordon  
**What year did you begin Speed Skating?**  
 1998  
**Why do you Speed Skate?** My mom made me try it and I like it.  
**What motivates you to train?** The factor that there are so many better skaters than me and my mom.  
**What is your goal for 2004-05?** Make it to Long and Short Track Canadians again.  
**What is your #1 accomplishment in Speed Skating?** Last year at Long Track Canadians when I almost got a medal.

**Elyce Henry**

**Club:** Fort St. John Elks  
**Coach:** Richard Stickel  
**What year did you begin Speed Skating?**  
 1992  
**Why do you Speed Skate?** I love the sport and I have lots of fun with it.  
**What motivates you to train?** Knowing that it going to help me accomplish my goals.  
**What is your goal for 2004-05?** I would love to make Junior Worlds, but if not then maybe a top 5 or 6 finish at Junior Trials.  
**What is your #1 accomplishment in Speed Skating?** Last years Canada Cup #2 because I finished well and improved a lot – it was the best I've ever skated.

**Rebecca Pousette**

**Club:** Prince George Blizzards  
**Coach:** Shane Vopika  
**What year did you begin Speed Skating?**  
 2002  
**Why do you Speed Skate?** Challenge of improving times and competing.  
**What motivates you to train?** The desire to be ready to compete.  
**What is your goal for 2004-05?** Improve times and fully recover from last year's injury.  
**What is your #1 accomplishment in Speed Skating?** 10<sup>th</sup> place finish in Long Track at 2003 Canada Winter Gmaes; 10<sup>th</sup> placed 2003 Canadian Junior Champs

**Stacie Coder**

**Club:** Robson Valley  
**Coach:** Diana Coder, Selina Elm, Mike Marshall  
**What year did you begin Speed Skating?**  
 1993  
**Why do you Speed Skate?** To continue to have fun, meet new people, travel, and learn.  
**What motivates you to train?** To meet the goals that I have set for myself.  
**What is your goal for 2004-05?** Continue to train hard, learn to skate long track, improve my times and improve my National Ranking.  
**What is your #1 accomplishment in Speed Skating?** Attending the 2003 Canada Winter Games Team, placing 7<sup>th</sup> in the 500m; holding two Canadian records and several BC Provincial Records.

End

# Club News

The Racers look forward to seeing you at the upcoming cup#2 and finals.

Mary McLennan [maryrick\\_mclennan@shaw.ca](mailto:maryrick_mclennan@shaw.ca)



## Ridge Meadows Racers 2004-2005

### Planet Ice, Maple Ridge.

35 skaters are having a busy and rewarding season, under the talented direction of our dedicated coaches, Eden & Julian Green, and George Donatelli. We've been well represented at all the local meets and have travelled to Kamloops, Prince George, Fort St. John and Vernon.

Our younger skaters are continuing to get P.B.s. A group of our more experienced skaters assist our beginning group and are a great role model for them. The young Midget and Down relay team very proudly accepted their gold medals that they won at the Southern Regional Relay Challenge. The team members were Michelle MacKay, William McLennan, Christien Nyhus, and Robert McLennan.

At the Winterfest in Calgary our 3 girls had the fastest overall times in the 3000m, Carolyn MacKay 1st, Sarah Leonard 2nd, Shaelagh McNeil 3rd. Well done and congratulations!

The remainder of the season will be an exciting and challenging time for skaters and parents as we all strive to do our best and enjoy ourselves. I know many of our club parents are very involved in organizing the Canadians in April. They need lots of willing hands to make this event the best it can be. Trish MacKay [trishmac@telus.net](mailto:trishmac@telus.net) can direct you to the person that is organizing the area you would like to help with. Please get in touch with her as soon as possible.

