

2019 – 2020 PROGRAMMING

ESSA offers **4** distinct youth programs (FUNdamentals, Novice, Intermediate, Advanced) for children ages 3-17. Each of these programs has both short track and long track training.

Intermediate and Advanced programs are full year registrations (Sep- Mar).

FUNdamentals and Novice programs are either full year (Oct – Mar) or half year (Oct – Dec OR Jan – Mar).

ESSA has 3 training *seasons* (Preseason, Short Track Season, Long Track Season). These *seasons* are used to identify training times only. You do not register for a *season*.

ESSA also offers adult long track programming that runs roughly Dec-Mar dependent on outdoor ice conditions. There is one program for new(er) skaters and one program for experienced speed skaters.

2019-2020 Programs

Returning athletes will receive an email by August 7th, indicating which program you should register for this season.

New athletes (8 and under) should register for the FUNdamentals program.

New athletes (9 and over) should register for Novice 1.

Athletes 11 and over transitioning from another skating sport (hockey, ringette, figure skating) should contact the program coordinator (programcoordinator@edmontonspeedskating.ca) to determine the most appropriate program.

Athlete assessment is ongoing throughout the season and skaters may advance through one or more programs as the season progresses.

All group assignments and changes are subject to coach approval and may account for group dynamics and/or further technical factors not outlined in the table below.

Program	Description	Quantitative Standard	Qualitative Standard	Competition
FUNdamentals	Program focuses on the development of skating skills and basic speed skating technique. Games and fun races are used to develop and reinforce speed and skill. 1-2 sessions per week.	Skaters age 8 and under that have not been promoted to Novice Stage 1	Skaters should be able to stand up themselves after falling, and push themselves forward unassisted on skates.	Competition is not necessary at this level. Skaters will participate in intra-club fun meets during some regular practice times. Skaters are welcome to participate in local or regional events.
Novice 1	Program focuses on the development of skating skills and basic speed skating technique. Games and fun races are used to develop and reinforce speed and skill.	Athletes ages 9 years and older (or athletes 8 and under that have been promoted to this group).	Athlete can skate 400m independently.	Skaters will participate in intra-club events during some practices. Skaters are strongly encouraged to participate in ESSA's two hosted

Program	Description	Quantitative Standard	Qualitative Standard	Competition
	2 sessions per week (1 session shared with FUNDamentals, 1 session shared with Novice Stage 2).			events (1 short track, 1 long track). Skaters may choose to compete in regional events.
Novice 2	Continued refinement of speed skating skills including work on flexibility and endurance through games. 2 sessions per week (1 session shared with Novice Stage 1, and one session shared with Intermediate Stage 1)		Athlete consistently skates entire corner with crossovers Athlete skates in basic position for at least 400m	Skaters will participate in intra-club events during some practices. Skaters are strongly encouraged to participate in ESSA's two hosted events (1 short track, 1 long track). Skaters may choose to compete in regional events.
Intermediate 1	Program focus remains on skill development but athletes are introduced to competition and relays. 3 sessions per week (1 session shared with Novice Stage 2, 2 sessions shared with Intermediate Stage 2)	55.0 seconds (400m)	Applicable for new athletes transferring from other skating sports (hockey, ringette, figure skating). Athlete pushes to the side consistently Athlete can glide in recovery position between the blue lines (15.24m) Athlete is capable of a standing start	Skaters are strongly encouraged to participate in ESSA's two hosted events (1 short track, 1 long track). Skaters are encouraged to participate in at least 2 other regional events in either discipline.
Intermediate 2	Program focus remains on skill development		Athlete is capable of weight transfer Athlete skates using	Skaters are strongly encouraged

