

SKATER'S EDGE

Saskatoon Lion's Speed Skating Club

November 2009 Newsletter



SASKATOON LION'S SPEED
SKATING CLUB

SLSSC MAILING ADDRESS:

PO BOX 23060

SASKATOON SK

S7J 5H3

www.slssc.ca

Saskatchewan Amateur Speed
Skating Association

(SASSA)

Website www.saskspeedskating.ca

e-mail sassa@sasktel.net

SLSSC Executive 2009-2010

| | | | |
|----------------------|-------------------|----------|--|
| President | Boyd Plaxton | 668-6958 | b.plaxton@quorex.ca |
| Vice-President | Jim Greuel | 665-6277 | jim.greuel@usask.ca |
| Finance | Jeff Wheler | 244-6393 | jeffwheler@sasktel.net |
| Administration | Heather Daverne | 244-0790 | hldaverne@lakeside.ca |
| Coaches/Training | Irene Kokotailo | 374-5973 | koko.waterer@sasktel.net |
| Competitions | Brett Adams | 374-6195 | adamsp@yourlink.ca |
| Facilities/Equipment | Vacant | | |
| Fundraising | Fritz Schumann | 664-6832 | fritz.schumann@sasktel.net |
| Membership | Rick/Dianne Marsh | 343-7993 | rmartians@shaw.ca |
| Volunteers | Bernie Lucko | 382-7777 | luckofinancial@shaw.ca |
| Promotions | Pam Adams | 374-6195 | adamsp@yourlink.ca |
| News Letter Editor | Monica Brunet | 934-6551 | monica@clarencecampeau.com |

If you have questions or require information regarding SLSSC, please contact any executive members as listed. We will be happy to assist you as required.

Group Managers:

Group Managers are SLSSC contact persons for each of our four skating groups. Please note this year's Group Managers.

| | | | |
|---------|--------------------------|----------|--|
| Group 1 | Gerald & Patricia Haller | 477-3510 | haller.gp@sasktel.net |
| Group 2 | Doug & Shauna McLaughlin | 955-0039 | dougmcLaughlin@sasktel.net |
| Group 3 | Lorelei Ehman | 384-4176 | loleleikirk@sasktel.net |
| Group 4 | Ryan Campbell | 227-6901 | ryan_campbell@shaw.ca |

Thank you, Group Managers for your support and volunteer time!

Coaches:

Group 1

| | |
|-----------------|----------|
| Regina Koenders | 934-3769 |
| Jason Coutu | 477-1344 |
| Nicole Slusar | |

Group 2

| | |
|-----------------|----------|
| Alan Merkowsky | 244-7626 |
| Ken Coutu | 244-7527 |
| Samantha Waters | 382-4061 |

Group 3

| | |
|---------------------|----------|
| Tim Comfort | 668-2121 |
| Carol-Ann Patterson | 652-2173 |
| Aaron Slusar | |
| Bruce Craven | 242-9388 |

Group 4

| | | | |
|---------------|----------|---------------|----------|
| Selina Elm | 652-0206 | Katie McRuvie | 374-6832 |
| Neal Zaluski | 652-0206 | Aaron Phoenix | 979-6266 |
| Ryan Campbell | 227-6901 | Sandy Nase | 382-8464 |
| Julie Bunney | 343-0536 | Larry fast | 242-1757 |
| | | Nicole Lynn | 244-4284 |

Presidents Message:

"Are We Having Fun Yet?"

We are almost two months into the 2009-2010 skating season and I hope the answer to that question is a resounding "YES!"

The learning curve has been steep this year, with many new faces, and new programs being implemented. This short term pain will pay off with long term gain as our athletes work hard toward their full potential, and enjoy themselves along the way.

Our skaters new and returning are lucky to have the benefit of coaches who bring a combination of experience and familiarity, as well as fresh ideas and enthusiasm. And everyone has the renovated facilities at Lions Arena to enjoy.

I want encourage club members and their families to take advantage of the many meets scheduled around the province this winter. In my view, there are many reasons to do so. Participating in these events validates all the practising our kids do, and provides a great opportunity to meet new people and forge lasting friendships beyond our own club. It also offers a great way to enjoy quality family time. Lastly, I believe it is important to support the smaller clubs in the province who count on our participation.

Speed skating is a great sport and we have a great club, but sometimes newcomers are confused about rules and routines. Please feel free to approach any of the longer-term members of the club or me at 306-668-6958.with questions at any time.

Keep up the good work skaters, coaches and volunteers for the rest of the season. Thank-you.

