

The Edmonton Speed Skating Association

2017/2018 Club Handbook



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Welcome to the Edmonton Speed Skating Association!

This promises to be another exciting year for the Edmonton Speed Skating Association (ESSA). This season ESSA is hosting the following events!

Event	Date	Location
Fall Classic Short Track	November 10 – 12, 2017	Clareview Arena
Winter Classic Long Track	December 16, 2017	Victoria Park Oval
AASSA Long Track Camp	December 17, 2017	Victoria Park Oval
WEM Fun Meet	March 24, 2018	West Edmonton Mall Ice Palace

These meets allow ESSA to offer competitions to skaters at every level of our sport.

Other exciting events for our athletes include:

- **Silver Skates Festival** in February
- **ESSA Bus Trip to Grande Prairie** for the November 25th short track meet (this promises to be a great team bonding opportunity for our T2T and under athletes).
- **Alberta Winter Games** – A phenomenal opportunity for our athletes aged 11-14 to represent the Edmonton and Black Gold regions.

Consult the schedule included in this handbook for many more events being held throughout Alberta this season!

We will continue to update our renewed website for the club, which can be found at <http://edmontonspeedskating.ca>. Information on competitions, practices, and the latest news can be found on the site.

The coming season looks bright. Many exciting things are sure to happen. We are glad that you are a part of it, and we look forward to seeing you on the ice and in the stands. Have a great year!

Our History

The Edmonton Speed Skating Association is a community sports club serving Edmonton and the capital region. In the early 1900s speed skating was a very popular sport in Canada, and there were many clubs across the country. The Edmonton Club was started in 1949. As popularity in the sport waned, 1985 found the club with only 12 skaters left. The families of those athletes committed themselves to rebuilding the club we now have nearly 250 members. ESSA is healthy from both a membership and financial standpoint with a strong coaching staff and volunteer base.

Our People

ESSA Programming

ESSA programs are designed and run by its Head Coach, Coaching Coordinator, and Program Coordinator.

2017 – 2018 ESSA Programming

Title	Name	Contact
Program Coordinator	Diane Anderson	programcoordinator@edmontonspeedskating.ca
Coaching Coordinator	Tammy Currie	coaching@edmontonspeedskating.ca
Head Coach	AJ Dimas	headcoach@edmontonspeedskating.ca

ESSA Coaching



ESSA is always looking for new coaches as well as **parents** to help on ice with the younger groups. If you would like to be a coach, please contact our coaching coordinator. **Note that ESSA covers the cost of coaching courses and meet expenses for coaches!** Depending on their National Coaching Certification Program achievement level, coaches are paid an hourly honorarium for their on-ice efforts.

2017 – 2018 ESSA Coaching

Coach	Title
AJ Dimas	Head Coach
Kathy Gregg	Coaching Mentor
Tammy Currie	Coaching Coordinator

ESSA Executive

The ESSA executive members are key to the growth and success of the club. These people interact with the Alberta Amateur Speed Skating Association (AASSA), sit on committees, organize casinos, monitor club e-mail, put together bus trips, keep track of registration, manage club equipment, and organize meets and social events. Even with all these people, there is always more work to be done than time available to do it. We are a community, and new executive volunteers are always welcome!

If you have **questions** for any executive member, do not hesitate to email them.

Title	Name	Contact
President	Luc Côté	president@edmontonspeedskating.ca
Vice President	Chris Padbury	vicepresident@edmontonspeedskating.ca
Treasurer	Chris Miller	treasurer@edmontonspeedskating.ca
Program Coordinator	Diane Anderson	programcoordinator@edmontonspeedskating.ca
Registrar	Keri McFarlane	registrar@edmontonspeedskating.ca
Secretary	Kelly Havixbeck	secretary@edmontonspeedskating.ca
Communications	Daniela Bere	com@edmontonspeedskating.ca
Skate Rental Coordinator	VACANT	
Social Coordinator	VACANT	
Coaching Coordinator	Tammy Currie	coaching@edmontonspeedskating.ca
Skater Development	Jason Thomas	development@edmontonspeedskating.ca
Officials Development	Chris Miller	
Marketing	VACANT	
Head Coach	AJ Dimas	headcoach@edmontonspeedskating.ca
FUNDamentals Parent Rep	Brad Kim	fundamentals@edmontonspeedskating.ca
Novice Parent Rep	Brytani McLeod	novice@edmontonspeedskating.ca
Intermediate Parent Rep	Yvon Dubeau	intermediate@edmontonspeedskating.ca
Adult/Masters Rep	GlennWilliams	adult@edmontonspeedskating.ca

Support Groups

The Alberta Amateur Speed Skating Association (AASSA)



AASSA is the provincial sport governing body. AASSA's office is located at the Olympic Oval in Calgary. AASSA is responsible for many things in our sport including coaching certification, provincial and development team programs, and the officials and competition schedule.

The program and on-ice portion is assured by Mike Marshall, Technical Director and Nicole Cooney from Lethbridge is the current President of AASSA. They can be reached at (403) 220-7911 info@aassa.ca.

Several ESSA members have key positions within AASSA.

- ESSA President, Luc Côté, sits on the Board of AASSA
- Chris Miller sits on the AASSA Officials & Competitions Committee
- Jason Thomas is the VP chair of the AASSA Skater Development Committee.
- Stephanie Dodyk is the chair of the Membership and Development Committee.

ESSA is proud to have 11 athletes on the Alberta Provincial Team for the 2017-2018 season!

