



Member's Manual

2010-2011

Saskatoon Lions Speed Skating Club

Founded in 1942.

Working together to develop and promote the sport of speed skating at all levels as a fun, competitive, healthy, family activity.

www.slssc.ca

Welcome to the Saskatoon Lions Speed Skating Club

2005 Vision Statement: Saskatoon Lions Speed Skating Club will be a community based club that creates a friendly, inclusive atmosphere to promote participation and excellence in the sport of speed skating; and create opportunities through speed skating for development of skating skills, life skills, and social skills.

This booklet has been developed to acquaint you with the club and make your membership easier and more enjoyable. We hope you find it informative.

Many members of our club have been involved for many years and have a wealth of information so please ask when there are any questions that concern you.

The Saskatoon Lions Speed Skating Club (SLSSC) is one of the oldest, continuous operating Clubs in Canada. It was formed in 1942 with the late Clarence Downey as its first coach. His "Code of Ethics" is still used in our club today.

Club expectations of parents include:

- involvement at the family level to ensure club strength
- know your executive and fellow members
- communicate your opinions, ideas and problems in a positive and constructive manner
- reduce your stress - **plan in advance** your commitment to fundraising activities and volunteer time
- most of all - get involved - HAVE FUN
- Welcome. We wish your family many happy hours of skating!**

Acknowledgements

**Saskatchewan Lotteries
Saskatoon Lions Clubs
Jeux Canada Games Foundation, Inc.
City of Saskatoon
Zone 6 Sports Council
ASL Paving**

**Axis Electric
Central Business Equipment Systems
Little Ceasars Pizza
Barndog Productions
Sasktel**

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History

The Saskatoon Lions Speed Skating Club (SLSSC) is one of the oldest, continuously operating speed skating clubs in Canada. It was formed in January 1942 with Clarence Downey as the first coach. Instruction was given to youth between the ages of 10 and 18 every Saturday morning at the Victoria, City Park, and Avenue "F" playground rinks. Activities were supervised by Clarence Downey, Albert Hardy, Harold Gillies, Eleanor Powley.

Did you know

- Speed skating is the oldest organized sport in Canada, since 1887.
- Speed skaters are the fastest self-propelled humans in the world, with the best skaters reaching speeds of 44 km per hour.
- Speed skating is one of the few sports in which Canadians are the best in the world.
- Canada's most decorated Olympians are speed skaters Marc Gagnon and Cindy Klassen. Catriona LeMay Doan is the first Winter Olympian to successfully defend a gold medal.
- Speed skating is one of the best sports for physical conditioning.
- The Saskatoon Lions Speed Skating Club has sent the following skaters to the Olympics:

1948 Craig McKay	1992 Catriona LeMay
1952 Craig McKay	1994 Catriona LeMay Doan
1956 John Sands	1997 Kelly McRuvie World Special O Winter Games
1960 John Sands and Peggy Robb	1998 Catriona LeMay Doan
1968 Bob Hodges	2002 Catriona LeMay Doan
1972 Bob Hodges	2002 Kelly McRuvie World Special O Winter Games
1988 Gordon Goplen	
- The Saskatoon Lions Speed Skating Club has sent two brothers to the Men's World's All-Round Championships, Gary Goplen in 1977 and Gordon Goplen in 1986.
- 1996 Catriona LeMay Doan Canadian Female Long Track Athlete of the year.
- 1997-98-99-00-01-02 Catriona LeMay Doan- SASK Sport Female Athlete of the Year.
- 1998 - Catriona LeMay Doan - Inducted into Saskatoon Sports Hall of Fame.
- 1998 - Catriona LeMay Doan - Olympics - 500m - Gold
1000m - Bronze
- 2002 - Catriona LeMay Doan - Olympics - 500m - Gold

What is speed skating?

Over a thousand years ago men laced on bone runners to move across the smooth ice of frozen ponds or rivers. Now the best steel and finest leathers are used in skates made especially for different kinds of skating- long track and short track.

Why long blades?

Long blades are designed to go fast. They are lighter and flat on the bottom, therefore more efficient. You glide further with each stride and skate further with less effort.

Who can join?

Speed skating is fun for everyone, at all levels of skating ability. We have recreational skaters, skaters who skate for fitness and very competitive skaters. Skaters learn to skate and learn racing skills. Skaters are of all ages- boys and girls as well as men and women.

What is necessary to get started?

Skates

Hockey or figure skates are adequate for young skaters joining the club and learning how to skate. As their skills develop and when they wish to try the long blades, the club has speed skates for rent. The short track skates have an adjustable blade that makes it easier to skate the corners on a 111.12m track. The long track skates have a lower cut, softer boot and a longer blade.

Skate Guards

Skate blades have to be kept very sharp or they lose their edge. Guards must be put on the blades before leaving the dressing room to go on and off the ice. Once skates are removed, the guards are to be taken off, blades dried, and a cloth cover is put on blades to keep them from being nicked and damaged when skates are not in use.

Skate Molding

Most skaters have to “mold” a new or used pair of skates to fit their feet and prevent sore spots and blisters from occurring. This process involves warming and softening the material in the boots and then lacing them tightly on the skater’s feet which reshapes the boots. Methods include using a heat gun or placing them in the oven. Damaging the skates (leather and stitching) has to be avoided. Please ask others what method works for them. The process varies depending on the type of skates.

Sharpening Skates – Speed skates have to be kept very sharp to keep their edge. The club has jigs to use for sharpening skates at the rink and offers clinics re: sharpening methods. Some older skaters will provide this service for a reasonable fee. Other parents will be glad to pass on tips they have found useful. **Never walk on a hard surface with skate blades (use skate guards) and dry blades immediately after each session on ice or they will rust.**

Laces

Skaters should always have an extra pair of laces in their skate bag. Adjust the length of the laces if they are too long rather than wrapping around ankles.