Boyd Plaxton b.plaxton@quorex.ca

Membership Development:

Welcome all new members and former members. Thank you for registering and best wishes for an exciting and enjoyable skating season. We are happy to announce that we have had very successful registrations take place for our two programs to date. For the September Short Learn to Skate class we had a record number of 39 young skaters enroll. We received very positive feedback for our coaching and coaching assistants. Thank you to those older skaters who helped Carol Ann out on the ice for SLTS. For our regular fall and winter programs there are currently 100 skaters registered. We expect to sign up a few new members between now and January and so this number will certainly rise. It is the time of year to "spread the word", it is not too late to register your child's friend or anyone interested in skating. We will be hosting another Short Learn to Skate Program in January, so if you know of any interested parties, they will see information closer to the date in the City of Saskatoon Winter Leisure Guide.

Lastly, we would like to thank all club members who came out to help at our two registration nights at the Oval. Everything went very smoothly, thanks for all your help. Have a great season. We hope your family enjoys our program. If you ever have any questions please do not hesitate to contact us.

Dianne and Rick Marsh rmartians@shaw.ca

Director of Volunteers Message

A CALL FOR VOLUNTEERS

Volunteers are always needed by our Club for meets that occur in the city. This year we will be having two meets in Saskatoon. Both are happening in January and are one week apart. The first is the Saskatoon Lions Speed Skating Club meet which is being held January 22-24. We will be needing people for a variety of positions either on the ice, timers, office staff, runners, whip people etc., the list goes on. By volunteering you also earn credits towards your volunteer requirements.

Also, on the weekend of January 28-31 we will be hosting the Canada Cup II where athletes from across Canada will be attending. This is a very important meet and we will be requiring people for the positions previously mentioned and many others such as drivers for the athletes, coaches and judges that are coming to Saskatoon. The success of the meets depends on our volunteers. If you are willing to offer your time to handle some of these positions, please contact Bernie Lucko at luckofinancial@shaw.ca advising which positions you would be available for, which meet you can volunteer for (hopefully both) and the amount of time that you can give. Your name shall be forwarded to the person (s) that will be in charge of the various positions. Thank you for your anticipated support and help at our meets.

Bernie Lucko - luckofinancial@shaw.ca

Director of Fundraising

There are many opportunities to do some fundraising for the club. Here are a few of them..
Bingo Dates – December 2009 / January 2010 / February 2010

Thurs – Dec 10

11:00am-5:30pm

Mon – Dec 21

5:00pm -9:30pm

8:45pm – 1:30am

Sat – Jan 2/10

5:00pm – 9:30pm

8:45pm – 1:30am

Tues – Jan 19/10

11:00am – 5:30pm

Sat – Jan 23/10

5:00pm – 9:30pm

8:45pm – 1:30am

Wed Feb 17/10

11:00am – 5:30pm

There are 3 shifts per time slot.

To book a slot please phone Fritz at 664-6832

If you cancel one week prior to the bingo, please find a replacement.

Fritz Schumann -fritz.schumann@sasktel.net

Message from - Group 3

We are off to a good start with our group this year. We have been regularly doing dry land training and the kids are now doing dry land independently at home 2-3 times a week. Carol Anne and I believe that many of the technical gains needed with our skaters are best worked on first in dry training. We have had the privilege of having experienced coaches (Carol Anne), enthusiastic ex-skaters (Aaron), experts in several fields (Bruce), and current skaters (Axel, Morgan and Lukas) coach our kids. We welcome all coaches as having something to offer our skaters.

We have a diverse group of people age wise, the youngest just starting to get technique and thinking about racing in meets, to older and generally more technically advanced and going to many meets. We all share the same love of speed and the challenge of perfecting the stride. Many of our skaters are eligible for the Saskatchewan Games this year to be held in Moose Jaw in Feb. This is an exciting opportunity for them to mingle with athletes from all winter sports in a team competition. Carol Anne is our

manager, I am the coach (she does most of the work!). For those who don't make it there will be plenty of other opportunities to make teams, other goals to strive for.

One of the most notable characteristics of our group is the tirelessly enthusiastic and supportive parents. They buy coffee, move mats, cheer on everybody, share driving, buy donuts, serve on the executive, do bingos, sharpen skates, publish newsletters; everything that we could ask for, they do. Thanks again for your support!

I'm going to offer up two opinions (imagine that) for people to ponder. The first is the whole idea of personal bests. They are a wonderful way to measure improvement and many of the skaters in group 3 get a swack of them every year. However, both the child who gets a lot of them and the child who has trouble getting them may be putting too much emphasis on them. We as parents and coaches need to emphasize the importance of living in the moment and learning to enjoy the effort and the activity. Personal bests and medals will come or not, none of us should put too much weight on results (placing or PB's), especially when all of our group 3 athletes are so young and new to the sport. I have said many times that I would like to see our kids have fun at this for long enough to get good at it.