Athlete	B1	B2	C1	C2	Development
Jeff Ross	Long Track				
Cody Miller		Long Track			
Rob Winter		Long Track			
Victoria Goplen			Short Track		Long Track
Celina Chabot				Short Track	
Ryan Dodyk				Long Track	
Neithan Thomas				Short Track	
Cezara Bere					Short Track
Benjamin Côté					Short Track
Hobbes Holzer					Long Track
Briar Huculak					ST / LT

If you have any questions about AASSA, what it does, and how it operates, do not hesitate to ask an ESSA executive member for assistance.

Speed Skate Canada (SSC)



SSC was founded as our sport's national governing body in Montreal in 1887 and is currently based in Ottawa, Ontario. SSC represents all Canadian speed skating clubs at the international level. SSC's mandate is to support the National Teams, and for those

skaters that attend Canada Cup (LT) and National Team Trial (ST) meets, SSC's influence is significant. SSC is always happy to send out promotional posters if you ask for them.

The International Skating Union (ISU)



The ISU is the international sport governing body for short and long track speed skating, and figure skating. The ISU is responsible for organizing the World Cups, World Championships, and Olympic competitions for both short track and long track speed skating. The Calgary Olympic Oval's Gregg Planert is the main Albertan of note with any involvement within the ISU.



Speed Skating Age Categories

Skater Age Classes

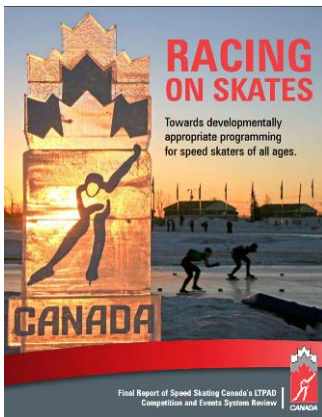
Speed Skating Canada uses the following competition and age class structure. This structure is based on the Long-Term Participant/Athlete Development Model (LTPAD).

CATEGORY NAME	SKATER'S AGE		CALCULATION OF AGE	
	MALE	FEMALE		
FUNDAMENTALS (FUND)	6 to 9	6 to 8	Age of participant on July 1st prior to the event	
LEARNING TO TRAIN (L2T)	10 to 12	9 to 11		
TRAINING TO TRAIN (T2T)	12	11	Age of participant on July 1st prior to the event	
	13	12		
	14	13		
	15	14		
JUNIOR B	15 or 16		Age of participant on July 1st prior to the event	
JUNIOR A	17 or 18			
NEO SENIOR B	19 or 20			
NEO SENIOR A	21 or 22			
SENIOR	23+			
	SHORT TRACK		LONG TRACK	
	Age	Calculation of Age	Age	Calculation of Age
MASTERS 30+	30+	Age of participants before July 1st prior to the event	30-35	Age of participants during competition year after July 1st
MASTERS 35+	35+		35-39	
MASTERS 40+	40+		40-44	
MASTERS 45+	45+		45-49	
MASTERS 50+	50+		50-54	
MASTERS 55+	55+		55-59	
MASTERS 60+	60+		60-64	
MASTERS 65+	65+		65-69	
MASTERS 70+	70+		70-74	
MASTERS 75+	75+		75-79	
MASTERS 80+	80+		80-84	
MASTERS 85+	85+		85-89	
MASTERS 90+			90+	

The Long-Term Participant and Athlete Development Model is:

- based on the Canadian Sport for Life model, a multi-sport model developed for all Canadians in all sports, www.canadiansportforlife.ca
- based on the sport participant's developmental age and not their chronological age recognizing that children develop at different rates

- acknowledges everyone progresses through the stages of development and training objectives at their own rhythm
- athlete centered, coach driven and supported by administrators, officials and financial partners
- intended to assist athletes, parents, coaches, officials and sport administrators to make informed decisions about athlete development
- allows for everyone to participate to the full extent of their abilities
- recognizes competitions must be adapted to the stage of development of the participants



The ***Racing on Skates*** document provides a detailed view of Speed Skating Canada's Long-Term Participant and Athlete Development model. It identifies the key stages of development as well the ten (10) key factors influencing athlete development. The guide outlines general training and competition objectives based on the developmental age of participants as well as explaining the basics of how to determine an individual's developmental age. Further details can be found at: http://www.speedskating.ca/about/skater-development/Skater_Development

When the information for each competition is posted it will outline which age group and ability level it is designed for. Please consult your group's coaches if you are unsure about which competitions to enter.

ESSA Program Details

ESSA Groups

All ESSA athletes belong to a group per their ability. Below is a list of groups for the 2017-2018 season. Please look at the time standards to determine the appropriate group for your child. If you are not sure of your times from last season, please contact the registrar.

All new skaters 9 years and over will start in the Novice group and then move up per their ability and age.

The times and ages are to be used as guidelines. Certain skaters may be moved up to another level depending on circumstances. The decision will be made by the coaching coordinator and coaches involved in the groups.

Group	Minimum Time Standard	Age Requirement
FUNDamentals	None	8 and under
Novice	None	9 and up
Intermediate	55.0 seconds (400m)	Coach's Approval
Advanced	49.0 seconds (400m)	Coach's Approval

Any skater that registers for one of the above groups participates in both short track and long track programming. The season starts with short track in September/October. In early December, most of the club switches to outdoor long track practices at Victoria Park Oval (with some short track times running year-round). The long track sessions go until mid-February when the club then returns exclusively to short track. This latter short track season runs until the end of March

Note: ESSA coaches will be evaluating skaters throughout the season and skaters may change groups as they improve. Ask your coach or contact the coaching coordinator if you have questions about your child's placement.

ESSA Training Schedule – Short Track

Note that Sunday/Wednesday training is year-round. Tuesday and Thursday training is suspended during long track season.