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**The Nechako Lake Speed Skating Club** has had a successful season thus far in its inaugural year. We managed to get our numbers up to 35 skaters, which we feel is a significant accomplishment given our limited ice time. The Club is located in Vanderhoof and serves the residents of the Nechako Valley. We currently have skaters and coaches from Vanderhoof, Fort Fraser and Fraser Lake. Speed skating has sparked a new level of interest in our communities and we feel our numbers will continue to grow as we build our credibility. This will provide us with the leverage to bargain for more and better ice time. Our Club wishes to extend its sincere gratitude to the Fort Saint James Falcons and Prince George Blizzard Clubs. Most notably, John and Sheila Thobo-Carlson who were instrumental in our formation as well as Alison Leach from the Fort. The Falcons lent us a fair number of safety mats and gave us a cut rate on the rental of their surplus skates. Duane Swan of the Blizzards was more than generous in his lending of surplus Bont skates to our club as well. The support provided by those two Clubs has been well received and recognized by us. Without their help we would not have been able to run as successful a program this year. In addition to the above we found some surplus stuff in Fraser Lake. Even though most of it was out of date and/or worn out we managed to salvage a few mats and some skates. Our skaters managed to attend interclubs at Ft St James, Prince George and Mackenzie this year. We are looking at expanding our competitive scope next season as our skaters gain more experience. Our desire is to scoop some ice time locally so we can hold an interclub of our own. If you know of any other Clubs out there with surplus equipment, both mats and skates please drop me an e-mail at [doug@nechako.com](mailto:doug@nechako.com) or in the evenings at 567-6086.

Doug McComb

End

***Club News Cont.***

**Prince George Blizzard Speed Skating Club – Tami O’Meara**

<http://members.shaw.ca/pgblizzard/blizzard/index.html>



The P.G. Blizzard has been having a very exciting season that not only encompasses our skaters but also brand new events. We have seen a dramatic increase in the number of young skaters this year.

Approximately 20 cradle and beginner skaters ranging in age from 3 to 8 years of age are learning to skate and participating in both short track and long track events.

Speaking of long track, the P.G. Blizzard Club offered its first long track speed skating camp on December 18th and 19th. Despite not being able to skate on the Oval due to warm weather, the long track camp was a huge success. Coaches Diana Coder, Keith Gordon, and others taught all levels and ages of skaters (cradles and beginners through to adult, recreational, and competitive) everything from how to do proper warm ups to the theory of skating and care of equipment. Skaters came from all over the north and had a fantastic time. The food was wonderful and the camaraderie even better. We can’t wait to offer the same type of event next year.

Another historical event took place on January



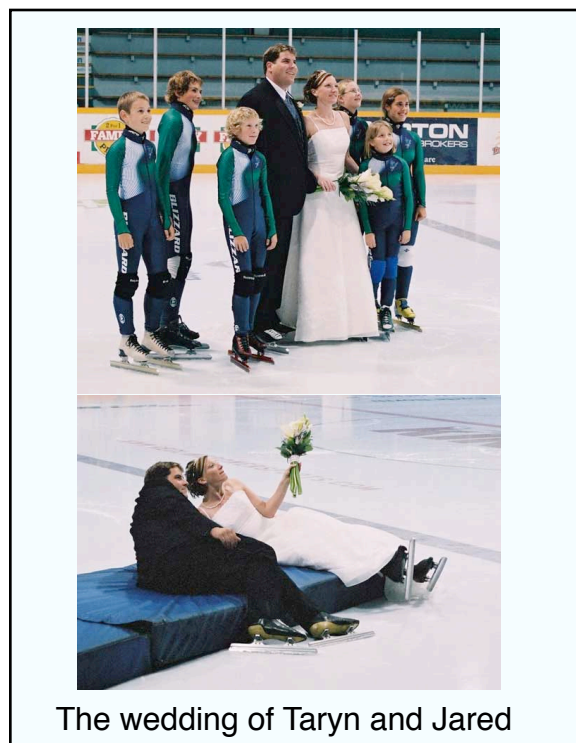
9th. The Club ran the first annual Prince George long track speed skating meet at the Oval.

40 skaters and countless volunteers braved very cold conditions in order to participate in the meet. Prince George raced 15 skaters and the balance of the participants came from Ft. St. James, Mackenzie, Robson Valley, Fort St. John, and Kamloops. It was a great success and everyone

had a wonderful time. Thank you to all of the officials and volunteers that put so much effort into making our first meet a great one!

