

SKATER'S EDGE

Saskatoon Lion's

Speed Skating Club

FEBRUARY 2007

CLUB CONTACT INFORMATION

SLSSC MAILING ADDRESS

P.O. Box 23060

Saskatoon, Saskatchewan S7J 5H3

www.slssc.ca

Thanks to the following people who are volunteering to be our group managers and coaches!! Below are numbers you can call if you have any questions, comments or bouquets!

SLSSC EXECUTIVE - 2006-2007

President	Ken Coutu 244-7527
Vice-President	Duane Jungwirth 477-5960
Finance	Jim Greuel 665-6227
Administration	Nima Spaniel 258-2003
Coaches/Training	Garth Patterson 652-2173
Competitions	Tim Comfort 668-2121
Facilities/Equipment	Darrell Solie 477-0581
Fundraising	Fritz Schumann 664-6832
Membership	Carl Waterer 374-5973
Promotions	Lorelei Ehman 384-4176
Volunteers	Randy Grauer 343-0778

GROUP MANAGERS

Group 1	Elise Gray	343-1869
Group 2	Diane Marsh	343-7993
Group 3	Annique Wilkie	343-0465
Group 4	Pam Lynn	955-1494

COACHES

Group 1	Regina Koenders Alan Merkowsky Samantha Waters	934-3769
Group 2	Carol Ann Patterson Tim Comfort	652-2173
Group 3	Irene Kokotailo Brenda Comfort Jason Coutu Garth Patterson	374-5973
Group 4	Sandy Nase Larry Fast Ryan Campbell	382-8464

FUNDRAISING - Fritz Schumann

The pizza fundraiser is underway. Please pick up your orders on February 8th at the Lions Arena after 6:00 pm. Please bring boxes and bags to take your pizza orders home.

Other upcoming fundraisers will be the skate-a-thon in March as well as the possibility of a Prairie Meats fundraiser. To date, I have no new BINGO dates available.

MEMBERSHIP/DEVELOPMENT - Carl Waterer

St. Matthew School had five classes participate in a Learn to Skate program prior to Christmas. Three classes from Brevoort Park School have just started the same program. Funding is provided by Speed Skating Canada.

We also have a Short Learn To Skate program underway for beginner skaters. Twenty-five youngsters are registered. Group 4 skaters from our club helped instruct this program in the past. For the first time we are using Group 3 skaters to assist. Regina Koenders provides the lesson plans. Feedback I have received to date has been very positive. Congratulations instructors, you are doing an excellent job!! What a rewarding learning opportunity for these young instructors. Also, thanks to Jason Coutu for stepping forward and offering to coach the Adult Recreational program at the Oval. It is great to see some of our club's parents involved in these classes.

COMPETITIONS - Tim Comfort

Another Sask Cup in Saskatoon has come and gone and once again we are all amazed at the amount of work involved. Equally we are inspired by the efforts of the competitors and the relationships that are built at competitions. Many of our club members competed in their first meet or perhaps their first long track meet. New member or hardened veteran, it would be difficult not to notice the efforts and expertise of all of our volunteers. Thank you all for your time, your enthusiasm and your devotion to our children.

In particular, we have key people working tirelessly behind the scenes to make it all work. Brian MacKay (meet coordinator), Geoff Wilkie (office manager), Doug Morin (oval manager, etc!) work endlessly and expect nothing in return. So many others (approximately 50) came together and happily contributed. Some are new and some have been involved for years. And of course the coaches we have in this club guide our children to be challenged, fit and happy. Thanks Regina, Carol Ann, Irene, Sandy, Larry and Ryan!

We realize that what we offer in a competitive experience is not perfect. We are excited about new and innovative ways to have the kids compete and not be so draining on officials/parents. Hopefully these ideas will be shared with you in the near future.

CITY MEET CANCELLED DUE TO THE COLD WEATHER!!!

PROMOTIONS - Lorelei Ehman

While our current skating season is well underway, we want to acknowledge the efforts of our skaters, coaches and volunteers from last year's Awards Banquet. Please mark April 27th on your calendar to celebrate some of our club's achievements at this year's Awards Banquet!