ESSA athletes have short track training at two locations.

Clareview Arena A

Clareview Community Recreation Centre
[3804 139 Ave NW, Edmonton, AB T5Y 3G4](#)

Kinsmen Arena A

Kinsmen Twin Arenas

[1979 111 St NW, Edmonton, AB T6J](#)**FUNdamentals**

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Kinsmen Arena	17:30 - 18:30	October 3	November 28	Oct 31
Tuesday	Kinsmen Arena	17:30 – 18:30	February 13	March 20	
Sunday	Clareview Arena	18:00 – 18:45	October 1	March 18	Oct 8 Nov 12 Dec 24 Dec 31

Novice

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Kinsmen	18:30 - 19:30	October 3	November 28	Oct 31
Tuesday	Kinsmen	18:30 – 19:30	February 13	March 20	
Thursday	Clareview	18:15 – 19:15	October 5	November 30	
Thursday	Clareview	18:15 – 19:15	February 15	March 22	
Sunday	Clareview	18:45 – 19:30	October 1	March 18	Oct 8 Nov 12 Dec 24 Dec 31

Intermediate

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Clareview	20:00 – 21:00	September 5	November 28	
Tuesday	Clareview	20:00 – 21:00	February 13	March 20	
Thursday	Clareview	19:15 – 20:15	September 7	November 30	Sep 21: training time changed to 18:15 – 19:15.
Thursday	Clareview	19:15 – 20:15	February 15	March 22	
Sunday	Clareview	18:00 – 19:30	September 10	September 24	
Sunday	Kinsmen	19:15 – 21:15	October 1	March 18	Oct 8 Nov 12 Dec 24 Dec 31

Advanced

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Clareview	21:15 – 22:15	September 5	November 28	
Tuesday	Clareview	21:15 – 22:15	February 13	March 20	
Wednesday	Clareview	19:15 – 20:30	September 6	March 21	

Thursday	Clareview	20:30 – 21:30	September 7	November 30	
Thursday	Clareview	20:30 – 21:30	February 15	March 22	
Sunday	Clareview	18:00 – 19:30	September 10	September 24	
Sunday	Kinsmen	19:15 – 21:15	October 1	March 18	Oct 8 Nov 12 Dec 24 Dec 31

Friday Morning Short Track Sessions at Clareview A: Adults Welcome!

All groups and skaters are invited to attend the early **Friday** morning ice sessions at Clareview A Arena. We are now calling this the ESSA Open ST Session. We will be on the ice from 6:15 a.m. – 7:30 a.m. starting on September 6, 2017. There is no extra cost to attend these sessions to skaters that are already registered in other groups, including adults that are registered for long track. The emphasis will be on skating laps and working out. There will not be a games portion. This Friday sessions run September – March.

ESSA Training Schedule – Long Track

ESSA athletes have long track training at Victoria Park Oval.

Victoria Park Oval

[12030 River Valley Rd NW, Edmonton, AB T5K 2M6](#)

Note that over the Christmas season **Dec 23 – Jan 7** we are likely to run a modified training schedule without weekday evening times. ESSA will provide details when the long track season begins.

FUNDamentals

Day of Week	Location	Time	First Date	Last Date
Tuesday	Victoria Oval	18:00 – 19:00	December 5	February 6
Thursday	Victoria Oval	18:00 – 19:00	December 7	February 8

Novice

Day of Week	Location	Time	First Date	Last Date
Tuesday	Victoria Oval	18:00 – 19:00	December 5	February 6
Thursday	Victoria Oval	18:00 – 19:00	December 7	February 8

Intermediate

Day of Week	Location	Time	First Date	Last Date
Tuesday	Victoria Oval	19:00 – 20:30	December 5	February 6
Wednesday	Victoria Oval	18:00 – 19:00	December 6	February 7
Thursday	Victoria Oval	19:00 – 20:30	December 7	February 8

Advanced

Day of Week	Location	Time	First Date	Last Date
Monday	Victoria Oval	18:00 – 19:00	December 4	February 5
Tuesday	Victoria Oval	19:00 – 20:30	December 5	February 6
Wednesday	Victoria Oval	18:00 – 19:00	December 6	February 7
Thursday	Victoria Oval	19:00 – 20:30	December 7	February 8

Adult (Groups 1 & 2)

Day of Week	Location	Time	First Date	Last Date
Tuesday	Victoria Oval	20:00 – 21:00	December 5	February 6
Thursday	Victoria Oval	20:00 – 21:00	December 7	February 8

Dryland Training

ESSA hosts dryland training during the spring and summer months for all skaters, and throughout the year for the Advanced group (optional for Intermediates). These dryland training sessions include running, technical imitations, cycling, fitness games and weight training, are organized and run by ESSA's short track lead coach Y.J. Lee. Details on the dryland programs will be communicated through emails and newsletters, and the schedule is posted on the ESSA website calendar. There is no incremental fee for dryland training for skaters registered as members during the skating season.

School Programs

ESSA can run on-demand school programs at the Victoria Oval. Schools should contact the program coordinator Diane Anderson (programcoordinator@edmontonspeedskating.ca) to schedule an appropriate program. Programs are generally aimed at students grade 6+.

ESSA Member Fees

The ESSA group fees are listed below. The club's largest expense is short track ice time and the fees reflect the amount of short track ice time each group gets. Our Adult groups currently only have long track privileges (with the exception of skating Friday mornings at Clareview).