The Blizzard Club has supported many elite skaters over the years and one of current members, Daryl Rasmussen, has been named the Hometown Hero for Prince George for 2005. Daryl is a short track speed skater who is on the Canadian National Short Track team. Hometown Heroes is an Athlete Funding Program. To be eligible, athletes must have resided in Prince George, and have trained at the local club level in Prince George. Athletes must also be a National Team Athlete training for International competitions, or a nationally carded athlete training for National competitions. Daryl will receive the funding at a ceremony in August 2005. The Prince George Blizzard is very proud of Daryl and wishes him all of the best in the rest of his skating season.

As you can see, the Blizzard has been very busy this year and we hope to continue to offer our athletes quality training, support, and the opportunity to compete in as many competitions as possible. We are a close-knit group that is continually striving to improve in both on-ice performance and the daily operation of the Club. We hope everyone else is having the same level of success that we are fortunate enough to be experiencing this year.



The wedding of Taryn and Jared

***Club News Cont.***

**Fort St James Speed Skating**

Bird watchers have noted an epidemic of Great Grey Owls and White Falcons around Fort St. James this winter. More Great Greys have been seen than ever before - some kind of super vole abundance in the boreal forest? But the white falcons are on the backs of Fort Speed skater's new blue suits being worn by even the tiniest little speedsters. Our relay teams at the regional are going to look sharp.

Some funding and plans are in place for the extension of the 333 m oval to 400. Plus we'll flatten it out which will be too bad for all the sentimentalists who will fondly remember our hills and valleys and having to leap over the javelin lane (actually that is already gone).

Club skaters have enjoyed some competitive success this year. Both Michael and Steven Friesen have competed at national team trials and Steven finished 4th in the Junior World trials. Duncan Luck got 17th in Junior World LT trials in Winnipeg. Jordan Luck won a bronze medal in the 1000 metres at CDN LT in Saskatoon. The club had 5 skaters Duncan, Jordan, Alison Maksymchak, Daljinder Sanghera and Jessica Leach attend the meet where they enjoyed the great competition, lovely warm weather and skated to personal best times.

Club skaters attended meets this winter in Montreal, Saskatoon, Winnipeg, Abbotsford, Red Deer, Calgary, Fort St. John, Prince George, Mackenzie, and of course here in Fort. Still to go are meets in Calgary again, Esquimault, Montreal again and Surrey (we hope).

It seems the weather is always extraordinary but this year we had some -40, hardly any snow and 2 weeks of mid-winter thaw and rain. The result is the oval is still skateable at the beginning of March. But the big rink on Stuart Lake has about 40 miles of clear surface on a 2 foot base. Except for occasionally having to climb over a pressure ridge you can skate anywhere you want.

Look forward to seeing you all at BC Long Track next year. **End**

**Dawson Creek Speed Skating**



We have had a great season so far, Hosted our Fall kick off short track camp as well as the Long track Camp. Had Debbie Fisher up for several skating clinics, she is great with

the young skaters and a fantastic person.



Competition performances have been solid with some great racing by our skaters in both Short and Long Track. Our juniors put on a fantastic performance and BC cup #2, cracking the top 16 and racing to some good pb's.

Canadian Long Track Championships in Saskatoon were a blast, beautiful warm weather and good competition in all age classes.