Clarence Downey Memorial Trophy. (awarded to the top skater of the year of national or international calibre; accepts strict discipline, displays good sportsmanship qualities; strives for top speed skating technique and skill; gives superb effort in practice and competition) - **MEAGHAN BUISSON**

S.H. Chalmers Handicap 500m Trophy. (awarded to the skater earning the greatest number of points in the outdoor points meets) - **ANATASIA CONLY**

Handicap 500 Male Midget & Under: **GRAHAM SOLIE**
Handicap 500 Female Midget & Under: **NONE**
Handicap 500 Male Juvenile & Up: **MITCHELL LYNN**
Handicap 500 Female Juvenile & Up: **KYLIE MORIN**

R.J. Waters Spirit of Dedication Trophy. (awarded to the most dedicated skater of the year, based on faithful attendance at practices, effort and attendance at meets and personal best achievements) - **MOYCA STOFFEL**

Bicentennial Trophy. (awarded to long-standing Club Volunteers who have contributed above the call of duty) - **STACEY BERG**

Michael Potter Memorial Award. (awarded to a relatively new club member showing enthusiasm and the true spirit of volunteerism as exhibited by Michael Potter) - **CARL WATERER**

40th Anniversary Trophy. (awarded to the most improved male skater in the SLSSC as shown by improvements in skating times as compared to previous years and faithful and consistent attendance at practices) - **GRAHAM SOLIE**

Robb Family Olympic Trophy. (awarded to the most improved female skater in the SLSSC as shown by improvement in skating times as compared to previous years

and faithful and consistent attendance at practices) - **MADLINE YAGER**

Sportsmanship Trophy. (awarded to a skater who has helped and encouraged other skaters) - **JULIA MARSH**

Margaret Kelsey Memorial Trophy. (awarded to the most dedicated cradle skater) - **JAZMIN LUCASAVICH**

Laurie Vey McRuvie Memorial Trophy. (awarded to a competitive male or female skater, juvenile and up, who has shown the greatest improvement in overall times in either short or long track, using all four distances as compared to their previous year) - **SHELBY MACKAY**

Catriona Le May Doan Personal Best Trophy. (awarded to the skater who accumulates the most personal bests during the season) - **ANDRE COUTU**

John Sands "Skater of the Year" Trophy. (awarded to male and female skaters who train in Saskatoon. This is determined by achievements, national championships won and/or ranking at meets, medals won and/or ranking at meets, and records achieved during the season) - **MITCHELL LYNN & HALEY SPENCER**

AGE CLASS AWARDS:

Top Pee Wee (Male & Female) - **CALEB MORIN & RHIANNON MOROZOFF**

Top Bantam (Male & Female) - **LUCAS MORIN & KATIE WATERER**

Top Midget (Male & Female) - **MICHAEL WILKIE & MORGAN BOUTIN**

Top Juvenile (Male) - **ANDRE COUTU/AXEL MORIN**

Top Juvenile (Female) - **HILLARY FAST/MADLINE YAGER**

Top Junior (Male & Female) - **MITCHELL LYNN & JACOBA FAST**

Top Intermediate (Female) - **KYLIE MORIN**

Top Senior (Male & Female) - **JASON COUTU & ANGELA ZOERB**

Top Master (Male) - **KEN COUTU**

MOST IMPRESSIVE SHOWING IN FIRST YEAR. (award based on achievements and participation in competitions, efforts in practices, etc.) - **DARWIN AMBROSE & JESSICA FAHLMAN**

AN INVITATION!

Debby Fisher will be in Prince Albert from February 13th - 16th. This is an invitation for all Saskatchewan Speed Skaters to attend. These sessions are all at the Art Hauser Center and will be short track. There will be no charge for sessions.

The following are the schedules ice times with a tentative scheduling of skaters. Please respond by email to jelddnelson@sasktel.net by February 9th if you plan on attending. Please include the skater's 500m seed time. Once we have all registrations we will review the ice times to ensure equitable skill and time. If you need to speak to me, call my home number at 763-3776.