Shin Guards

Shin guards are compulsory for short track skating. They are made of hard plastic.

Knee Pads

Knee pads are compulsory for short track skating.

Neck Guards

Bib-style neck guards are compulsory equipment for short track skating. Shin guards, Knee pads and Neck guards can all be purchased at sporting goods stores.

Helmets

Helmets are compulsory equipment for short track skating. They must fit properly. Rule N4-103 a Speed Skating Canada Procedures and Regulations - Safety-type headgear which has a seal of certification meeting the actual ASTM F 1849 standards and which must be securely fastened under the chin, ... SASSA Technical Committee recommended all Juvenile and older skaters must have and wear the newly designed helmet for competition and practice. Every skater should possess and wear a new helmet at all times (availability permitting).

Gloves or Mitts

Gloves or mittens are compulsory equipment. Gloves or mitts should be made out of leather, and be water and cut resistant for the skater’s protection.

Eyewear / Kevlar Socks

The SLSSC Executive strongly recommends the use of protective SCA approved eye wear and Kelvar ankle socks for all skaters in Groups 1 to 4. Mandatory use is pending.

Clothing

For beginning skaters, sweat pants, turtlenecks and/or sweatshirts are suitable for indoor practices. Long sleeves must always be worn. Layers of clothing rather than bulky winter jackets are suitable. For outdoor skating you will need long underwear, neck warmers and toques. Older skaters may use vaseline on their face to prevent frostbite.

Skating Numbers

A skating number is assigned to every competitive skater in the club. Contact the Uniform person to get your child's number. The skaters (including Cradle group) must wear this number during all races. Failure to do so will result in the skater's disqualification from the race.

Equipment Suppliers

Please contact the Equipment person, group manager or executive member for equipment information.

Coaching philosophy of the Saskatoon Lions Speed Skating Club

It is the coaches' responsibility to see that all members of the club are taught to skate in such a way that values learned are values that can be applied to everyday living.

A skater may not always win and cannot be expected to always win, however it is their responsibility to do their best at all times. It is the duty of the coach and parent to see that these skaters feel their skating is improving. We do this by keeping good records of skater's times. If each race shows improvement in times or personal bests (P.B.'s as we call them), then the skater will feel encouraged to keep trying. Any registered SLSSC skater is eligible for the Personal Best Program (through SASSA) and is awarded ribbons and stars.

Communicating between parents and coaches is very important. We both want to do what is best for the skater.

Coach's Responsibilities

- plan and conduct practices
- keep Personal Best for their skaters
- schedule parent/coach meetings as required
- emergency response on ice during practice – *copies of skater medical profiles will be at Lions Arena and C.Downey Speed Skating Oval.*

What our skaters can expect from our coaches

- organized practices
- information about meets and rules
- communication
- competency
- realistic goals and expectations
- enthusiastic volunteers committed and willing to develop skaters and their love for the sport by making their practices and competitions FUN FOR ALL.

What our coaches expect from the skaters

- show up to all or as many practices as possible, and to be on time
- listen and to try their best
- encourage each other
- respect coaches, other skaters and officials
- communicate with the coaches
- honest effort to set new personal goals
- show sportsmanship in competitions
- most important - HAVE FUN

What our coaches expect from parents

- be positive and supportive of all skaters
- be available at practices to help with placing mats on the ice- helping to set up and remove
- have your children ready to go on the ice at the proper time with proper equipment
- sharpen skates
- communicate problems/conflicts re: practice times, program, etc. and encourage coaches in their efforts to develop skaters
- social involvement within the club to help develop skater friendships

CODE OF ETHICS

As a member of the Saskatoon Lions Speed Skating Club, I promise:

1. To carry out my speed skating activities in a spirit of goodwill towards all, and in particular
 - a) To my coaches and trainers whose greatest reward is the respectful cooperation I will show to them at all times.
 - b) To my fellow skaters and competitors, who will find me a good sport on every occasion. One who loses and wins with grace and dignity.
 - c) To parents, officials and volunteers whose efforts provide me with opportunities to train and compete.
2. To be appreciative of my sponsors whose generosity has provided me with the facilities and equipment I will care for as my own.
3. To attend skating practices regularly and on time.
4. To respond to instruction with enthusiasm and respect.
5. To be loyal to my club - at home and away from home.
6. To strive to do my best.

SKATER CODE OF CONDUCT

1. Skaters will comply with instructions from the coaches who, in consultation with the parents, have the final authority at all competitions and practices.
2. Possession and/or use of alcoholic beverages, tobacco or illegal drugs will not be tolerated. Use of any of these will result in immediate suspension.
3. A curfew may be set for each trip by the assigned coach(es). Skaters are expected to abide by the curfew.
4. No minor skater, traveling without their parent(s), will leave the rink or accommodation without permission from the coach, manager, or chaperone. No adult skater will leave the rink without informing the coach.
5. Absolutely no foul language will be tolerated at competitions or practices.
6. The use of hotel rooms, private rooms, skating facilities, buses and private vehicles is a privilege. Skaters will be held responsible for any damage they cause.
7. Respect of all officials and fellow competitors is expected - on and off the ice.
8. Any use of banned performance enhancing substances is prohibited.
9. Skaters will conduct themselves with decency and modesty while changing.
10. Skater conduct will comply with standards set by the Saskatchewan Amateur Speed Skating Association and Speed Skating Canada.

Dryland training

The Provincial Coach develops dryland training programs for skaters-juvenile and up. The Provincial Coach will conduct weekend dryland training sessions or camps at various locations throughout Saskatchewan for skaters juvenile and up who train on a regular basis year round. Our own club coaches will conduct scheduled dryland training throughout the season.

