



# **The Edmonton Speed Skating Association**

## **2019/2020 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 9–11, 2019	Clareview Arena
Winter Classic Long Track	December 14, 2019	Victoria Park Oval
ESSA Junior Cup	January 2, 2020	Clareview Arena
WEM Fun Meet	March 21, 2020	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 – Date and location to be confirmed**

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.

### 2018 – 2019 ESSA Programming

Title	Name
Program Coordinator	Diane Anderson
Coaching Coordinator	Jim Kosh
Head Coach	AJ Dimas-Lehndorf

## 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.

### 2018 – 2019 ESSA Key Coaching Staff

Coach	Title
AJ Dimas-Lehndorf	Head Coach
Brandon Zhao	Short Track Technical Specialist
Liam McFarlane	Short Track Technical Specialist
Jim Kosh	Coaching Coordinator

## ESSA Executive & Key Volunteers

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.

<b>Title</b>	<b>Name</b>
<b>President</b>	Chris Padbury
<b>Vice President</b>	Tammy Currie
<b>Treasurer</b>	Majorie Theriault
<b>Program Coordinator</b>	Diane Anderson
<b>Registrar</b>	Ryan Mazan
<b>Secretary</b>	Kelly Havixbeck
<b>Communications</b>	John Blankenship
<b>Assistant Registrar</b>	Keri McFarlane
<b>Assistant Program Coordinator</b>	Ben Wilkins
<b>Skate Rental Coordinator</b>	Joanne Loh
<b>Social Coordinator</b>	VACANT
<b>Coaching Coordinator</b>	Jim Kosh
<b>Skater Development</b>	Chris Miller
<b>Officials Development</b>	VACANT
<b>Marketing</b>	Rodney Dobson
<b>Head Coach</b>	AJ Dimas
<b>Facilities</b>	Jules Chabot
<b>Fundraising</b>	Jean Oliver & Amanda Taschuk
<b>Skate Technician</b>	Yong Bi

# 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](mailto:info@aassa.ca).

Several ESSA members have key positions within AASSA.

- ESSA President, Chris Padbury, sits on the Board of AASSA
- Chris Miller sits on the AASSA Skater Development Committee.
- Michelle Chabot is the AASSA Secretary/Treasurer
- Luc Cote is the AASSA Member at Large

ESSA is proud to have **several** athletes on the Alberta Provincial Team for the 2019-2020 season!

Athlete	A	B1	B2	C1	C2	Dev
Neithan Thomas	Short Track					
Danielle Wallish		Long Track				
Cezara Bere		Short Track				
Benjamin Côté		Short Track				
Hobbes Holzer					Long Track	
Victoria Goplen			Short Track			
David Seal				Short Track		
Ryan Dodyk					Long Track	
Yasmine Uden					Short Track	Long Track

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

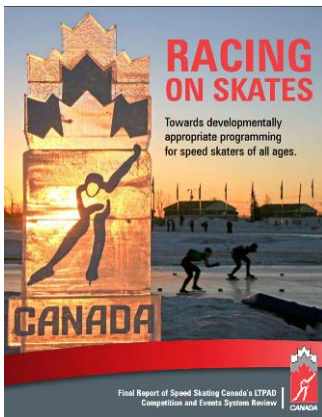
Speed Skating Canada uses the following competition and age class structure. This structure is based on the Long-Term Participant/Athlete Development Model (LTPAD).

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](http://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](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 Programs

All ESSA athletes belong to a group program per their ability. Below is a list of groups for the 2018-2019 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.

The standards below are guidelines. Certain skaters may be moved to another level depending on circumstances. The decision will be made by the coaches, coaching coordinator, and program coordinator.