The Club fees and obligations for 2017/2018 are:

2017 - 2018 Season	Fees
Fundamental	\$125* / \$199**
Novice	\$145* / \$285 **
Intermediate	\$385
Advanced	\$485
Adult 1 (Introduction to Long Track)	\$200
Adult 2 (Masters Long Track)	\$260
Associate*	\$25

^(*) Half season (pay only the difference when extending your first half-season to full season)

^(**) full season

^(***) Associate membership does not include skating privileges but does include AASSA/SSC membership, which is important for insurance purposes. We are asking that a minimum one adult from a skater's family registers as an Associate. If both parents are involved into volunteering/officiating, both parents must be individually registered as an Associate for insurance purposes. Please connect with the Registrar if you need clarity for your family

Skate Rentals



ESSA rents both short track and long track speed skates to its members. This eliminates the need to buy skates while skater's feet are still growing. It also provides a great way for new skaters to try the sport without a heavy financial commitment in their first years. Through rentals, families can save a lot of money, as the purchase of complete sets of new skates can run anywhere from \$350-\$1000/pair.

Skate rentals help the club finance skate maintenance and the acquisition of additional skates for rental. If we don't have a pair of skates in the size that you need, we can purchase a new pair for you and then rent them back to you brand new! This policy has helped ESSA put together Alberta's biggest club skate inventory with over 150 pairs of good quality ST skates and over 70 pairs of good quality LT skates.

When you rent your skates, we will check to see that your skates are in good condition, and that they have the necessary insoles and laces. We will also supply you with one pair of soft guards (for skate storage at home) and one pair of hard guards (for walking in your skates). The skates should be returned at the end of the season in good condition, along with both pairs of guards.

Note that long track clap skates are not recommended for FUNdamental, Novice group members OR beginners at any age. Clap skates are mostly use by Intermediate and Advanced skaters that need the extra extension. Please talk with your coach to see if it is time for you.

The skate rental fees for the 2017/2018 season are:

Short Track Only: \$150 (3-10 years \$100)

Short Track (half season): 75\$

Long Track (if only renting LT): \$100 (fixed blade) / \$140 (clap style)

Short Track and Clap skates: \$250

ESSA requires the following when you rent skates from the club.

- A rental cheque to cover the rental fees for all skates being rented.
- A **\$100.00** deposit cheque for EACH pair of skates being rented. This cheque should be dated for April 30th 2018. If you return the skates on time, the late-return cheque will be returned to you, otherwise it will be cashed.

Fundraising



Casino

ESSA's biggest fundraiser is our casino that is held every two years. We are slated for one in the 3rd quarter of 2018. All families are expected to volunteer to support this important activity. The casino is the primary reason why ESSA is able to keep its fees so low.

Other fundraising

Over the course of the season, the club may hold additional fundraising activities like raffle tickets, 50/50 during meets, or a silent auction. Stay tuned through the newsletter for details.

Member Information



Special Events

Christmas Party

The club typically holds a Christmas Party in **December**. This is an opportunity for the entire club to come together at mid-season and take a brief respite from training and administration. Keep your eyes on the website and newsletters for details as this time of year approaches!

Year End Wind Up

Our wind up and awards event is held after the season. ESSA membership gathers to celebrate the season and reflect on the accomplishments of our athletes. More information will be available in our monthly newsletters.

Clothing and Equipment

The best clothing for speed skating allows for full freedom of movement, while conforming to the body shape so as not to cause unnecessary wind resistance and provide necessary warmth. Usually, several thin layers are better than one bulky garment.

Long Track

On meet day, skin suits are desirable but any close-fitting clothing will suffice. Under the skin suits skaters usually wear (long) underwear. Underwear that wicks away moisture (LIFA, for instance) is the best. Warm mitts are usually a good idea, as well as sports glasses to protect the eyes from ice, snow and wind. For many skaters, a warm-up suit is also a very good idea, as it allows for longer warm-ups and more comfort during the pre-race time period.

At practices, the situation is a bit different. Aerodynamics are not as important and warmth becomes a more critical issue. Dressing in layers is highly recommended, and for the upper body that should include a full set of thermal underwear, a shirt or sweater, and a windbreaker. A neck gator or other face protector often helps. For the legs, a warm pair of tights with long underwear underneath is a good idea. On the feet, boot covers provide extra warmth on cold nights.

Short Track

For short track skaters, practice and competition wear is the same. However, it is recommended to have a warm up jacket at practice on days when the arena is particularly cold.

The following table lists the equipment required for training and competition. Athletes without all pieces of required equipment will not be permitted on the ice.

Required equipment for long track (mass start) and short track skaters

Equipment	Intent, Minimum Requirement and Guidance
Ankle Protection	<p>Intent: Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride.</p> <p>Minimum Requirement: When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10 cm above the tops of the boots.</p> <p>Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p> <p>ESSA Note: These can be purchased from ESSA. Ask your group parent representative if you need this item.</p>
Eye Protection	<p>Intent: Prevent eye injuries resulting from ice chips or a collision with a blade or other object.</p> <p>Minimum Requirement: Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap.</p>