Short track (ST) speed skating

Our regular skating season usually begins in October at Lions Arena, with our indoor program. Indoor is on a 111.12m oval track. We have padding around the boards for safety. All races indoors are mass start and it takes a great deal of agility, speed and strategy to compete in a race. The races are exciting! A skater is not allowed to bump or push another skater and unfortunately there are disqualifications when this happens.

The format for the meet determines the distances you will skate. Age class meets have specific distances and are listed below.

Short Track Mass Start Competitions					
Age Class	Age as of July 1	Distances			
Pee Wee	6 - 7	111m	222m	333m	500m
Bantam	8 - 9	222m	333m	500m	666m
Midget	10 - 11	333m	500m	666m	777m
Juvenile	12 - 13	500m	666m	777m	1000m
Junior	14 - 15	500m	777m	1000m	1500m
Intermediate	16 - 17	500m	1000m	1500m	3000m
Senior	18 and over	500m	1000m	1500m	3000m

In addition to Age Class competitions we also have All Points competitions. Most meets are All Points. This format allows skaters to race against others of similar ability and speed. It is hoped the opportunity for exciting and enjoyable races is achieved by more (most) skaters. Usually there are 15 - 18 skaters in a group and they are given points based on their placing at the finish line.

Canada has the top indoor speed skaters in the world. Short track speed skating is one of the compulsory winter sports in the Olympics.

Long track (LT) speed skating

Around the beginning of December, some speed skaters change to outdoor skates and go to the Clarence Downey Speed Skating Oval, Avenue R South where they train on a 400 meter natural ice oval. LT skating takes place Monday through Thursday, and Saturday and Sunday afternoons depending on the weather. Punctuality is important so skaters can go out with their coach in a group. Remember to pack extra socks, mitts and neck warmers in your skate bag along with the much needed long underwear! All outerwear must be securely fastened so that it will not fall off (skaters will be disqualified if this should happen in a race) or flop in the breeze.

In long track skating we have two types of races:

Mass Start - mainly for skaters under 16 years of age. They all race with each other to the finish.

Olympic Style - for older skaters. Two skaters are on the track in specific lanes and timed over a certain distance. This style is also referred to as ISU or two lane skating and is the type of skating done at the Olympics. Races are complete when the blade of the skate touches the finish line.

Long Track Mass Start Competitions					
Age Class	Age as of July 1	Distances			
Pee Wee	6 - 7	100m	200m	300m	400m
Bantam	8 - 9	200m	300m	400m	600m
Midget	10 - 11	300m	500m	800m	1000m
Juvenile	12 - 13	300m	500m	1000m	1500m
Junior	14 - 15	500m	1000m	1500m	3000m
Intermediate	16 - 17	500m	1000m	1500m	3000m
Senior Men/Women	18 and over	500m	1000m	1500m	3000m

Club Activities

Members are encouraged to participate in any or all of the following activities:

1. Sask Cup meets - these are developmental meets and have been following the all points format. All skaters are encouraged to participate.
2. Sask Provincial Long Track (outdoor) and Sask Provincial Short Track (indoor) Championships. These meets are held at a host club within the province. The club will travel by bus if the meet is more than 3 hrs from Saskatoon and is deemed necessary. All skaters are encouraged to participate.
3. Western Regional Meets - larger meets with skaters from other provinces. Skaters are encouraged to attend.
4. National and International Competitions – a skater must meet SASSA approved criteria to qualify for these competitions.
5. Handicap 500 - these races are held at the oval usually on Wednesday evenings. All skaters are encouraged to participate as it exposes the younger skaters to Olympic style skating and provides an opportunity to develop your sprint. A trophy is awarded to the skater who receives the most points, calculated from all Handicap 500s during the year.

SSC Cutting Edge Skill Testing is carried on throughout the year. Skaters are tested and awarded pins when they have completed certain skating skills. These pins are given out at the Awards Banquet at the end of April.

SASSA Proficiency Pins are in the shape of a small speed skate and awarded to skaters when they skate within the parameters based on provincial records. They are gold, silver and bronze, and are treasured by those who earn them. A gold SASSA proficiency pin means a skater has skated a provincial record.

In Saskatoon you can look forward to:

Welcome Bowling Night	October 2010
Mini Meet	Fall 2010
Potluck Christmas Party	December 2010
Badge Testing	On-going
Awards Banquet	April 2010
Annual Meeting	April 2010

2007-2008 Club Executive & Committee Structure

President	Boyd Plaxton	668-6958
Harassment Committee	vacant	
Constitution Committee	Diane Berg	373-3156
Vice President	Jim Greuel	665-6227
Group Managers	vacant	
Newsletter / Website	Monica Brunet	934-6551
Administration	Heather Daverne	244-0790
History and Archives	vacant	
Coaches & Training	Irene Kokotailo	374-5973
Statistician	Michael Bechtel	382-2928
Competitions	Brett Adams	374-6195
Meet Coordinators	Fritz Schumann	664-6832
Meet Registrar	Michael Bechtel	382-2928
Awards	Al Boutin	
Travel & Accommodation	vacant	
Facilities & Equipment	Jeff Wheler	244-6393
Ice	vacant	
Uniforms	vacant	
Skate Rentals	Darrell Solie	477-0581
Equipment Manager	Darrell Solie	477-0581
Oval Manager	vacant	
Finance	Carina Ong-Scutchings	249-1752
Fundraising	Fritz Schumann	664-6832
Membership Development	Rick and Dianne Marsh	343-7993
Club Registrar	vacant	
Promotions	Pam Adams	374-6195
Volunteers	Bernie Lucko	955-0933
Officials Development		

Committees report to the Board through a specific Director. Committee Chairs and members are welcome to attend ALL Board Meetings and especially if policy relating to their committee is to be decided. They are encouraged to participate in discussion but do not vote.