Tuesday - February 13th

8:30 - 9:45	Juvenile and Above
9:45 - 11:00	Bantam and Midget
12:45 - 2:00	Pee Wee and Below
2:00 - 3:30	Bantam and Midget
3:30 - 4:45	Juvenile and Above
5:00 - 6:00	Young Group (up to Midget)
6:00 - 7:00	Older Group (Juvenile and up)

Thursday - February 15th

8:30 - 10:15	Skaters with 500m seed times faster than 1:05.
5:00 - 5:45	Young Group (up to Midget)
5:45 - 6:45	Older Group (Juvenile and up)

Friday - February 16th

8:30 - 9:45	Older Group (Juvenile and up)
9:45 - 11:00	Younger Group (up to Midget)

WHITEHORSE 2007! CANADA WINTER GAMES

Congratulations to the following people from our club who have qualified for a spot on the Canada Winter Games Speed Skating Team travelling to Whitehorse in February.

LONG TRACK

Sandy Nase (Coach)
Tyler Johnston (Manager)
Scott Spencer (Manager)

WOMEN:

Jacoba Fast
Kylie Morin

MEN:

Orrin Conly

SHORT TRACK

Verna Kergan (Coach)
Larry Fast (Manager)

WOMEN:

Eli-Ann Stoffel

MEN:

Morgan Jungwirth
Mitchell Lynn

The following skaters from other parts of the province will join them as they compete in Whitehorse.

LONG TRACK

WOMEN:

Kali Christ
Marsh Hudey

MEN:

Willie Dutton
Austin Hudey
Addison Thiel

SHORT TRACK

WOMEN:

Mallory Gellner
Kelsey Hynne
Sarah Wrubleski
Lindy Kergan

MEN:

Elliott Nelson
Mark Beitel
Michael Wrubleski

PRESIDENT'S MESSAGE - Ken Coutu

It has been a very exhilarating two months for speed skating in Saskatoon. We hosted our long track meet on January 6th and 7th. Thanks to all the volunteers who helped make it a success. Our skaters have also competed in Melville, Moose Jaw, Red Deer and Regina. There were many exciting races and lots of personal best times achieved. We will be posting pictures from some of these meets on our web site soon. The Canada Winter Games team selections are now finalized. Congratulations to all our skaters who have qualified. "The Marketing Den" filmed a commercial for Blue Cross starring Catriona Le May Doan and many of our skaters. If you missed it, we have placed a copy on our web site. A picture taken during the filming featuring Katie Waterer, Michael Marsh and Morgan Boutin was also used for a billboard. You can see the billboards on 2nd Avenue and 19th Street, and on Idylwyld at 25th Street or 39th Street. Some of our skaters have qualified to compete at the Canadian Championships on February 10th and 11th in Winnipeg. Good luck to everyone and have fun!

NEWSLETTER - Denelda Fast

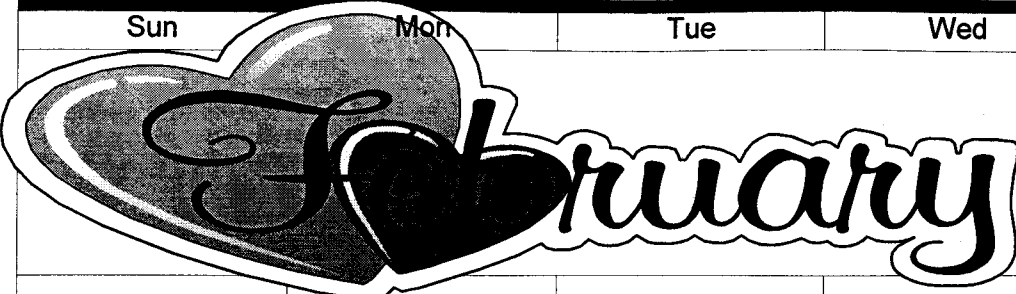

The SKATER'S EDGE will be published and distributed to all families via email or your group manager. It will be full of bits and bytes of information you won't want to miss. If you have any suggestions or comments regarding the SKATER'S EDGE, please do not hesitate to give me a call at 242-1757. The deadline for submissions for the next newsletter is March 1st, 2007. Please give your submissions to Larry or Denelda Fast or email to deneldafast@hotmail.com. THANKS.