	<p>Guidance: Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.</p> <p>ESSA Note: These can be purchased from ESSA. Ask your group parent representative if you need this item.</p>
Hand Protection	<p>Intent: Prevent cut and puncture wounds on the hands from blades.</p> <p>Minimum Requirement: For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn.</p> <p>Guidance: The more cut and puncture resistance of the gloves, the better.</p> <p>ESSA Note: These can be purchased from ESSA. Ask your group parent representative if you need this item.</p>
Head Protection	<p>Intent: Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads</p> <p>Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.</p> <p>For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNdamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.</p> <p>ESSA Note: Speed skating specific helmets can be purchased from online retailers. However, hockey and ski helmets are often worn by new or younger skaters. Ski helmets provide excellent warmth during long track training. Bike helmets are not allowed.</p>
Knee Protection	<p>Intent: Prevent puncture and blunt force impact wounds to the knees.</p> <p>Minimum Requirement: Full frontal knee coverage providing complete coverage of the patella. Made of puncture resistant (e.g. Kevlar or Dyneema) and impact absorbing (e.g. high density foam) material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.</p> <p>Guidance: The more puncture resistance and blunt impact energy absorption, the better.</p> <p>ESSA Note: If knee protection is not built into a skater's skin suit, then volleyball style kneepads are an excellent choice. Hard hockey style kneepads are not recommended as they restrict movement in the knee joint and are slippery on ice.</p>

Neck Protection	<p>Intent: Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries.</p> <p>Minimum Requirement: All skaters must wear neck protection covering the lower half of the full circumference of the neck and covering all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body.</p> <p>Neck protection must be made of Kevlar, Dyneema, or ballistic nylon. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn it must fastened securely.</p> <p>Guidance: The more cut and puncture resistance and the greater the extent of neck coverage, the better.</p> <p>ESSA Note: Speed skating neck guards can be purchased from online retailers, however any bib style neck guard (usually found in the hockey department of sporting goods stores) are perfectly acceptable.</p>
Rest of Body	<p>Intent: Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment.</p> <p>Minimum Requirement: All skin below the mid-line of the neck must not be bare. Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU.</p> <p>Guidance: Minimum requirement "rest of body protection" is recommended for all other activities (e.g. training) where skaters are performing at a level similar to the lowest level of SSC Championships. The more cut and puncture resistance, the better.</p> <p>ESSA Note: Skaters in the Train to Train stage of development require a cut proof under-suit (or a cut proof skin suit) if they plan to compete in national level events. Ask your group's parent representative if you are unsure if your child requires this item.</p>
Shin Protection	<p>Intent: Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies.</p> <p>Minimum Requirement: When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage is from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee</p>

	<p>protection. Protection may be worn over/under a skater's skin suit or it can be integrated in the suit.</p> <p>Guidance: The more cut and puncture resistance and impact protection of the shins, the better.</p> <p>ESSA Note: ESSA recommends ALL skaters wear hard shin guards (soccer style) even if their skin suit provides foam padding over the shins. It is the club's opinion that the foam padding is generally insufficient if the athletes is contacted by a blade.</p>
Skate Blades	<p>Intent: Reduce the puncture making capacity of the blades.</p> <p>Minimum Requirement: The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.</p> <p>Guidance: The rounder the tips, the better.</p> <p>ESSA Note: Contact your group's parent representative if your blades are insufficiently rounded and the club will arrange to have them corrected.</p>

Equipment Retailers

Most speed skating specific equipment cannot be sourced locally in the Edmonton region. However, equipment can be found online at the following reputable dealers.:

Retailer	Location	Website	Phone
Olympic Oval Skate Shop	Calgary	http://www.oval.ucalgary.ca/skateshop	403-220-7917
I Love Speed Skating	Kamloops	https://www.ilovespeedskating.com/	250-851-1481
Red River Speed	Winnipeg	http://redriverspeed.com/qc/	204-997-7938

Skate Maintenance

A speed skater's skates are their most important piece of equipment. Athletes must know how to look after them to be able to skate their best.

Sharpness

Speed skates must **always** be sharpened by **hand** using a jig and proper sharpening stones. Rental skates are entitled to one free sharpening before going out. NEVER have them sharpened by a machine. If you have them sharpened by a power grindstone just once, the correct rocker can be removed and the blade will be permanently damaged. You will be held responsible for this. Instead, learn how to sharpen the skates by yourself. Ask experienced members for instruction, and watch for periodic clinics on how to sharpen skates at practices. How often you sharpen your skates depends on how often you skate and the condition of the ice. Sharpening your skates for every six hours of skating can be used as a rule.

If you have skates that need sharpening and are not sure what to do, contact your group's parent representative.

Drying/Storing

Dry your blades after each use. If you leave your skates overnight with drops of water on the blades, you will find rust on them in the morning. Leave the (hard) guards off your skates if they are even slightly damp. Instead, put on your dry soft guards or, leave the skates out in a dry environment. Try to prevent the blades from banging together if the guards are off. Hanging them in a dry area is the best way.

Guards/Boots/Laces

Always wear hard guards when you are in your skates *but not on the ice*. Never walk on your skates without guards. It can take an hour or more to restore a blade edge that is lost by not using guards. Also, keep the inside of your guards clean always. Even a little speck of dirt on the inside of your guard can damage the blade. As for the boots, keep them polished. When they become wet, dry them slowly away from direct heat. In terms of laces, if the laces are too long, remove a piece from the middle and tie the cut ends at the toe. Check your laces before you skate, and replace them if they are frayed. Always carry a pair of extra laces.

How to Sharpen Speed Skates

The first order of business is to watch someone who is good at it. Get them to tell you how to do it. Then, try it yourself. To do that, certain equipment will be required. Note that ESSA has club jigs and stones for your use if you need them. Coaches and group parent representatives will know where to find the equipment. Try to use the same jig on your skates every time, for consistency of results.

To sharpen your skates, you will need:

- a jig (a vise used to hold speed skates)
- sharpening stones (for sharpening the blades)
- a deburring stone (to deburr the edges of the blades)
- rags (for cleaning up).
- Water and/or light oil may also be needed, depending on the type of stones

Club stones are mostly diamond and therefore only need to be brushed off with a rag. Such stones cost about \$100 a piece, and the jigs usually cost about \$150 or more.