Program	Description	Quantitative Standard	Qualitative Standard	Competition
	<p>Athletes continue to develop competition skills and improve endurance.</p> <p>3 sessions per week (2 sessions shared with Intermediate Stage 1, 1 session shared with Advanced - T2T)</p>		<p>speed track consistently</p> <p>Athlete gives and receives correct relay exchanges consistently</p> <p>Athlete skates in an ideal basic position consistently</p>	<p>to participate in ESSA's two hosted events (1 short track, 1 long track). Skaters are encouraged to participate in at least 2 other regional events in either discipline.</p>
Advanced T2T	<p>Athletes primarily aged 11-14 that compete mostly on the 100m track. Program introduces and refines advanced skating techniques. Skaters train in both long and short track events.</p> <p>4 sessions per week (1 session shared with Intermediate Stage 2, 3 sessions shared with Advanced Junior/Senior).</p>	49.0 seconds (400m)	<p>Athlete skates with weight transfer consistently</p> <p>Athlete can hold position gliding on one foot (straights7*)</p> <p>Athlete can maintain an ideal basic position for 1500m</p>	<p>Skaters are strongly encouraged to participate in ESSA's two hosted events (1 short track, 1 long track). Skaters should consult their coach on other regional and national level events that may be appropriate.</p>
Advanced Junior/Senior	<p>Junior and Senior level athletes that are committed to training and competing learn advanced skating techniques, and improving racing strategies and tactics.</p> <p>4-5 sessions</p>			<p>Skaters should consult with their coach for applicable competitions.</p>

Program	Description	Quantitative Standard	Qualitative Standard	Competition
	per week (3 sessions shared with Advanced - T2T)			
Adult Long Track 1	New or less experienced adults looking for an introduction to speed skating. 2 sessions per week.			Competition is not expected but skaters are welcome to compete in ESSA's annual long track event.
Adult Long Track 2	Experienced adults looking to refine their skills. 2 sessions per week.			Skaters are encouraged to compete in ESSA's annual long track event. Other regional, national, and international events may also be available.
Oval Affiliate	Skaters training at the Oval Program in Calgary that require a club for competition. Note that Affiliate members that have historically skated with ESSA are eligible for funding for certain out of province events.			

Preseason Training Details

Preseason runs September 3 - 28 and is included for all Intermediate and Advanced registrants.

*Intermediate training time for Sep 12th and 26th changed to 18:15 – 19:15

Training Group	Sunday	Tuesday	Wednesday	Thursday	Friday
Intermediate Stage 1		20:00 - 21:00 Clareview Arena A		19:15 - 20:15 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)
Intermediate Stage 2		20:00 - 21:00 Clareview Arena A		19:15 - 20:15 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)
Advanced T2T	18:00 - 19:30 Clareview Arena A	21:15 - 22:15 Clareview Arena A	18:15 - 19:30 Clareview Arena A	20:30 - 21:30 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)
Advanced Junior/Senior	18:00 - 19:30 Clareview Arena A	21:15 - 22:15 Clareview Arena A	18:15 - 19:30 Clareview Arena A	20:30 - 21:30 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)

Short Track Season Training Details

Short track season runs September 29 - November 29, and February 18 - March 20.

**No Training Oct 13, Nov 10*

Training Group	Sunday	Tuesday	Wednesday	Thursday	Friday
FUNdamentals		17:30 - 18:30 Kinsmen Arena A		18:15 - 19:15 Clareview Arena A	
Novice Stage 1	19:15 - 20:15 Kinsmen Arena A			18:15 - 19:15 Clareview Arena A	
Novice Stage 2	19:15 - 20:15 Kinsmen Arena A	18:30 - 19:30 Kinsmen Arena A			
Intermediate Stage 1	20:15 - 21:15 Kinsmen Arena A	18:30 - 19:30 Kinsmen Arena A		19:15 - 20:15 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)
Intermediate Stage 2	20:15 - 21:15 Kinsmen Arena A	20:00 - 21:00 Clareview Arena A		19:15 - 20:15 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)
Advanced T2T	18:00 - 19:30 Clareview Arena A	20:00 - 21:00 Clareview Arena A	18:15 - 19:30 Clareview Arena A	20:30 - 21:30 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)
Advanced Junior/Senior	18:00 - 19:30 Clareview Arena A	21:15 - 22:15 Clareview Arena A	18:15 - 19:30 Clareview Arena A	20:30 - 21:30 Clareview Arena A	06:15 - 07:30 Clareview Arena (Optional)

Long Track Season Training Details

Long track season runs December 1 - Feb 16.