SLSSC Membership/ Program Fees

- *Group 1 -\$230
- *Group 2 -\$260
- *Group 3 - \$330
- *Group 4 - \$380
- *September/January Short Learn to Skate Program -\$75(No fund-raising or volunteer fees)
- * Short Track Only (Gr. 3&4) -\$230
- * Long Track Only (Competitive) - \$150
- * Long Track Only (Recreational) - \$75
- * Training Out of Province (Oval) -\$100

We ask that parents join as **Associate Members**. There is a nominal fee for this membership. This gives you the opportunity to vote at the club general meeting as well as the SASSA annual general meeting.

SLSSC Participation Plan

Fund-raising

In order to meet the operating budget of the speed skating club and keep registration fees reasonable, SLSSC has determined a fund-raising requirement for all member families with active skaters.

Fund-raising Requirements:

- Group 1 skaters - \$140
- Group 2 skaters - \$190
- Group 3 skaters - \$260
- Group 4 skaters - \$330
- Short Track Only (applies to Group 3 & 4 only) - \$160
- Long Track Only - \$100

- Each family will fund-raise the full amount for the highest level skater in the family and one half of the requirement for each additional skater.
- Each family may choose to participate in fund-raising activities to raise all, a portion of, or none of their fund-raising requirement.
- At registration all families will submit a post-dated cheque to cover their total fund-raising requirement. Those families who choose not to participate in SLSSC fund-raising activities or who wish to raise only a portion of their fund-raising requirement will meet their obligation by having either a portion or the entire post-dated cheque cashed by SLSSC.
- At registration a Fund-Raising Commitment Form will be completed by all member families, specifying whether or not they wish to participate in fund-raising activities throughout the skating year (May 1, prior to the start of skating, to April 30, of that skating year).
- Once a family has met their fund-raising requirement they may continue to participate in fund-raising projects to raise funds which are credited to their skater account. 75% of the net amount earned by the family (after project expenses) for a given project will be credited to the skater account and 25% will go to SLSSC.
- All requests to hold fund-raising events must be approved by the Fund-Raising Committee. Events that require an initial outlay of funds greater than \$100 must also be approved by the SLSSC Executive. The Fund-Raising Committee must inform the executive of planned fund-raising projects.
- Fund-raising projects are open to all SLSSC member families.

Project Coordinators

- Take on the responsibility of working with the fund-raising committee to plan a fund-raising project, ensuring that all members are informed of the project and keeping track of those families who worked.
- For their efforts Project Coordinators will have the choice to earn (1) volunteer credit or a \$40.00 credit to their fundraising requirement. Coordinators must choose the option they prefer at the time of the Project.

Skater Account

- Once a family has fulfilled their fund-raising requirement they may continue to participate in fund-raising projects with 75% of the family's portion of net earnings raised credited to an account for their family. This money can be used to offset skating expenses, (eg. registration fees, skates, travel costs, etc). Receipts must be provided.

Special fund-raising activities

Guidelines:

1. Special refers to activities that are separate from the club's regular fund-raising for the Participation Plan. Credit will not be given for these activities. (A special consideration might be given to a club member who participates but does not receive any benefits.)
2. Special fund-raising for competition costs (travel, registration, food, accommodation) can only be held if the skater/s has/have qualified for a national or international meet.

Procedures:

Any group or individual who wishes to fund-raise for a "special" purpose **must** get majority approval from the SLSSC Board of Directors. To do so, the following procedure must be followed:

1. A written presentation must be submitted to the board **at least two weeks** prior to the activity. An oral presentation can be at an Executive meeting.
2. The written presentation must include the following information:
 - a) For whom or what the fundraiser is to be held.
 - b) Description of the fundraising activity.
 - c) Who will be in charge of organizing and collecting the money.
 - d) Who and how club members will be notified so that they can participate.
 - e) When the activity will be held - an approximate date is sufficient for the written presentation to the Board. The specific date to be confirmed with the SLSSC President by phone at least 1 week before the activity is to be held.

3. All money raised by the activity must be turned over to the SLSSC Director of Finance. The money will then be appropriately distributed to those individuals/groups listed in the original written presentation. Any money that is raised in excess of the amount needed will go into the club's fund-raising account. Any receipts for supplies, etc. should be submitted with the money raised. A financial report should be included re: profits and expenses.

Conduct Clause:

All participants are required and expected to behave in a manner that reflects positively toward the SLSSC.

Membership

We need enthusiastic volunteers for our club to survive and grow. Successful clubs are family orientated. We need people interested in helping with on-ice instruction as a coach (see NCCP – National Coaching Certification Program) or as a helper. Also we need people to help in the organizational level, as well as being officials at meets and in other areas of our club.

To purchase a membership in SLSSC there are **Volunteer Requirements**. These are assigned in units. Each family will volunteer (or pay) for units assigned below. If more than one skater in a family joins the club, units are assigned for the highest level skater and one half the requirement for each additional skater.

Volunteer

Requirements: *Note: 1 unit is equal to approximately 8 hours or \$75*****

Group 1 skaters – 2 units

Group 2 skaters – 3 units

Group 3 skaters – 4 units

Group 4 skaters – 5 units

Short Track Only (applies to Group 3 and 4 only) – 3 units

Volunteer Unit Assignments

Executive Member	8 units
President of SLSSC	Exempt
SSC/SASSA Volunteer	4 units
SSC/SASSA President	Exempt
Certified Level 1 Coach	Exempt
Certified Level 2 Coach	Exempt
Certified Level 3 Coach	Exempt
Certified Level 4 Coach	Exempt
Coach helper (for every 8 practices – dryland training also qualifies - head coach designates units based on participation)	1
Coaches receiving an honorarium are not assigned volunteer units	
Attending Clinics Level 1, 2, 3	1, 2, 3
Group Manager	3 units
Fund-raising Coordinator (for a particular activity)	1 unit
Task Team Member	1 – 8 hrs
Year Long Committee – meet on a regular basis throughout the year	
Chair	2 units
Member (dependent on workload)	1 or 2 units
Ice Preparation (LT & ST)	.5 – 4 hrs
Oval Maintenance (winter and summer)	.5 – 4 hrs
Oval Manager	4 units
Club Registrar	3 units
Meet Registrar/Statistician	5 units
Newsletter/Website Editor	4 units
Skate Manager	3 units
Short Learn to Skate – Registration/Coordination (Sept. and Jan.)	3 units
Meet Volunteers	
Meet coordinator	4/meet
Office Manager	4/meet
Computer Programmer	4/meet
Electronic Timer Coordinator	4/meet
Concession & Officials Lunch coordinators	3/meet
Chief Officials – finish line judge, timer, referee, starter	3/meet
Meet volunteer	1/day
Mini Meet/City Meet coordinator	2
Other mini-meet volunteers	.5