Group	Description	Standards	Competition
<b>FUNDamentals</b>	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. <b>1-2 sessions per week.</b>	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.
<b>Novice Stage 1</b>	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. <b>2 sessions per week (1 session shared with FUNDamentals, 1 session shared with Novice Stage 2).</b>	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 events (1 short track, 1 long track). Skaters may choose to compete in regional events.
<b>Novice Stage 2</b>	Continued refinement of speed skating skills including work on flexibility and endurance through games. <b>2 sessions per week (1 session shared with Novice Stage 1, and one session shared with Intermediate Stage 1)</b>	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.
<b>Intermediate Stage 1</b>	<p>Program focus remains on skill development, but athletes are introduced to competition and relays.</p> <p><b>3 sessions per week (1 session shared with Novice Stage 2, 2 sessions shared with Intermediate Stage 2)</b></p>	<p>55.0 seconds (400m)</p> <p>Applicable for new athletes transferring from other skating sports (hockey, ringette, figure skating).</p> <p>Athlete pushes to the side consistently</p> <p>Athlete can glide in recovery position between the blue lines (15.24m)</p> <p>Athlete is capable of a standing start</p>	<p>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.</p>
<b>Intermediate Stage 2</b>	<p>Program focus remains on skill development Athletes continue to develop competition skills and improve endurance.</p> <p><b>3 sessions per week (2 sessions shared with Intermediate Stage 1, 1 session shared with Advanced - T2T)</b></p>	<p>Athlete is capable of weight transfer</p> <p>Athlete skates using 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>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.</p>
<b>Advanced T2T</b>	<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><b>4 sessions per week (1 session shared with Intermediate Stage 2, 3 sessions shared with Advanced Junior/Senior).</b></p>	<p>49.0 seconds (400m)</p> <p>Athlete skates with weight transfer consistently</p> <p>Athlete can hold gliding position 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>
<b>Advanced Junior &amp; Senior</b>	<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><b>4-5 sessions per week (3</b></p>		<p>Skaters should consult with their coach for applicable competitions.</p>

	<b>sessions shared with Advanced - T2T)</b>		
<b>Adult Long Track 1</b>	New or less experienced adults looking for an introduction to speed skating. <b>2 sessions per week.</b>		Competition is not expected but skaters are welcome to compete in ESSA's annual long track event.
<b>Adult Long Track 2</b>	Experienced adults looking to refine their skills. <b>2 sessions per week.</b>		Skaters are encouraged to compete in ESSA's annual long track event. Other regional, national, and international events may also be available.
<b>Oval Affiliate</b>	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.		

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 or program coordinator if you have questions about your child's placement.**

## ESSA Training Schedule – Short Track

Note that Sunday, Wednesday, and some Thursday training is year-round. Other short track 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	17:30 - 18:30	October 1	November 26	
Tuesday	Kinsmen	17:30 – 18:30	February 18	March 18	
Thursday	Clareview	18:15 – 19:15	October 4	November 28	Oct 31
Thursday	Clareview	18:15 – 19:15	February 20	March 20	

### Novice Stage 1

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Thursday	Clareview	18:15 – 19:15	October 3	November 28	Oct 31
Thursday	Clareview	18:15 – 19:15	February 20	March 20	
Sunday	Kinsmen	19:15 – 20:15	September 29	March 15	Oct 13, Nov 10, Dec 22, Dec 29

### Novice Stage 2

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Kinsmen	18:30 – 19:30	October 1	November 26	
Tuesday	Kinsmen	18:30 – 19:30	February 18	March 18	
Sunday	Kinsmen	19:15 – 20:15	September 29	March 15	Oct 13, Nov 10, Dec 22, Dec 29

### Intermediate Stage 1

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Clareview	20:00 – 21:00	September 3	September 24	
Tuesday	Kinsmen	18:30 – 19:30	October 1	November 26	
Tuesday	Kinsmen	18:30 – 19:30	February 18	March 18	

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Thursday	Clareview	19:15 – 20:15	September 6	September 26	18:15-19:15 on Sep 12th and 26th
Thursday	Clareview	19:15 – 20:15	October 3	November 28	Oct 31
Thursday	Clareview	18:15 – 19:15	February 18	March 18	
Sunday	Kinsmen	20:15 – 21:15	September 29	March 16	Oct 13, Nov 10, Dec 22, Dec 29

### Intermediate Stage 2

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Clareview	20:00 – 21:00	September 3	November 26	
Tuesday	Clareview	20:00 – 21:00	February 18	March 18	
Thursday	Clareview	18:15 – 19:15	September 6	September 26	18:15-19:15 on Sep 12th and 26 <sup>th</sup>
Thursday	Clareview	19:15 – 20:15	October 3	November 28	
Thursday	Clareview	18:15 – 19:15	February 20	March 20	
Sunday	Kinsmen	20:15 – 21:15	September 29	March 16	Oct 13, Nov 10, Dec 22, Dec 29