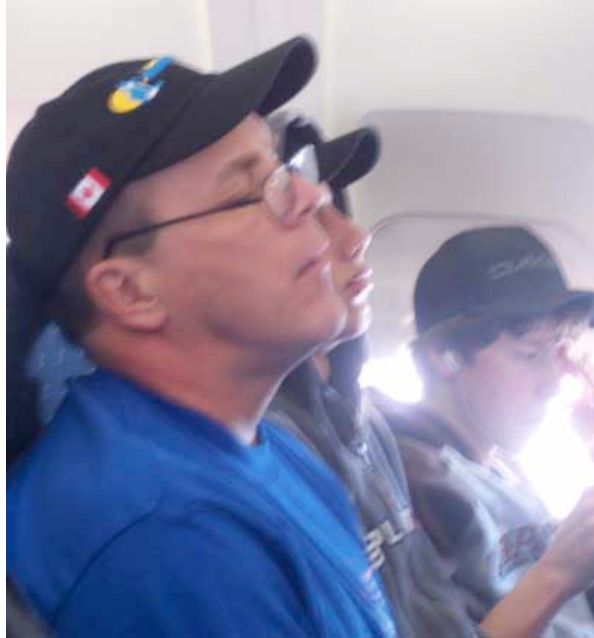


Saw some fine performances by our skaters and others from the other BC clubs.

*All Photos by Ron Cartier*

**Club News “Dawson Creek” Cont.**

Fred Feddema and Darlene Chapman also attended the CACLT in Saskatoon as next years host representatives.



Anyone who doubts the need for Short Track skaters to do both outdoor Long and indoor Short track training has only to look at how strong Kolton and Jeff were at BC Cup #2, Skating outside builds deep core strength due to wind and slower ice conditions, Something that an indoor facility like Calgary does not provide a developing skater.

This year saw the importing of Braden Clouthier , ex Chetwynd bantam skater, and Ambrose Currie, Short Track Coach. We are very happy to have them join our club.

This season Ambrose was part time with the club, he will be full time next season.

For this spring we will be putting on a dry-land training camp for our skaters, and will open it up to other local clubs if they wish to attend.

Some of the topics for the camp are,  
 Circuit training.  
 Set-up, maintenance and training on the bicycle.  
 Introduction to plyometrics,  
 Use of the heart rate monitor for skaters. plus more over a 2 day weekend.

Also on the plans for next year is an expanded Long Track camp with full competition at the end,



as well as a Western Regional cup Long Track competition.



Drop in racing for both St and LT will be implemented in order to help develop local skaters , from both our club and others, to higher levels. We already have had skaters this year dropping in from both BC and Alberta to train.

To crown off our Long track season we will be hosting the Canada Post Canadian Age Class Long Track Championships, should be a great and busy year. Looking forward to the next season already and will see you at our camps and Meets.

**End**

## BC Team Experience in Saskatoon

Many thanks to all the skaters, parents and coaches who helped the BC team efforts at the Canadian Mass Start Long Track Speed Skating Championships in Saskatoon. It takes a lot to get 22 skaters performing well. I'm sure Diana is busy entering all those times into the data base as there must have been nearly 50. The ice was fast and conditions perfect for best times. I certainly can't get all the thank yous in because so many people helped with our skaters. If I name them all I'll miss someone but here are some of the things that people did:

- 1) Handed out and collected racing bibs and BC Team suits and distributed goody bags
- 2) Took pictures of team and great individual shots (guess who?)
- 3) Offered coaching tips and ideas to Diana C. and me plus gave some tips to their club skaters and supervised warm-ups
- 4) Made repairs to broken jigs and helped skaters with equipment
- 5) Offered tips from a local skater/coach on the lay of the land (guess who - name starts with an "N") in Saskatoon
- 6) Ran great cheering section on the finish straight
- 7) Made a lot of noise at banquet
- 8) Offered medications to sick coach

Congrats to all skaters on best efforts, triple silver medallist Heath Irvine, double gold medallist Stacey Coder and first time bronze medallists Mitch Kupchenko and Jordan Luck. But we also had 9 skaters make primary finals including the very competitive divisions of juvenile girls (Sarah Poussette, Kaylin Irvine), juvenile boys (Nicholas Goplen) and junior boys. As well, Trish Gladysz and Duncan Luck made finals in intermediates. In Masters we had Bob Irvine and Gary Link (competing Oly style for first time) win 4 medals each.

I felt like the skaters who got the most out of the meet were the ones who (medal or no medal, final or no final) were prepared to really take chances with forcing the pace. In the preliminaries there is little reward for hanging back to get a draft and

there is everything for absolutely going for it early even when it seems suicidal. So many times I saw skaters self destruct in the heats or semis because they wouldn't force the pace and max out their effort. Still it's asking a lot of a skater to lead when they know it's 20% easier to follow.