Below is an article written for the newsletter by Kevin Spink. Kevin has a son skating in our club.

HANDLING DEFEAT

Handling defeat, in any venture, or at any level, is never easy. Parents can play a very important role in helping their children handle the inevitable defeats that are inherent in any sporting situation. Here are some suggestions.

1. Keep losing in perspective - When your kids lose, remind them that every athlete loses at one time or another and that even the most successful athletes experience their fair share of failures. Remind them that Michael Jordan was cut from his high school basketball team.
2. Learn from defeat - Parents should teach their children that a poor performance is not a failure if something is learned from defeat.
3. Reward the attempt - Each time your children fail, you should go out of your way to reward their attempt. Children who are praised for trying something, even though they may not have been successful, are more likely to want to try it again in the future.
4. Silver Lining - When we lose, it is easy to find all the negatives in the situation. However, if we look close enough, we will usually find that we have done something to feel good about, and that is motivating. However, it may not be so easy for your children to find things to be positive about when they fail. That is where parents can help; they can act as a second set of "eyes", looking for things that their child has done well. Once you make your children aware that something positive did happen, it can only serve to enhance their confidence about tackling the next encounter.
5. Minimize Criticism - When children fail, they generally feel bad. You do not need to remind them. Also, it is wise to keep in mind that children typically accept game criticism from coaches much better than they do from their parents.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
				1 LTS: 5:00 - 5:45pm Group 1: 6:00 - 7:00pm Group 2: 7:00 - 8:00pm	2 Groundhog Day	3 NORTH AMERICAN AGE CLASS CHAMPIONSHIPS WINNIPEG, MB.
4 NORTH AMERICAN AGE CLASS CHAMPIONSHIPS WINNIPEG, MB.	5	6	7	8 Group 1: 6:00 - 7:00pm Group 2: 7:00 - 8:00pm	9	10 CANADIAN AGE CLASS CHAMPIONSHIPS WINNIPEG, MB.
11 CANADIANS - WPG Group 1: 11:45 - 12:45 Group 2: 12:45 - 1:45	12	13 Group 3: 5:00 - 6:00pm Group 4: 6:15 - 7:15pm	14 Valentine's Day 	15 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	16	17
18 Group 1: 11:45 - 12:45 Group 2: 12:45 - 1:45	19	20 Group 3: 5:00 - 6:00pm Group 4: 6:15 - 7:15pm	21 Technical Practice Group 3 & 4: 6:15 - 7:15am	22 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	23	24 Group 4: 7:15 - 8:30am SASK CUP IV PRINCE ALBERT
25 Group 1: 11:45 - 12:45 Group 2: 12:45 - 1:45	26	27 Group 3: 5:00 - 6:00pm Group 4: 6:15 - 7:15pm	28 Technical Practice Group 3 & 4: 6:15 - 7:15am			

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				1 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	2	3
4 Group 1: 11:45 - 12:45 Group 2: 12:45 - 1:45	5	6 Group 3: 5:00 - 6:00pm Group 4: 6:15 - 7:15pm	7 Technical Practice Group 3 & 4: 6:15 - 7:15am	8 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	9	10 WESTERN REGIONALS MOOSE JAW
11 WESTERN REGIONALS MOOSE JAW Group 1: 11:45 - 12:45 Group 2: 12:45 - 1:45	12	13 Group 3: 5:00 - 6:00pm Group 4: 6:15 - 7:15pm	14	15 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	16	17  St. Patrick's Day
18 Group 1: 11:45 - 12:45 Group 2: 12:45 - 1:45	19	20 Group 3: 5:00 - 6:00pm Group 4: 6:15 - 7:15pm	21	22 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	23	24
25	26	27	28	29	30	31