### Advanced T2T

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Clareview	21:15 – 22:15	September 3	September 24	
Tuesday	Clareview	20:00 – 21:00	October 1	November 26	
Tuesday	Clareview	20:00 – 21:00	February 18	March 18	
Wednesday	Clareview	18:15 – 19:30	September 4	March 19	Dec 25, Jan 1
Thursday	Clareview	20:30 – 21:30	September 5	November 28	
Thursday	Clareview	18:15 – 20:15	Dec 5	February 13	Dec 26, Jan 2
Thursday	Clareview	20:30 – 21:30	February 20	March 20	
Sunday	Clareview	18:00 – 19:30	September 8	March 16	Oct 13, Nov 10, Dec 22, Dec 29

### Advanced Junior & Senior

Day of Week	Location	Time	First Date	Last Date	Omit Dates
Tuesday	Clareview	21:15 – 22:15	September 3	November 26	
Tuesday	Clareview	21:15 – 22:15	February 18	March 18	
Wednesday	Clareview	18:15 – 19:30	September 5	March 20	Dec 25, Jan 1
Thursday	Clareview	20:30 – 21:30	September 4	November 28	
Thursday	Clareview	18:15 – 20:15	Dec 5	February 13	Dec 26, Jan 2

Day of Week	Location	Time	First Date	Last Date	Omit Dates
<b>Thursday</b>	Clareview	20:30 – 21:30	February 20	March 20	
<b>Sunday</b>	Clareview	18:00 – 19:30	September 8	March 16	Oct 13, Nov 10, Dec 22, Dec 29

### **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, 2019. 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. The Friday sessions run September – March (no session Dec 27 & Jan 3).



## 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 21 – Jan 5** ESSA will 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 3	February 11
Thursday	Victoria Oval	18:00 – 19:00	December 5	February 13

### Novice Stage 1 & 2

Day of Week	Location	Time	First Date	Last Date
Tuesday	Victoria Oval	18:00 – 19:00	December 3	February 11
Thursday	Victoria Oval	18:00 – 19:00	December 5	February 13

### Intermediate 1 & 2

Day of Week	Location	Time	First Date	Last Date
Tuesday	Victoria Oval	19:00 – 20:30	December 3	February 11
Wednesday	Victoria Oval	18:00 – 19:00	December 4	February 12
Thursday	Victoria Oval	19:00 – 20:30	December 5	February 13

### Advanced (All)

Day of Week	Location	Time	First Date	Last Date
Monday	Victoria Oval	18:00 – 19:00	December 2	February 10
Tuesday	Victoria Oval	19:00 – 20:30	December 3	February 11
Wednesday	Victoria Oval	18:00 – 19:00	December 4	February 12
Thursday	Victoria Oval	19:00 – 20:30	December 5	February 13

### Adult (Groups 1 & 2)

Day of Week	Location	Time	First Date	Last Date
Tuesday	Victoria Oval	20:00 – 21:00	December 3	Until ice melts!
Thursday	Victoria Oval	20:00 – 21:00	December 5	Until ice melts!

## **Spring Training Program**

ESSA's spring training program is open to all intermediate and advanced skaters and involves twice weekly on-ice sessions plus twice weekly dryland training during May and June. The spring program requires a separate registration from the regular season. Look for details about the 2020 spring training program to be released in February.

## **School Programs**

ESSA can run on-demand school programs at the Victoria Oval. Schools should contact the program coordinator Diane Anderson ([programcoordinator@edmontonspeedskating.ca](mailto: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 2019/2020 are:**

2018 - 2019 Season	Full Season Fees	Half Season Fees*
Fundamental	\$300 – twice per week \$200 – once per week	\$175 – twice per week \$125 – once per week
Novice	\$390	\$220
Intermediate	\$750	
Advanced	\$1050	
Adult 1 (Introduction to Long Track)	\$275	
Adult 2 (Masters Long Track)	\$275	
Associate**	\$25	

\*Half season (pay only the difference when extending your first half-season to 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 2018/2019 season are:

**Short Track Only:** \$150 (FUNdamentals/Novice \$100)

**Short Track (half season):** \$50

**Long Track (if only renting LT):** \$125

**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 30<sup>th</sup> 2019. 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. Our next casino has not yet been announced.