SLSSC Job Descriptions

For a list of jobs (and their description) that volunteers can take part in, please see club website at www.slssc.ca

NCCP - National Coaching Certification Program

Criteria for attendees and course registration fees

All Levels

Individuals to apply to club for reimbursement of the registration fee with written confirmation of completion of the course. Expenses initially incurred (including registration fee) are at the cost of the attendee.

Level I/II

All skaters (approx. 16 yrs+) and/or any parents who are interested should be encouraged to complete Level I (theory & technical & practical).

SLSSC will pay for course registration costs.

Level III

Must have fully completed Level II (all 3 aspects) prior to applying for Level III.

Skate Rental

Long Track Skates - \$25 with a \$25 damage deposit.

Short Track Skates - \$75 with a \$50 damage deposit

Funding/Expenses

Skaters

Skaters training in Saskatoon and representing our club at Canadian Championships will receive:
Per Diem of \$25/day.

Coaches

The SLSSC will send coaches for total registered club skaters to designated meets in the following ratio: 1 to 12 skaters – 1 coach, 13 to 20 skaters – 2 coaches, 21 to 34 skaters – 3 coaches, and 35+ skaters – 4 coaches. The President and Director of Coaching reserve the right to send additional coaches.

Roles and Responsibilities of Designated Coaches

1. Designated coaches shall be nominated well in advance so skaters who need to scratch will have a person to contact.
2. One coach will be named as responsible for bringing waivers, medical forms and cheques. This will normally be the designated coach for group 4.
3. All designated coaches must attend the coaches meetings.
4. Each skater is responsible to let their designated coach know where they are staying and provide a contact number including cell phone number if available. Designated coaches will contact any skaters who will be affected by decisions made at the coaches meeting, e.g. on-ice warm-up times, advancements, etc.
5. Designated coaches will receive a final list of skaters and seed times from the club Statistician. They will indicate scratches at the coaches meeting.
6. Designated coaches will ensure that unaccompanied skaters have all the required waivers and chaperones arranged.
7. Only one coach can protest calls at a meet.
8. Designated coaches will help with warm-up. This responsibility varies with group.
9. Designated coaches provide positive feedback and unofficial times to each skater after each race. The skaters are responsible to go over to the coach's box for this information.
10. One coach will receive the protocol and deliver it to the publicity director.
11. One coach from each group will assemble a list of Personal Bests achieved and announce at the next practice.
 - The SLSSC will recognize the North American Age Class Championships as a designated meet providing it is in a neighboring province.
 - The SLSSC will fund a Club Coach to the Canadian Age Class Championships to a maximum of \$250 providing there is a minimum of 4 SLSSC skaters attending.

- ISU meets where the Provincial Coach is attending will not be considered as designated meets for funding coaches.
- Vehicle Allowance – the SLSSC will pay gas only for travel to designated meets. The coach must present receipts to the Director of Finance with a copy of a completed Coach’s Expense Form for reimbursement. In addition, the coach has the option to charge any passenger the suggested fees set by the executive (to be determined).
- Per Diem – the designated coaches that were assigned to coach at a designated meet will receive \$22/day.
- -The SLSSC will pay 50% of a single or double room. If unusual circumstances should arise and the coach would not have the option to share (ie. the coach is male and all skaters are female) 100% of the room will be paid.

Travel Guidelines

Car Pooling

Car pooling is encouraged. A rate per/kilometer is to be determined and the following chart displays distances from Saskatoon to most of the club’s meets.

Regina	279 km	Prince Albert	150 km
Moose Jaw	246 km	Melville	362 km
Humboldt	133 km		
Calgary	643 km		
Winnipeg	823 km		

A bus may be chartered by the club if the competition is 3 hours or more from Saskatoon and is deemed necessary. Skaters, coaches, parents and other passengers will be asked to pay a minimal fee for travel by bus. Payment is required **prior** to departure - please make your cheque payable to SLSSC and give to the Group Manager who forwards it to Travel and Accommodations.

Our By-laws dictate "No skater under 12 years is to attend meets/camps outside of Saskatoon unless accompanied by one of his/her parents or a guardian appointed by one of his/her parents." Please check the By-Laws for direction if your child is under 12 years. See Parent Consent To Travel form, pg. 20. Parents or coaches asked to be a designated driver for an SLSSC event or meet will sign the “SLSSC Expectations for Designated Drivers” form. See page 21.

SLSSC Mini Meets

Twice a season the SLSSC runs a mini-meet. The first meet will occur in November and the second in March. All skaters get an opportunity to skate two distances, one distance being the same at both meets. This is an opportunity for new skaters to ‘race’. This also an excellent opportunity for parents new to the sport to become an Official. We require a minimum of 50-60 Officials to host a sanctioned competition. **Please volunteer.**

SASSA Officials Development Requirements for Level 1 and Level 2 Certification

Certification of Level 1 and Level 2 Officials is the responsibility of SASSA. The following requirements are based upon the SSC requirements for Level 1 and 2 certification as listed in the Red Book. SASSA has approved both SASSA Sanctioned All-Points Meets and SASSA or SSC Sanctioned Age-class meets as qualifying meets to obtain practical experience (Blue Book 5.8.3 #7).