Secondly, I have a pet peeve about how our sport teaches "basic position". Basic position came out of the 1980's technical manuals and consists of the skater having weight on two skates (or feet), knees bent at 90 degrees, back parallel with the ground/ice. I think that this position is over used, especially in younger skaters. Real skating does not include a phase when the skater has two feet on the ice in this position. Real skating is not really a static thing, it is dynamic and fluid, it should be taught as such. Real skating involves movement of the arms, transferring weight, exerting power into the ice. I could argue that basic position has virtually nothing to do with skaters who are just learning to skate. There is a place for basic position in coaching of speed skaters. Trying to skate fast, turn fast, stop fast, pivot fast, do a 180 fast are often under emphasized in practices. So don't throw out the idea of basic position, think of other ways to teach the whole skill. For example, I teach my skaters that basic position is actually in the same position while balanced on 1 leg and try to do a bunch of fun stuff that tricks them into being skaters.

See you at the rink!

Tim Comfort - Coach

Schedule of Local Meets:

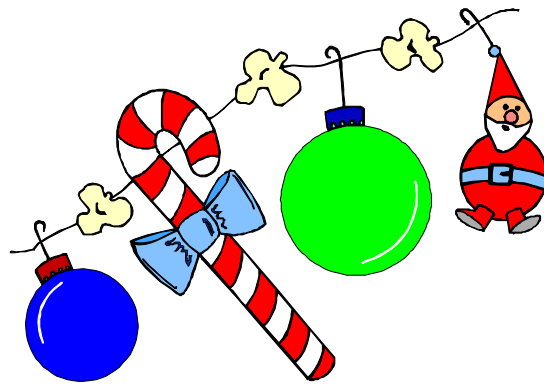
| | | | |
|------------|---|------------|------------------|
| Nov. 7-8 | Yara Fall Classic (Sask Cup I) | ST | Regina |
| Nov. 14-15 | BC Cup Open WCC #2 Reg. Spread Sheet | ST | Abbotsford, BC |
| Nov. 16-18 | Can Am Camp Registration | OS LT Camp | Calgary |
| Nov. 19-22 | Can Am #1 (Sr, Jr A - D) Registration | OS LT | Calgary |
| Nov. 21-22 | National Qualifier | ST | Sherbrooke, QC |
| Nov. 27-29 | Alberta Open WCC #3 Map Summary Sheet | ST | Medicine Hat |
| | December | | |
| Dec. 5 | Fire On Ice | ST | Lloydminster, AB |
| Dec. 12 | Sask Cup II | ST | Melville |
| Dec. 11-13 | Canadian Open Championships | OS LT | Calgary |
| Dec. 28-29 | Long Track Camp | LT Camp | TBA |
| | January | | |
| Jan. 8-10 | Canada Cup I (Sr, Jr A-C) | OS LT | Calgary |
| Jan. 9-10 | Sask Energy Long Track(Western Regionals) | LT | Regina |
| Jan. 16-17 | Alberta Indoor LT Championships | LT | Calgary |
| Jan. 16-17 | Sask Cup I | LT | Moose Jaw |
| Jan. 23-24 | Sask Cup II | LT | Saskatoon |
| Jan. 23-24 | Red Deer LT | LT | Red Deer |
| Jan. 29-31 | Canada Cup II/Junior Trials | OS LT | Saskatoon |
| | February | | |

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|------------|--------------------------------------|------------|--------------------|
| Feb. 5-7 | Canadian Age Class Championships | LT | Winnipeg |
| Feb. 12-28 | Olympic Winter Games | ST/OS LT | Vancouver, BC |
| Feb. 13 | Sask Cup III Summary Sheet | ST | Prince Albert |
| Feb. 12-14 | North American Championships | OS LT | Salt Lake City, UT |
| Feb. 17-20 | Sask Winter Games | ST | Moose Jaw |
| | March | | |
| Mar. 4-6 | Canada Cup III | OS LT | Quebec City, QC |
| Mar. 5-7 | R U Fast WCC#4 | ST | Calgary |
| Mar. 6-7 | Western Regional ST (Sask Cup IV) | ST | Moose Jaw |
| Mar. 9-14 | Olympic Oval Finale | OS LT | Calgary |
| Mar. 13-14 | Sask Provincial ST | ST | Saskatoon |
| Mar. 19-21 | Canadian Open Championships | ST | Montreal, QC |
| Mar. 26-28 | Canadian Age Class Championships | ST | Camberton, NB |
| | | | |
| May | SASSA AGM | Conference | TBA |
| | | | |
| June | SSC AGM | Conference | Ottawa |
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Please check the Saskatchewan Amateur Speed Skating Association (SASSA) website www.saskspeedskating.ca for changes and updates.