## 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 to the website, and email for fundraising opportunities.

## 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.

### 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.

## 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><b>ESSA Note: These can be purchased from ESSA. Ask your group parent representative if you need this item.</b></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><b>ESSA Note: These can be purchased from ESSA. Ask your group parent representative if you need this item.</b></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><b>ESSA Note: These can be purchased from ESSA. Ask your group parent representative if you need this item.</b></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><b>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.</b></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><b>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.</b></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><b>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.</b></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><b>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.</b></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 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><b>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.</b></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><b>ESSA Note: Contact your group's parent representative if your blades are insufficiently rounded and the club will arrange to have them corrected.</b></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
<b>Olympic Oval Skate Shop</b>	Calgary	<a href="http://www.oval.ucalgary.ca/skateshop">http://www.oval.ucalgary.ca/skateshop</a>	403-220-7917
<b>I Love Speed Skating</b>	Kamloops	<a href="https://www.ilovespeedskating.com/">https://www.ilovespeedskating.com/</a>	250-851-1481
<b>Red River Speed</b>	Winnipeg	<a href="http://redriverspeed.com/qc/">http://redriverspeed.com/qc/</a>	204-997-7938
<b>DeVault Speed Skating</b>	Repentigny	<a href="http://devaultspeedskating.com/en/">http://devaultspeedskating.com/en/</a>	450-581-5844
<b>Nagano Skate</b>	Quebec	<a href="https://naganoskate.com/?lang=en">https://naganoskate.com/?lang=en</a>	418-284-9424

## 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.

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

## 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.

# Have a great season!



The following table lists the regional Alberta meets for our skaters. These meets are appropriate for all of our skaters up to and including the T2T classification. Some meets also allow for junior and even senior or masters level skaters. Some events have a particular focus on T2T athletes for national event qualification, however these meets are still open to younger skaters. Talk to your coach or group parent representative if you are unsure which events apply to your skaters.