It is up to each individual to make sure their Club has an accurate record of their practical experience.

Level 1 – will meet the minimum requirements listed in the SSC Red Book with the following SASSA modifications:

1. Will assist at a minimum of 2, SASSA sanctioned meets in one of the following ways, or a combination of both:
 - a) assist as an official for the entire meet or
 - b) assist as an official for a minimum of 4 half days to the equivalent of an entire meet.
2. Will have successfully completed a Level 1 Officials Theory Clinic. The clinic may be taken prior to, during or after obtaining the required practical experience.
3. Will have been recommended to receive Level 1 certification by their club and SASSA.

Level 2 – will meet the minimum requirements listed in the SSC Red Book with the following SASSA modifications:

1. Will Chief at a minimum of 2 entire SASSA sanctioned meets
2. For clubs with both long track and short track programs the official must be a Chief at a minimum of one entire short track meet and one entire mass-start long track meet and one entire Olympic-style long track meet. If necessary, the Olympic-style component can be obtained at a separate long track meet.
3. Will have successfully completed a Level 2 Officials Theory Clinic for their specialty. The clinic may be taken prior to, during or after obtaining the required practical experience.
4. Will have been recommended to receive Level 2 certification by their club and SASSA.

Speed skating terms, information

Short Learn to Skate Program- **beginner learn to skate lessons in Sept. and January for 4 year olds and older, usually consists of 8 lessons**

Group 1 - Learn to Skate

Group 2 - Learn to Speed Skate

Group 3 - Learn to Compete

Group 4 - Advanced Competitive

Group Manager - liaison between group and executive; phoning tree; distribute newsletters, meet registration forms, etc.

Cutting Edge Skills Testing - a program designed to test the skating skills of the skaters. The skaters receive a pin for each level achieved

Oval - Clarence Downey Speed Skating Oval located 2 blocks south of Avenue R & 11th St (Gordie Howe Park on the west side of the Cairns Field Grandstand)

SLSSC - Saskatoon Lions Speed Skating Club

SASSA - Saskatchewan Amateur Speed Skating Association

SSC – Speed Skating Canada

CWG - Canada Winter Games

Long Track - training and competitions held on a 400m outdoor oval track (or at the Olympic Oval in Calgary which is covered)

Short Track - training and competitions held in an indoor arena and skated on a 111.2m oval track marked by moveable cups

Clinics - theory and technical clinics for coaches are available for those interested. Also there are clinics for officials (referees, timers, place judges, etc.)

Skins - spandex racing suits or practice tights worn by competitors

Safety Equipment - all competitors are required to wear approved helmet, bib-style neck protector, knee pads, shin guards, protective gloves and a skating number for indoor skating

Off-sets - skates made for short track racing with adjustable blades

Long Track Skates - skates made for long track or recreational skating

Jig & Stone - special equipment needed to sharpen speed skates done only by hand - NEVER sharpen skates on a hockey skate sharpener

Skating Number - each skater has his/her own assigned provincial number to use/wear as long as they continue competitive skating. Saskatoon skaters have numbers 1 – 99 inclusive, and 400 – 499 inclusive.

Meet - one or two day competitions

SSC Sanctioned - recognized by Speed Skating Canada for the purpose of establishing records

Qualifying - some competitions require that skaters meet qualifying times as set by SASSA at its Annual General Meeting

On the line - number of skaters in one race

Seed time - skater's fastest recorded time in a required distance

Age Class - for this season is determined by the skater's age as of July 1

Club Mini Meet - races held at least twice a year during Thursday night ice time for ALL club skaters to promote Cross Canada Personal Best Challenge Program

Cross Canada Personal Best Challenge Program - a SSC program designed to promote "personal bests". Skater's times are recorded in specific distances at the beginning of the year and again at the end of the year. These times are forwarded to SSC. SSC makes a decision based on the percentage of improvement for each age class and awards the "most improved skater(s)" with a gift. This program has not been active for a few years

All Points Meet - skaters are seeded in groups (usually 15 - 18 skaters) based on their seed time and age class

Team Trials - competitions of trials to determine the Saskatchewan Team to compete at Canada Winter Games

Provincials - Provincial Championship meets (long track and short track) held once each season open only to Saskatchewan skaters. All Saskatchewan skaters are eligible to compete

Canadians - Canadian Championship meets (long track and short track) held once each season. Open to 4 male and 4 female skaters in each age class from each province. Must qualify according to SASSA set qualifying times

City Meet - city-wide competition sponsored by SLSSC open to ALL skaters of all ages from the City of Saskatoon.

Meet Results, Meet Schedule, etc: Information is posted on the SASSA website at www.saskspeedskating.ca

SLSSC Constitution and Bylaws

For SLSSC's **Constitution and Bylaws**, last revised April 2004, please link, [the club](#), on our club website at www.slssc.ca

Saskatchewan Amateur Speed Skating Association (SASSA)

www.saskspeedskating.ca

Our club is affiliated with the Saskatchewan Amateur Speed Skating Association or SASSA as we call it. It is the provincial sports governing body. It governs and controls speed skating in the province in compliance with its constitution and the constitution of Speed Skating Canada.

The function of SASSA is to foster interest and participation in speed skating in the province. It governs competitions, obtains government funding, keeps records, and acts as a liaison with the national body.

As a member of Sask Sport it is eligible for funding through the Sask Sport grant program.

Each spring SASSA holds an annual general meeting where policies are set and amended as required. All skaters in Saskatchewan pay a membership in SASSA each year but only skaters over 16 years of age are allowed to vote. All Associate members of SASSA have voting privileges.