Note that it is much easier to sharpen skates that have not become too dull. Small nicks will disappear over the course of several sharpenings, but should be ground out for meets. Always keep all metal parts clean and free of rust.

The importance of sharp skates cannot be emphasized strongly enough. Sharp skate blades are as important for young beginners as they are for Olympic record breakers. A young skater is unable to learn the basics of skating if he or she is slipping or sliding due to dull blades.

The following link provides a good tutorial of what sharpening skates is all about : [Skate Sharpening Video](#)

Practice Protocols

We can reduce the chance of injury by following certain “rules of the rink” during practices and meets. These rules exist to encourage a safe, productive and enjoyable practice for all.

1. At short track practice, safety mats must be in place around the ice for the protection of the skaters in the event they should they fall and slide into the boards. Help is needed in moving our protective mats onto and off of the ice at each practice. All able parents are required to spend a few minutes doing this at each practice to ensure maximum training time. NOTE: the skaters cannot skate until these mats are in place.
2. A coach must always be on the ice when members are skating.
3. All skaters are expected to follow the directions of the coaches. Failure to do so can and will result in the skater leaving the ice surface.
4. All skaters must skate counter-clockwise unless the coaches direct otherwise.
5. On the skating track, the fastest skaters have the outside lane and the slower skaters the inside lane.
6. When skating on the track, skate in a consistent pattern. If you wish to stop or rest, stand up and glide carefully to the center of the ice. Do not stop suddenly or cut across the track. Do not stand on the track. Do not block the track in any way.
7. The safest place to be is at the center of the ice.
8. Skaters must NEVER stand against the boards, and especially against the pads, as a falling skater may crash into them
9. If you must leave the ice, first tell the coach. Extreme caution must be used when crossing the track: stop, look and then when safe, cross the track quickly.
10. Deliberately falling and sliding across the ice or pushing skaters is dangerous to others and will result in disciplinary action.
11. Please tighten skates and use the bathroom before coming onto the ice.
12. As a courtesy to others, all skaters must be prompt getting on the ice, so coaches can follow his or her plan without waiting for any tardy skaters.

On Meet Day

What to Pack in Your Equipment Bag

Wherever you travel for speed skating, you should carry certain things to support your efforts. Besides your standard equipment and clothing you should also stow:

- a rag for drying off your skates after each use
- hard and soft skate guards to protect your blades
- a sharpening jig
- sharpening stones and deburring stones
- extra socks, skin suits, laces and a hair dryer in case of falls
- personal medical information
- your SSC number and meet registration information
- any necessary permission forms/sheets
- reading material and games for meets where there will be long breaks between races
- nutritious snacks

Meet Guidelines

1. Be at the arena in plenty of time. Warm-up is normally early in the day. Even if you are not skating until later in the day, warm-up can help calm butterflies and provide skaters familiarity with the ice surface.
2. Check in with your coach.
3. Get a Program of Events and note/mark the races that you will be competing in.
4. Find the locker room assigned to ESSA or go to the bleacher area where our Club members are gathering.
5. About five or six races before your race, have your skates on and report to the Clerk of the Course (marshall).
6. You will then be asked to wait with the other skaters in your race. There, you will find out your position on the start line.
7. After a race, get off the ice as quickly as possible, return to the locker room/bleachers, remove and wipe down your skates, and wait for the next race.

Meet Officials

The following people help to make a meet happen. Each of them plays an important role, and all of them are volunteers. Please take a moment to thank them at the end of a meet. Also, feel free to volunteer in one of these positions at ESSA hosted events. Most positions of them are not too difficult and many of them are lots of fun. Training is always available. Being involved in the meet truly makes the experience more enjoyable for parents and is fantastic way to meet other parents in the club.

Position	Description
Meet Coordinator	<ul style="list-style-type: none"> Organizes, sets up and runs the meet
Referee	<ul style="list-style-type: none"> On race day, has final say on all aspects of the meet Follows all the races on the ice Makes decisions on rule infractions Usually has an Assistant Referee
Clerk of the Course	<ul style="list-style-type: none"> Lines skaters up several races in advance If necessary, have skaters draw pegs for starting positions
Starter	<ul style="list-style-type: none"> Calls skaters to the start Starts the race by firing a gun or blowing a whistle Ensures that competitors have a fair start
Track Steward	<ul style="list-style-type: none"> Watch for skates inside lane markers Replace markers when necessary Water the track as necessary
Lap Recorder	<ul style="list-style-type: none"> Indicates the number of laps left in the race rings bell for the final lap
Timer	<ul style="list-style-type: none"> Using stopwatches, record each skater's time in each race
Place Judge	<ul style="list-style-type: none"> Check the skater's number at the start line Make the decision as to placement of skaters as they finish
Recorder	<ul style="list-style-type: none"> Office workers: records skaters' times and places, prepares the order for the next set of races.
Coach	<ul style="list-style-type: none"> Each club has at least one coach in a specially designated area. Only the coach may approach the Referee on behalf of a skater.

Parent Support

Each age group (FUNdamentals, Novice, Intermediate) has been assigned a parent representative on the ESSA Executive. They are your primary contact if you have any question with regards to the club operation. They will help you find the information or the contact person you need. Make a point to introduce yourself to your parent representative. They are there to help!

Parents involvement and support is key to make sure the skaters have a great experience at practices and at meets. Here is a list of what you should do to make the most of this experience.

How can I support...?

At practice:

- Arrive ahead of practice time to make sure kids are ready to go on ice on time.
- Ensure that skates are sharp before practice
- Ensure your skater has all their safety equipment
- Work with other parents to install and remove protection mats (see diagram at the end of the handbook). This helps to maximize the ice time.
- Engage with the coach on your skater's progress
- Be present and cheer for your skater
- Engage with your group parent representative or other parents about rules, meets, technique, etc.