Following are tips for skaters going to CDN's.

- 1) Know exactly what your warm-up (off-ice and on-ice and warm-up lane or full lane) is going to be long before you get to CDN's. You should not be having to ask your parents or club coach or chaperone what you should do.
- 2) Take full extras of springs, laces, gear, suit, tools.... everything. Your family has invested 500+ dollars in the meet that they could be putting into mutual funds(!) - don't risk having a poor performance due to a dumb detail
- 3) Get used to the idea of being assisted by a different coach than you're used to. When Denny Morrison first qualified for Jnr worlds he didn't have his normal coach - when you go to Can Winter Games you'll almost for sure have a different coach - use CDN's as an opportunity to experience different interactions.
- 4) Have your race preparation schedule (of the 2 hours before you go to your first race) developed long before you get to the big meet; that way your meet jitters will be controlled because you will be in a familiar routine
- 5) Enjoy the physical sensation of racing your hardest (this should be independent from the actual result achieved) in this elite level setting - you don't get that many chances
- 6) Try to skate some of your warm-up with better or faster skaters than you - to help you get better AND do half of your warm-up with skaters who want to follow you so they can get better. WIN WIN!!!!

Anyway, this is too long as always but thanks to all BC'ers for the great effort at Saskatoon.  
Keith Gordon

End

## COACHING NEWS FROM THE DIRECTOR OF COACHING

**BARB BECK**

**NEW COACHES:** In June Ariana van der Starre was the course conductor for a level 1 technical. Marina McNab, Denise North, Diaya Maseja, William Wildstar, Herman Bosman, Laura Kine, Michelle Pepin and Peter Spencer all participated in this clinic.

September 24-26 the Fort St James club hosted a level 2 technical course with Keith Gordon as the course conductor. Donna Luck, Randall Sulyma, Alison Leach, Leslie Budac, Carol Dennison, Angie Chauvin and Nicole Ebert all took part. On Nov 11/04 there was a level 1 technical clinic with John and Shiela Thobo-Carlsen and Keith Gordon as course conductors. Those attending were: Ellen Bennison, Paul Inden, Sandra Sulyma, Russell MacDonald, Julie MacDonald, Angie Chauvin, Nicole Ebert, Douglas McComb and Julie Desmarais. Welcome to our new coaches.

### ATTENTION BC WINTER GAMES

**COACHES:** For the BC Winter Games we are only allowed to send coaches that are fully certified Level 2. It is VERY IMPORTANT that clubs/zones make sure that their coaches get their level 2 certification. At the last BCWG there were coaches that were not certified level 2; if we continue to send coaches without proper certification we may jeopardize speed skating remaining a BC Winter Games Sport. Also for any National Level Competition you must be at least a level 2 coach to be in the coaches box and I strongly encourage all Level 1 coaches to get their level 2. BCWG will be held in Nelson in Feb 2006. Thank you to John and Sheila Thobo-Carlsen for all the hard work they put in to keep speed skating in the BCWG.

**LEVEL 2 COACHING CLINICS:** I am working to get a Level 2 Technical clinic to run during the week of the Provincial Summer Camp in Matsqui this August, exact dates are not yet determined. I am also trying to get a Level 2 Theory to run that same week so that coaches can complete both during the week of the camp. Nancy Goplen also plans to have a level 2 technical in Sept; I will send to you that date soon.

**HOW DO I GET TO BE CERTIFIED LEVEL 1 AND 2 ?** If you have completed your theory, technical and practical hours for Level 1 or 2 you still must complete the practical form This is available on the BCSSA website in the coaching section. Your club coach and president are required to sign this form. It must then be sent to me for the completion, and I will send it off to the National Coaching Association and SSC for full certification.

**COACHES RETREAT:** The annual Coaches Retreat will be held in Kamloops April 16, 17/05. All coaches please plan to attend. Your input is welcome.