Presently SLSSC is represented by one or more board members on SASSA.

Speed Skate Canada (SSC) www.speedskating.ca

Our Club is also affiliated with the Speed Skate Canada or SSC as we call it. Nationally, speed skating is governed by Speed Skating Canada. This national body began in 1887 in Montreal under the name of the Amateur Skating Association of Canada and encompassed both figure and speed skating. The two sports separated in 1926 and each formed their own association. Internationally, however, both the sports are still under one organization known as the International Skating Union (ISU). SSC has a total of 11 branches in 11 provinces and territories. Each branch is, in turn, made up of clubs within the province. Quebec presently has the largest number of clubs.

SSC through its professional, technical, and coaching staff, conducts skating and coaching clinics as well as seminars on such subjects as officiating at meets and developing the sport in new communities.

The administrative professionals keep the branches and clubs supplied with promotional materials, national skills testing pins, rule books, instructional manuals of all types, and audio visual materials.

SSC holds an Annual General Meeting each spring at which rules and regulations of the Association are made or amended. All skaters over the age of ten years are members of SSC and pay a fee each year. As well, all Associate members pay a membership fee. However, voting at the SSC Annual General Meeting is based on the number of memberships in the provincial organization. The members of the SSC Board are volunteers from across Canada.

SLSSC Annual Trophies & Awards Criteria

Clarence Downey Memorial Trophy: (Donated in 1959)

Top skater of the year, of national or international caliber; accepts strict discipline, has good sportsmanship qualities; strives for top speed skating techniques and skill; gives a superb effort in practice and competition.

S.H. Chalmers Handicap 500 Meter Trophy: (Donated in 1973)

Presented to skater earning the greatest number of points in the outdoor points meets.

Gold medals presented for the fastest 500m times to:

Male and Female, Juvenile and up

Male and Female, Midget and under

R.J. Waters Spirit of Dedication Trophy: (Donated in 1997)

To be presented to the Most Dedicated Skater of the Year – based on faithful attendance at practices, effort and attendance at meets, personal best achievements, but not necessarily a medal winner.

Bicentennial Trophy: (Donated in 1993)

Awarded to a longstanding Club volunteer who has contributed above and beyond the call of duty.

Michael Potter Memorial Award: (Donated in 1996)

Awarded to a relatively new Club member showing enthusiasm and the true spirit of volunteerism as exhibited by Michael Potter during his 12 years with the SLSSC. Mike was always helpful, the first one to volunteer for whatever needed to be done, dedicated to the sport of speed skating and always encouraging to young skaters. Decision made by the Board of Directors.

40th Anniversary Trophy: (Donated in 1976)

Male (8-16) most improved skater in SLSSC as shown by improvements in skating times as compared to previous years (50% criteria) and faithful and consistent attendance at practices (50% criteria).

Robb Family Olympic Trophy: (Donated in 1976)

Female (8-16) most improved skater in SLSSC as shown by improvements in skating times as

compared to previous years ((50% criteria) and faithful and consistent attendance at practices (50% criteria).

Sportsmanship Trophy: (Donated in 1985)

Awarded to a skater who has helped and encouraged other skaters.

Margaret Kelsey Memorial Trophy: (Donated in 1993)

Awarded to the most dedicated “cradle” skater.

John Sands “Skater of the Year” Trophies: (Donated in 1997)

Awarded to male and female skaters who train in Saskatoon, determined by achievements, national championships won and/or rankings at meets, medals won and records achieved during the past season.

Catriona LeMay Doan Personal Best Trophy: (Donated in 1998)

Awarded to the skater accumulating the most personal bests during the past season.

Laurie McRuvie Memorial Trophy

Awarded in memory of Laurie McRuvie to: A competitive Juvenile, Junior, Intermediate or Senior skater who has shown the greatest improvement in overall times, short or long track, using all four distances, compared to previous year’s times. This skater is in their third or more years of competition with SLSSC and trains in Saskatoon. This skater receives a keeper plaque and bursary of \$100 from the Laurie McRuvie Memorial Fund.

Broken Blade Award

Awarded to the most improved master/adult skater

Other Awards:

Keeper plaques presented to the top Male and Female skater in each age group (Peewee, Bantam, Midget, Juvenile, Junior, Intermediate, Senior, Masters) in Saskatoon. Based on achievements and participation in competitions; effort in practice to achieve top speed skating technique and skill; acceptance of discipline and good sportsmanship – additional criteria in case of a ‘tie’ include achievements: meet rankings, records or number of personal best times, etc.

Keeper plaques presented to the Male and Female skaters with the most impressive showing in their first year in the club – based on achievements and participation in competitions, effort in practice, etc.

Forms to be signed at time of registration by skaters, parents and volunteers regarding SLSSC, SASSA and SSC related events.

RELEASE, WAIVER AND ASSUMPTION OF RISK

EVENT: _____
and see Schedule "A" attached hereto (if applicable).

I, _____ have read the rules and regulations issued for this event and agree to be bound by them. I hereby acknowledge and agree that in consideration of acceptance of this entry or my being permitted to take part in this event:

1. I DO HEREBY RELEASE the Saskatchewan Amateur Speed Skating Association (SASSA) and the Speed Skate Canada (SSC), the affiliate club or Association hosting this event namely: _____ and see Schedule "B" attached hereto (if applicable), and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from all liability, and do hereby waive as against the SSC, SASSA, the affiliate and members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of SSC, SASSA and the said affiliate all recourses, claims, causes of action of any kind whatsoever in respect of all personal injuries or property losses which I may suffer arising out of or connected with my preparation for or participation in this event notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of the SSC, SASSA, the said affiliate or any of the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.