At meets:

- Sign-up as a volunteer. If you don't know what to sign-up for, ask a coach, a group parent rep, another parent or send us an email. We have great free food for our volunteers!
- Help with the mobilization and demobilization (Mats, platforms, kitchen, water, cleaning, etc).
- Prepare your skater, explain the meet process, the group and the distances she or he will be skating.
- Get to meet parents from older skater groups.
- Become a certified official

For the season

- Become a member of the executive committee
- Take on a representative position
- Volunteer for specific programs: school program, skate maintenance, sharpening squad, social event coordination, etc.



Meets for Newer Skaters

Please check the schedules on the following pages to determine which competitions in which you may want to participate.

- For most competitions, the average entry fee is \$40 per skater. Entry forms for the competitions will be available several weeks before. They will be on the website and delivered via email. The forms need to be fully completed and handed in to your group parent representative or other executive member by the date indicated.
- All cheques should be made out to ESSA. ESSA sends single cheque from our club for each competition.
- Competitions tend to run from 8:00 a.m. –5:00 p.m.

The following pages contain the entire schedule for speed skaters in Alberta. If you have any questions at all about the competitions, please ask one of the coaches.

You may also go to <http://www.albertaspeedskating.ca/schedule.asp> to download the full schedule of events for speed skating in Alberta.

Have a great season!



The following schedule outlines the competitions that are best for our club skaters. The Event column explains the event and in brackets is the appropriate meet for our different groups at ESSA. The very right hand column (Focus) is the age groups that the competition is focusing on. For example, The Medicine Hat Meet on October 26 is for 14 years and older. It is recommended for the skaters in the Intermediate and Advanced Groups who are over 14 years. The Edmonton meet that same weekend is geared towards the younger skaters, in the Fundamental, Novice and Intermediate Groups.

Alberta Meets/Camps				
Event	ST/LT	Date	Location	Categories(Focus)
September				
Labour Day Camp	ST	2-4	Canmore	
October				
Ellis Edge Camp Fri - Sun	ST	6-9	Canmore	
Medicine Hat	ST	21-22	Medicine Hat	All ages
November				
Red Deer	ST	4	Red Deer	Up to T2T
Peace River	ST	4	Peace River	all ages
AB T2T S Dist Ch (Can West Qual 1)	ST	10-12	Edmonton	T2T + All Ages
RMH	ST	25	RMH	All ages
Peace Wapiti	ST	25	Grande Prairie	All ages
December				
Fire on Ice	ST	3	Lloydminster	All ages
CIRC	ST	9	Canmore	All ages
Edmonton meet/LT Camp	LT	16-17	Edmonton	L2T and up
January				
AB Open LT	LT	12-14	Calgary	all ages
Red Deer LT (CALT qualifier)	LT	20-21	Red Deer	FUNd-Jun ISU
Peace River Ice Breaker	Clinic	27	Peace River	all ages
February				
Lethbridge	ST	3-4		
Alberta Winter Games	ST	15-19	Fy McKay	11-14
Silver Skate Festival	Marathon		Edmonton	T2T +
March				
RUFast	ST	3-4	Calgary	all ages
Peace River - Skate the Lake	ST	.4 or 11	Peace River	all ages
West Edm Mall Meet	ST	24	Edmonton	all ages

Highlighted in Green: Meet hosted by ESSA in Edmonton

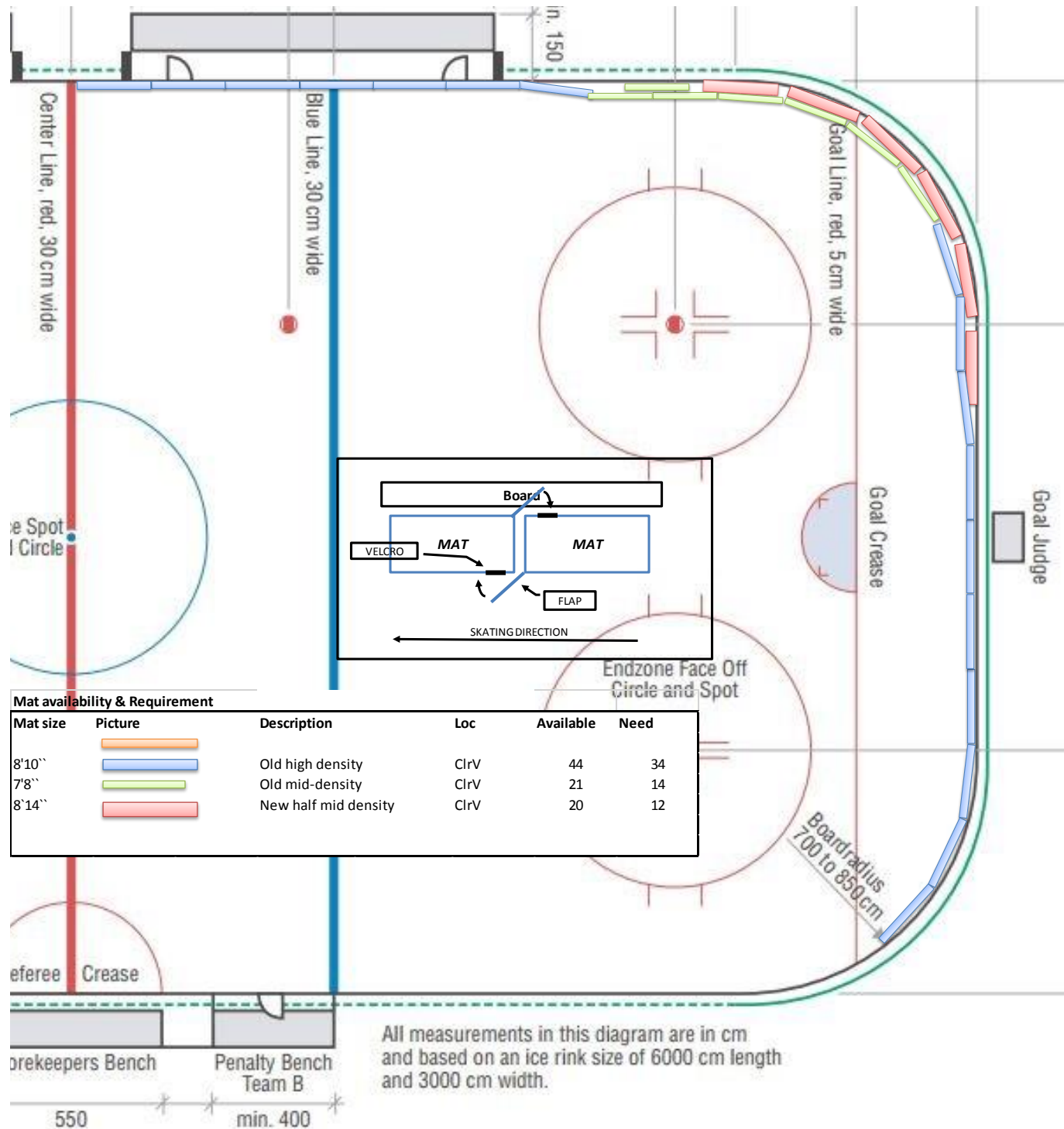
Highlighted in Purple: ESSA Bus Trip – Mark the date: Great Club bonding event