*No Indoor Training Dec 22 - Jan 3.

**Revised Outdoor Schedule Dec 23 - Jan 3 TBD

Training Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
FUNdamentals			18:00 - 19:00 Victoria Park Oval		18:00 - 19:00 Victoria Park Oval	
Novice Stage 1	19:15 - 20:15 Kinsmen Arena A		18:00 - 19:00 Victoria Park Oval		18:00 - 19:00 Victoria Park Oval	
Novice Stage 2	19:15 - 20:15 Kinsmen Arena A		18:00 - 19:00 Victoria Park Oval		18:00 - 19:00 Victoria Park Oval	
Intermediate Stage 1	20:15 - 21:15 Kinsmen Arena A		19:00 - 20:30 Victoria Park Oval	18:00 - 19:00 Victoria Park Oval (LT)	19:00 - 20:30 Victoria Park Oval	06:15 - 07:30 Clareview Arena A (Optional)
Intermediate Stage 2	20:15 - 21:15 Kinsmen Arena A		19:00 - 20:30 Victoria Park Oval	18:00 - 19:00 Victoria Park Oval (LT)	19:00 - 20:30 Victoria Park Oval	06:15 - 07:30 Clareview Arena A (Optional)
Advanced T2T	18:00 - 19:30 Clareview Arena A	18:00 - 19:00 Victoria Park Oval	19:00 - 20:30 Victoria Park Oval	18:00 - 19:00 Victoria Park Oval (LT) -OR- 18:15 - 19:30 Clareview Arena A (ST)	19:00 - 20:30 Victoria Park Oval (LT) -OR- 18:15 - 20:15 Clareview Arena A (ST)	06:15 - 07:30 Clareview Arena A (Optional)
Advanced Junior/Senior	18:00 - 19:30 Clareview Arena A	18:00 - 19:00 Victoria Park Oval	19:00 - 20:30 Victoria Park Oval	18:00 - 19:00 Victoria Park Oval (LT) -OR- 18:15 - 19:30 Clareview Arena A (ST)	19:00 - 20:30 Victoria Park Oval (LT) -OR- 18:15 - 20:15 Clareview Arena A (ST)	06:15 - 07:30 Clareview Arena A (Optional)

Training Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Adult 1 Long Track			20:00 - 21:00 Victoria Park Oval		20:00 - 21:00 Victoria Park Oval	
Adult 2 Long Track			20:00 - 21:00 Victoria Park Oval		20:00 - 21:00 Victoria Park Oval	

2019-2020 Fees

*Note that first half skaters pay only the difference between the half season and full season fee when registering for the second half.

**Need financial assistance? Please refer to our [KidSport policy](#).

***See our [Refund policy](#) with respect to registration fees.

Training Group	Registration Half Season (Oct - Dec) or (Jan - Mar)	Registration Full Season	Skate Rentals
FUNdamentals	\$175 - twice per week \$125 - once per week	\$300 - twice per week \$200 - once per week	\$100 full season short track \$50 - half season short track
Novice Stage 1	\$220	\$390	\$100 full season short track \$50 - half season short track
Novice Stage 2	\$220	\$390	\$100 full season short track \$50 - half season short track
Intermediate Stage 1	N/A	\$750	\$150 full season short track
Intermediate Stage 2	N/A	\$750	\$150 full season short track \$250 full season short track & long track \$125 long track only
Advanced T2T	N/A	\$1050	\$150 full season short track \$250 full season short track & long track \$125 long track only
Advanced Junior/Senior	N/A	\$1050	\$150 full season short track \$250 full season short track & long track \$125 long track only

Training Group	Registration Half Season (Oct - Dec) or (Jan - Mar)	Registration Full Season	Skate Rentals
Adult 1 Long Track	N/A	\$275	\$75
Adult 2 Long Track	N/A	\$275	\$75
Oval Affiliate (with travel reimbursement)	N/A	\$500	
Oval Affiliate (no travel reimbursement)	N/A	\$200	