2. AND, I DO HEREBY ACKNOWLEDGE AND AGREE:

(a) That the sport of speed skating is very dangerous, exposing participants to many risks and hazards including personal injury, death and property damage, some of which are inherent in the very nature of the sport, other which might result from human error and negligence on the part of the persons involved in preparing, organizing and staging the races and other activities associated with the event;

(b) That I freely and voluntarily assume all the aforesaid risks and hazards and my preparation for and participation in this event is entirely at my own risk;

(c) That I understand that neither the SSC, SASSA nor the said affiliate nor any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate assume any responsibility whatsoever for my safety during the course of my preparation for or participation in this event;

(d) That this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding upon myself, my heirs, my executors, administrators, personal representatives and assigns;

(e) That I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement, that I fully understand same and that I am freely and voluntarily executing same.

DATED at _____, this _____ day of _____, 200_

(Participant) (signature of parent/guardian if participant is under 18 years)

(witness)

Cont'd from above:

PARENT ACKNOWLEDGEMENT, RELEASE AND AGREEMENT TO INDEMNIFY

WE _____ being the parents or guardians or individuals with custody and responsibility of _____ (hereinafter called my child) for good and valuable consideration, the receipt of which is hereby acknowledged, DO HEREBY AGREE AND ACKNOWLEDGE:

1. That I/WE have read and understand fully the attached, RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.
2. That I/WE have explained fully to my child the consequences of signing the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.
3. That the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is on the whole beneficial to my child.
4. That I/WE do hereby release the Saskatchewan Amateur Speed Skating Association (hereinafter called SASSA), the Speed Skate Canada (hereinafter called SSC), the affiliate referred to in the RELEASE, WAIVER AND ASSUMPTION OF RISK agreement and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate, all recourses, claims, causes of action of any kind whatsoever in respect of damages I/WE might suffer as a consequence of my child sustaining personal injury, death or property loss while participating in the event referred to in the RELEASE, WAIVER, AND ASSUMPTION OF RISK agreement, notwithstanding that such injury, death or loss may have caused solely or partly by the negligence of the SSC, SASSA the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.
5. That I/WE do hereby agree to indemnify and hold harmless the SSC, SASSA, the said affiliate and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the SSC, SASSA, the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate that may be made or initiated by, or on behalf of my child, arising out of or

connected with my child's preparation for or participation in the event referred to in the
RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.

DATED at _____, this _____ day of _____ 200_.

(Parent or Guardian)

(Parent or Guardian)

Form to be completed if skater not accompanied by parent when traveling.

C A N A D A
PROVINCE OF SASKATCHEWAN

PARENTAL CONSENT TO TRAVEL

WE, _____, and _____, of the City of
Saskatoon, in the Province of Saskatchewan, Canada, the parents and guardians of
_____, born _____, _____, consent to the said child traveling
with _____ of the City of Saskatoon, in the Province
of Saskatchewan, to:

Attached hereto is medical information concerning the child.

Signed by the parents or guardians this ____ day of _____, _____

Witness:

Parent:

Signed by the above named _____ who agrees to travel with the said child.

Witness

**Form to be completed by parents or coaches asked to be designated drivers for an SLSSC
event or meet.**

SLSSC Expectations for Designated Drivers

SLSSC regards the safety of all club members to be of utmost importance. Therefore SLSSC has the following expectations to be adhered to by all designated drivers transporting members to and from events, meets and all other functions.

Any driver asked by SLSSC to transport club members must sign this form to indicate their acceptance of these expectations as follows:

1. Drivers must drive in a safe and courteous manner.
2. Drivers shall ensure all members assigned to their vehicle are present and accounted for.
3. Drivers are to provide for the care and safety of their passengers when arriving at a destination (eg. passengers are picked up by parents, parents are at home when passengers dropped off, passengers not placed in unsafe traffic situation upon drop-off).
4. Drivers are to ensure that SLSSC "Consent to Travel" forms are signed by parents where required.
5. Driver's operator licence must be current and valid.
6. All traffic laws and regulations must be adhered to.
7. Drivers must ensure all seat belts are properly fastened at all times.
8. Drivers must drive at safe speeds depending on conditions – at or below the speed limit.
9. No alcohol or drugs that might impair or influence driving capabilities should be consumed for a reasonable time period prior to transporting passengers.

I have read, understand and agree to the above expectations. They are mandatory

Signature: _____ Date: _____

Please print name: _____

Form to be signed at registration.

SKATER MEDICAL PROFILE – MEDICAL RELEASE FORM

Skater's Name _____ Provincial Health Number _____

Date of Birth: (Day/Month/Year) _____ / _____ / _____

Address _____

_____ Postal Code _____

Telephone Home _____ Alternate _____ Mobile _____

Business (Father) _____ Business (Mother) _____

Family Physician: _____ Telephone: _____

MEDICAL HISTORY:

Do you have any allergies or medical problems? Yes / No Please specify below.

Are you presently taking any medications? Yes / No Please specify below.

What is the date of your most recent tetanus shot? _____

Do you wear contact lenses? Yes / No

Have you ever had surgery? Yes / No Please specify type/date below.

Have you had previous injuries requiring restriction of activity? Please specify below.

NEXT OF KIN: In case of emergency please notify:

Name _____ Telephone: _____ Alternate Telephone: _____

Relationship _____ Address _____

MEDICAL RELEASE: I attest that I/my child/my ward am/is medically fit to participate in speed skating activities. Experience has shown that in connection with speed skating activities, illness or accident may occur, and immediate surgical or medical attention may be necessary. This is my permission for the official in charge, or his/her deputy, to make the necessary medical arrangements for me/my child/my ward in the event of an emergency. I understand that the next of kin will be notified by the quickest possible means if this authority is exercised.

Signature of Participant

Signature of parent or legal guardian
(if participant is under 18 years of age)

Date: (Day/Month/Year) _____ / _____ / _____

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*Thank you for your support and contribution to the Saskatoon Lions Speedskating Club!
We appreciate it!*