The following schedule is a list of all the competitions taking place for the 2017-2018 season nationally and internationally. This is more suited for advanced skaters at the Jr+ levels. If you are confused over which meets you should be attending please check with your coach.

July					
1-2					
8-9	SDS #1	ST	8	Calgary	Jr C
15-16					
22-24	Summer Speed/Masters Camp	LT		Calgary	
29-30	SDS #2	ST	10	Calgary	Jr C
August					
5-6					
12-13	Olympic ST Trials Selection	ST	12,13,16,19,20	Montreal	Qualified
19-20	Single Distance Series # 3	ST	19	Calgary	Jr C+
26-27	Summer Classic	LT	25-27	Calgary	Jun C2+
September					
2-3					
9-10	Long Track Time Trials	LT	9	Calgary	B Standard
16-17	Single Distance Series # 4	ST	16	Calgary	Jr C+
	Long Track Time Trials	LT	16	Calgary	B Standard
23-24	Fall Classic	LT	22-24	Calgary	Jun C2+
30-1	Western Elite Circuit #1 (Oktoberfest)	ST	29-1	Calgary	Jun C & up
October					
7-8	Long Track Time Trials	LT	7	Calgary	B standard
14-15	Junior International ST Invitational	ST	15-17	Calgary	Invitation
	Long Track Time Trials	LT	14	Calgary	B standard
21-22	Oval Invitational / Fall WC LT Selection	LT	19-22	Calgary	Jun C +/-Qual
28-29	Intercontinental ST Invitational	ST	27-29	Calgary	Invitation
November					
4-5	National Qualifier	ST	2-5	Calgary	Qualified
11-12					
18-19	CAN-AM Long Track	LT	17-19	Calgary	Jun C ISU+
25-26	Long Track Time Trials	LT	25-26	Calgary	Sat B/Sun C
December					
2-3	World Cup	LT	1-3	Calgary	

	Canada Cup #1	LT	1-3	Quebec City, QC	standards
9-10					
16-17	Can Junior ST Championships Western Elite Circuit #2	ST ST	15-17 15-17	Saguenay, QC Richmond	qualified Jun C+
23-24	Long Track Time Trials	LT	22	Calgary	B Standard
30-31	Long Track Time Trials	LT	30	Calgary	B Standard
January					
6-7	Can Olympic Trials/Canada Cup #2 Single Distance Series # 5	LT ST	4-6,8-9 7	Calgary Calgary	Qualified/Stand Jr C+
13-14					
20-21	Can Senior ST Championships		19-21	Montreal	Qualified
27-28	Long Track Time Trials	LT	27	Calgary	B standard
February					
3-4	Can Jun LT Champ/CC#3 Western Elite Circuit #3 (Winterfest)	LT ST	2-4 2-4	Ft St John Calgary	Jun C2+ Jun C+
10-11	Olympics Canadian Age Class Long Track	 LT	 10-11	Pyeong Chang Quebec City	 Qualified
17-18	Olympics		9-25	Pyeong Chang	
24-25					
March					
3-4	World Jun ST Champ		2-4	Warsaw	Qualified
10-11	Olympic Oval Grand Prix World Jun LT Champ	LT LT	9-11 10-11	Calgary Salt Lk City	Jun C+ Qualified
17-18	Canada West Championships Olympic Oval Finale/CC#4 World ST Championships	ST LT ST	17-18 15-18 16-18	Abbotsford, BC Calgary Montreal	Qualified Time Standard
24-25	Canadian Junior Open ST Sel #2 Can Senior Open ST Sel #2	ST ST	22-25 23-25	Calgary Calgary	Qualified Qualified

Clareview Optimal Mat Set-up for Training



Kinsmen Optimal Mat Set-up for Training