**AGM:** the annual AGM is hosted this year by a club near and dear to my heart the POCO Lightning Speed Skating Club. The position of Director of Coaching is up for election this year. This is a two year term.

I would like to take this time to thank all of the coaches that took time out to complete the coaches questionnaire and get their security clearances done.

As our athletes are getting faster and develop better racing skills, some of the credit belongs to the coaches for getting them there. So parents and athletes next time you see your coach don't forget say Thanks Coach. End

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## November 2001

### Pat Underhill

#### “Lifetime Contribution” Award from Promotion Plus

**Sandi Vyse Lloyd**

Last March Pat Underhill was recognized at the Promotion Plus Leadership Awards ceremonies with a “Lifetime Contribution” Award for her contribution to our sport, as the founder of Speed Skating in British Columbia and as a continuing strong influence in the speed skating today. Promotion Plus is the BC Organization for girls and women in physical activity and sport. It is a registered non-profit association committed to creating equity for girls and women in physical activity and sport. Pat was unable to attend the Promotion

## Pat UnderhillCont.

Plus reception to receive her award however Sandi Vyse Lloyd was honored to present it to Pat at the Dawson Creek Reunion at the BCSSA AGM last May. Here is a brief outline of Pat's skating career and her far-reaching contributions to the provincial speed skating community:

Pat Underhill, the Founder of Speed Skating in the province of BC.

When she moved from Alberta to Dawson Creek in September 1955, Mrs. Underhill was a proven speed skater. She held numerous Canadian, provincial and national titles: she was North American indoor champion and held records in the  $\frac{3}{4}$  and mile distances. She had started the Red Deer, Alberta club in 1950 and this club's members had already achieved national recognition. Pat continued to train and skate competitively when she moved to Dawson Creek. She offered to teach children in the community if there was an interest. Local people welcomed the offer and she was allotted ice-time in the local arena.

The Dawson Creek Speed Skating Club became a dominant force with many champions in all age categories. As a result of her enthusiasm and her activities in Dawson Creek, other clubs were started throughout BC. Pat encouraged her skaters to become active coaches and as a result when several moved from Dawson Creek they formed clubs elsewhere in the province.

Mrs. Underhill enjoyed teaching -especially children. Her personal activities and success placed her as a female role model in the community. She was invited to skate in the World Championships in 1957 in Finland, furthering her local profile. She had previously competed in the Worlds in 1954. When Pat returned from Finland, the people of Dawson Creek held a parade in her honor.

The community joined forces after a disastrous fire burned the arena at Christmas in 1956 and provided new ice surfaces (all outdoors) for Pat's training and for her pupils.

Pat was a great recruiter and enlisted many to support her efforts in running the club. Her students in turn carried their enthusiasm and knowledge when they traveled or moved thus creating momentum in the growth of the sport.

One of Pat's greatest compliments was from an observer who said, "You can always tell the

Dawson Creek skaters as they look like small Pat Underhills' -- and they usually win!" As importantly as teaching speed skating skills, Pat taught her pupils good sportsmanship. How to win gracefully and lose with pride in having tried their best. This is a tradition within our sport that is carried on to this day.

Pat moved from Dawson Creek to Regina in 1965 where she started yet another club. The community of Dawson Creek continued to strongly support the speed skating program and clubs began to sprout around the province.

Our province now has 21 clubs, with twelve of the existing clubs formed by Pat Underhill, her students or students of her students, and eleven of those twelve clubs were formed by her female students.

One of the greatest personal barriers was raising the funds necessary to cover the travel costs. Skating always required major personal finances and women were not part of the Olympic structure and national funding support system until 1960. Pat's participation at the 1957 Worlds was the start of a break-through. However, in 1960 when women were finally allowed to participate in the Olympics, a controversial decision placed Pat as the Canadian Olympic Women's team alternate and she did not get to compete.

On the local level - availability of training facilities was always a problem. The arena fire in Dawson Creek in 1956 placed a real burden on the program, but at the same time rallied the community support. The community officials at all levels assisted. The fire department helped flood outdoor rinks, local contractors provided machinery to clear rink locations and clean ice and Mr.