**Highlighted in Green:** Meet hosted by ESSA in Edmonton

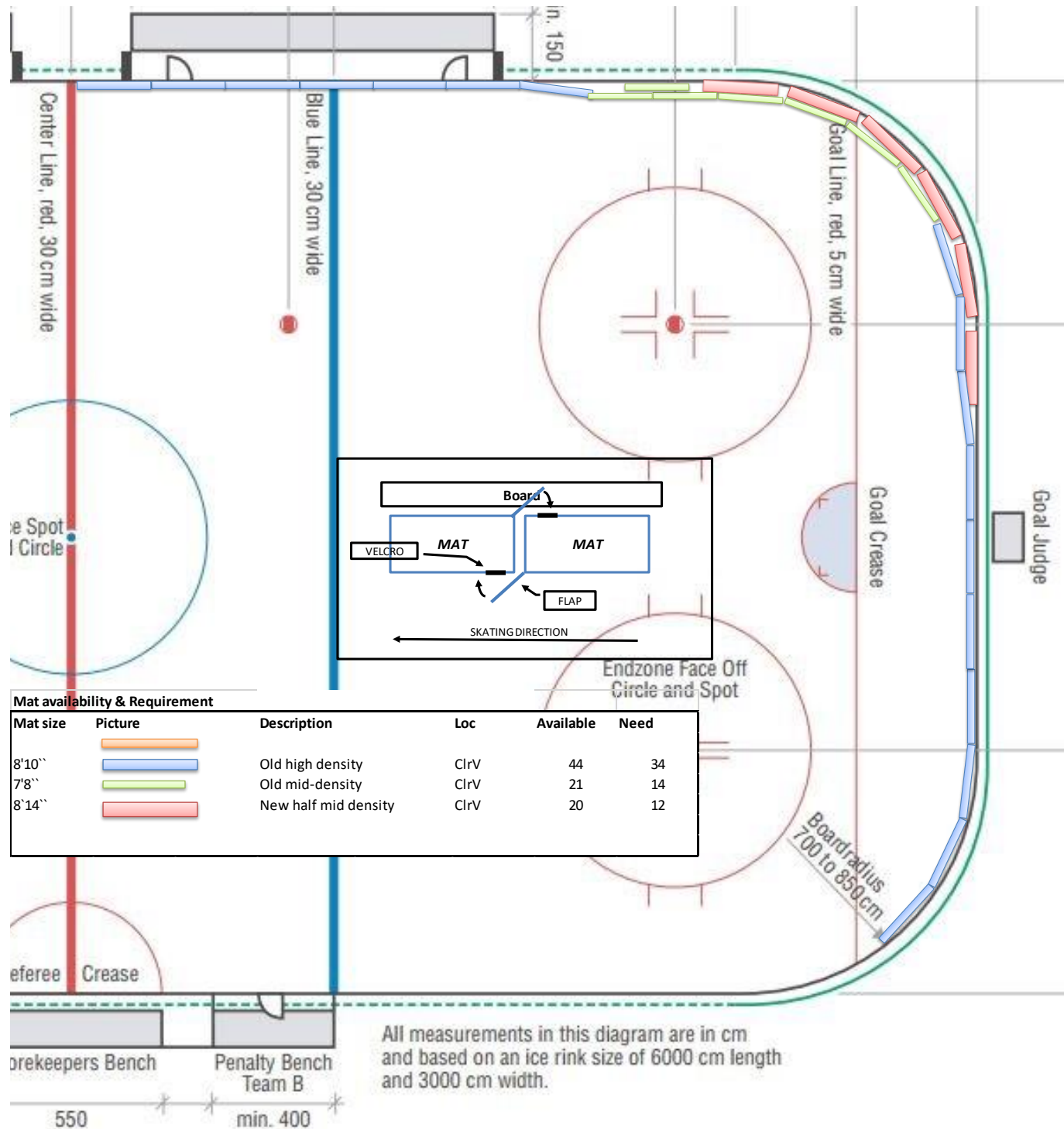
Alberta Meets/Camps				
Event	ST/LT	Date	Location	Categories(Focus)
<b>September</b>				
Labour Day Camp	ST	Aug 31 – Sep 2	Canmore	
<b>October</b>				
Lethbridge Bridge Bolt	ST	26-27	Lethbridge	All ages
<b>November</b>				
Red Deer	ST	2	Red Deer	Up to T2T
Fall Classic (Can West Qual 1)	ST	9-11	Edmonton	All ages (T2T)
Peace Wapiti	ST	23	Grande Prairie	All ages
<b>December</b>				
Fire on Ice	ST	7	Lloydminster	All ages
CIRC	ST	7	Canmore	All ages
Winter Classic	LT	14-15	Edmonton	All ages
<b>January</b>				
ESSA New Year Junior	ST	2	Edmonton	Ages 13-17
AB Open LT	LT	11-12	Calgary	All ages
Northern Lites	ST	18	Peace River	All ages
Red Deer LT (CACLT qualifier)	LT	18-19	Red Deer	FUNd-Jun ISU
Fast Is Fun	ST	25	Rocky Mtn House	Up to T2T
<b>February</b>				
Canmore Team Challenge	ST	1	Canmore	
Canadian Youth LT Championship	LT	8-9	Red Deer	Qualified Skaters (T2T)
Alberta Winter Games	ST	15-18	Airdrie (Host) Calgary (Competition)	All ages
<b>March</b>				
RU Fast	ST	7-8	Calgary	Up to T2T

West Edm Mall Meet	ST	21	Edmonton	All ages
Canadian Youth Short Track Championship - West	ST	28-29	Selkirk, MN	T2T Qualified skaters

For a list of all national and international competitions the competitions taking place for the 2019-2020 season please refer to the link below. These events are applicable for advanced skaters at the Jr+ levels. If you have any questions regarding which meets you should be attending, please check with your coach.

<http://www.speedskating.ca/events/national-competitions>

# Clareview Optimal Mat Set-up for Training



# Kinsmen Optimal Mat Set-up for Training