Upcoming events

**Saskatoon Lions Speed Skating Club
Christmas Potluck Supper**



All skaters and families are invited to
the Annual Christmas Potluck Supper and Social

Sunday December 13, 2009

Skate from 5:00 – 6:00pm

Supper from 6:00 - 7:30 pm

at the Clarence Downey Speed Skating Oval

Please bring one hot main dish, enough to feed 12 people,
and bring your choice of salad or dessert.

Plug-ins are available for crock pots and there is an oven available to keep
food warm.

Beverages, buns, plates and cutlery will be provided.

Board game bonanza - bring your favourite board game.

For more information

contact Lorelei 384-4176, loreleikirk@sasktel.net

Members is the Media

News Release

SASK
SPEED SKATING



For Immediate Release

Monday October 19, 2009

Go Brother

(Richmond) Regina brothers Lucas and Mykola Makowsky took one step closer to the dream of skating in the 2010 Olympics by both qualifying for Canada's world cup speed skating team Monday. The brothers met after the race in the center of the Richmond Olympic Oval. "We're going to World Cups... together!" grinned Mykola.

It was anything but a certainty at the start of the day. 2008 Lucas had prequalified in three events the 1500, 5000 and 10000 meters based on his outstanding performances in 2008-09 season. Mykola had one more realistic chance. He had to place in the top five in the 1500. The competition included half a dozen world cup medal winners.

Skating in the first pair Lucas and teammate Denny Morrison set a blistering pace. Canadian Champion Morrison crossed the line in 1:46.39 narrowly missing the track record of 1:46:17 set at the 2009 World Single Distance Championships in March. Lucas was close behind in 1:47.42. Mykola skated in the sixth of 14 pairings in a time of 1:49:16. Then he nervously joined Lucas to watch his teammates skate as everyone else tried and failed to get under 1:49.

"I heard someone yell 'go Riders' just as I stepped up to the start line and I loved it" said Mykola who is a nephew of Roughrider Veteran Gene Makowsky. "I see the Saskatchewan flag waving in the crowd all the time. I think Catriona started a trend" he added laughing.

The Canadian team is allowed five male 1500 skaters in World Cup races held in Europe and in North America this fall leading up to the Vancouver games. The World Cup will help determine how many skaters Canada will be allowed in the Olympics.

The Makowsky brothers and their Saskatchewan National team mates; Turin Olympic veterans Kerry Dankers (Melville) and Justin Warsylewicz (Regina) and first year member William Dutton (Humboldt) will compete for Olympic team spots starting December 27 in Calgary.

Right now the Makowsky brothers are looking good.

For further information contact

C. Dutton 250-927-2591 OR Saskatchewan Speed Skating

MORE NEWS.....

Hi folks,

The latest edition of ***In The Loop***, Saskatchewan Speed Skating's Information Bulletin, is just one click away. This edition has a special sneak preview of the upcoming Melville meet, the first of its kind in Canada.

Presidents or Club Membership reps, whoever keeps your email address book, please be sure to forward this message to your members.

[Click here](http://www.saskspeedskating.com/index.php?p=In+the+Loop+-+November++2009) to read ***In the Loop*** or go to copy and paste the following in your web browser:
<http://www.saskspeedskating.com/index.php?p=In+the+Loop+-+November++2009>

Thanks!

Trevor Sutter
Outreach and Membership Development
Saskatchewan Speed Skating

A recent article in the Star Phoenix reads:

Saskatoon Physiotherapist Bruce Craven joins an international list of coaches and sports scientists presenting today at the Petro-Canada sport leadership conference in Vancouver. The 750 delegate conference features speakers from across Canada, as well as Sweden, Great Britain, South Africa and Australia giving presentations on sports research. Catriona Le May Doan, a native of Saskatoon and two-time Olympic speed skating gold medalist, is also on the list of presenters.

As many of you know, Bruce is a parent and coach (dryland/skating) in our club and Catriona is a former member of Saskatoon Lions Speed Skating Club.

Classifieds:

For Sale:

We have a pair of long track clap skates for sale, size 37 with Maple Red blades, Please call Tim @668-2121.

For Sale:

One pair size 37.5 Bont short track skates with blades.(Pink) and one pair size 37 Bont long track boots(blue) call Boyd @ 668-6958.

If you have any items you would like to advertise to the club members please send your ad to monica@clarencampeau.com