McQueen (a local farmer) cleaned snow off his slough so Pat and her skaters could train. The community support continued through the years and Pat's skating program was always successful.

Eventually a regulation speed skating oval was built and Imperial Oil donated a "shack" in which the skaters could warm up.

Pat Underhill became the first female president of the Canadian Amateur Speed Skating Association. She was followed some time later by Clara Overend, who was trained by Pat. In the history of speed skating in Canada (founded in 1887 in Montreal, incorporated in 1967 in Dawson Creek) there have been only 3 female presidents of Speed Skating Canada. Both Mrs. Underhill and Mrs. Overend are now Honorary Presidents of our national body.

**Pat Underhill Cont.**

Speed skating coaches in BC are approximately 50% men and 50% women, which is unique in that most other provinces male coaches far outnumber the females.

It is our tradition as it all began 45 years ago, under the guidance of Pat Underhill that has led us to what we are today. For that we are thankful to Pat Underhill, and for her love of our great sport and her willingness to share that love with so many.

End

Jari Article submitted by Burnaby Haida as a pdf, i had to capture it as a jpeg, so the quality is not as good as it could be.

Ron

**Highlight: Jari Sokkanen**  
Sports

*Left: Gold medal winner at the B.C. Long Track Championships*  
*Below: Canadian Jr. team for long track*

*Above: Jari at age eight in the Clearbrook Valley Times*  
*Left: Jari, Matthew (next youngest in the club) and Jari's little brother Mikko*

**Jari Sokkanen** is the Assistant Head Coach for Burnaby. He started skating at the age of 5, when his mother chose speed skating after browsing through the Burnaby Rec Centre guide. He was an active child involved in other sports, such as soccer, but his mother wanted him to also try some form of skating. She started by taking him to public skate sessions, but found them to be too crowded for a young child. His mother recalls phoning Agatha Van der Starre, who was listed in the guidebook as the club contact, and Agatha encouraged him to join. At that time, he was the youngest skater in the club. He is remembered for his fairness and sportsmanlike behaviour. At the age of 17, Jari went to Calgary and trained at the Olympic Oval for 6 years, where he was a member of the BC Long Track Team. While he trained at the University of Calgary, he completed a Bacheloris in English. He really enjoyed his time in Calgary and highlights include: Canada Games in Grande Prairie and Sata Cup in Japan, both in 1995. After completing his BA in English, he moved back to Vancouver and finished law school in 2003. He has been coaching for Burnaby for 4 years now, and is doing this to return to the club the support he received as a skater. When he is not coaching at the rink, he works for the Surrey Crown Counsel. He feels his focus on technical skill works well with Arianais passion and demands for fitness. The club is lucky to have the wonderful balance and dedication of these two coaches.

# Coach's Tips

One of the most important parts of the corner push is compressing the weight forward, down and in, as well as leaning to the inside. This lets you build the forward momentum of the body in the turn, lowers the skaters center of gravity closer to the ice for extra stability.

The center of gravity tends to shift backward during the turn putting the skater's weight on their heels. This is one cause of skaters falling on the exit. To maximize the power the leg muscle groups can deliver, we first need to close the angles around the joints to set up a powerful push. Bend at the waist to close the hip joint, bend the knee, and bend the ankle. For maximum pressure you must keep the weight moving forward to the ball of the foot by bending the ankle and keeping the back low and rounded at the base. The back and the thigh angle is approximately 45 degrees or lower, the thigh and the calf angle is about 100 - 90 degrees, and the shin and the top of the foot angle is around 45 degrees. You delay the push until all of the angles are closed and ready to deliver maximum power.

The ankle bend is a continuous motion, starting from when the skate first contacts the ice at an angle of 65 - 70 degrees, and closing to about 45 degrees, or to its maximum compression. The movement feels like a small bounce or sinking in to the push, allowing for a stretch / rebound response from the muscles. This response is like an elastic band recoiling to give added power to the push. It has been shown that repeatedly training the muscles in the stretch/ rebound response causes the muscles to react quicker and with greater force. It is called the rebound or plyometric effect.

Also to have full power in the push, you must use all of the joints and muscle groups in the correct sequence combined with full extension of the leg.



As can be seen in the photo above, they have all the angles correct and full extension of the pushing leg. This is the technique you as a skater want to attain in the corner.

**Skate Care**, rust on the blades, it happens sooner or later to all young skaters. Want to remove it, break out the Colgate. Toothpaste works very well for removing rust, just apply a layer to the blades. Let sit for a few minutes then using a wet rag wipe away the rust along with toothpaste with a full front to back wiping motion. It may take several passes with the rag to remove all the toothpaste and rust. If there is a tough spot of rust remaining, use a burr stone to remove it. Finish wiping the blades with a dry rag. Good to go.



Ron Cartier

## The Missing Midgets (With apologies to J K Rowling)

Have you noticed any of your midgets are missing? A group thought to be midget boys are still occupying the arena. Midget boys are not to be confused with elves, pixies or sprites as they have a more limited magical ability. They are almost impossible for humans to catch due to their swift and nimble movements, which become more pronounced when on ice. They are known to be able to make themselves completely disappear 2 minutes before their race is due.

Although arenas are the midget's natural habitat they are known to exist within human households where they are fed clothed and generally cared for by using an illusionary ploy that must be deemed magical. Once a year in spring the midget will present the adult female of the family with a crudely drawn hand made card. The female goes into raptures believing this to be some great treasure and work of art. It will be stored away for the rest of her life and she will kill to protect it. To show her appreciation of this wondrous gift she immediately takes the midget to town and rewards him with a movie and slap up meal. The midget has this performances repeated once again in summer by presenting the adult male of the family with an empty tin decorated with dried macaroni.

Midgets are known to be able to survive indefinitely within the arena they can forage adequately and can live up to 2 years of their midget hood living on hotdogs chips sodas and a bizarre range of sour sweet candies. They rarely venture outside the arena and indeed are fearful of natural light having spent the majority of their lives arriving at the arena before daybreak and never leaving until after dark. Whilst in the arena they tend to run in packs and humans will only glimpse them as a blur as they dart hither and thither. Although it is thought they can communicate telepathically, communication is always accompanied by high-pitched squeals and shouts that are almost akin to the human voice.

Although annoying to others the midget has only one real enemy. The rink rat who's life

they make a complete misery. Fortunately for them the rat does not possess the cunning to capture them. This is unfortunate as midgets are the most easily baited of all creatures. A Game boy is left in an easily accessible location. A pack of up to six midgets will immediately descend on it and merge into one homogenous mass completely enveloping it. To the untrained eye it is impossible discern any of them as individuals. They can only be separated by an incantation. The sayer must stand close to the pack and in a loud clear voice say "Your race was called 5 minutes ago" This is immediately followed by a flurry of activity. The mass separates footwear is changed and helmets donned.

As with all mystical beings midgets can only be immobilized by a clever riddle. These riddles were formed in the prehistory of man by an archaic group of magicians known now by the unpronounceable name of SSC. They had no knowledge of skating as such but a profound and limitless gift to confuse with mathematical calculations taken from the book of the dead. These formulae when applied to skating have sent some of the greatest minds known to humankind (recorders) spiraling downwards into insanity.

The riddle must be applied as follows. Questioner to Midget "What is your 333 time?"

The Midget will reply "My 500 time is 55, 54, under a minute" or some other such drivel. The Questioner then states "I want your 333 time, you are seeded on your 333 not your 500." The Midget once again tries to give his 500 time, as no self respecting Midget will admit to knowing a time for or indeed ever taking part in a 333 race. This can continue indefinitely until the Midget is disarmed and made inoperable.

When one or more of your midgets are missing other more benign sprites tend to move into your home to fill the void. You will probably notice their presence, as they will keep the house cleaner and tidier. Your TV remote will be ever present and indeed your cable company magically transmits non-

animated programs.

End

Don Hopkins