

SKATER'S EDGE

Saskatoon Lion's

Speed Skating Club

OCTOBER 2006

CLUB CONTACT INFORMATION

SLSSC MAILING ADDRESS

P.O. Box 23060

Saskatoon, Saskatchewan S7J 5H3

www.slssc.ca

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

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!

GROUP MANAGERS

Group 1	Your Name Here!	
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

*Every job is a self-portrait of the person who did it.
Autograph yours with excellence.*

MEMBERSHIP/DEVELOPMENT - Carl Waterer

WELCOME all new and former members. Thank you for registering and best wishes for an exciting and enjoyable skating season. I am 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 25 young skaters enrol. For our regular fall and winter programs there are currently 102 skaters registered. This is an increase of close to 20 skaters from the same time last year. I expect to sign up a few new members between now and January, so as far as numbers go, our club is doing very well.

I believe there are reasons for this success. We are promoting a great sport, the atmosphere created within our club is positive and friendly, and we have excellent coaches. These coaches not only teach the skills of speed skating very well, but also make their sessions loads of fun and this helps our skaters look forward to coming to the rink.

I hope you feel the same way I do about your child's lessons and our club as a whole. Please "spread the word" to others who might also be thinking of joining the SLSSC. It is still possible to register for this year's programs. If you require any information regarding the club, please contact me.

Again, thank you. Have a great season. We hope your family enjoys our program.

FACILITIES AND EQUIPMENT- Darrell Solie

As we begin a new season of speed skating, I would like to welcome all new and returning skaters and parents. At the time of registration I indicated there would be a couple of skate sharpening clinics held at the start of the season. I will be holding the first clinic on Thursday, October 5th, at the Lions Arena. The first session will begin just after 6:00pm for the parents of Group 1 skaters, and another one will begin just before 7:00pm for the parents of Group 2 skaters. We will find an empty dressing room at that time. I will hold a second sharpening clinic on Thursday, October 12th at the same times.

I would like to thank Al Boutin and Annique Wilkie for agreeing to help out with some of the facilities and equipment tasks this year. **Al Boutin** has agreed to assist with the distribution of the skates. Please contact Al @ 373-3643 for assistance that you may require regarding skates. **Annique Wilkie** has agreed to help out with the distribution of the skater numbers. The distribution of these numbers will begin soon.

This year we will be moving the mats from ACT to Lions Arena on Monday, October 2nd. We will meet at ACT at 6:00 pm and I expect it will take about an hour to move the mats.

For all the parents of the new skaters, one of the tasks required prior to every skating session is the setting up of the mats. I have included some detailed information in this newsletter on how to set up and take down the mats. This is one area that we require help with before and after every skating session. The schedule has been set up so that once a week every group is responsible to set up or take down the mats at least once. Please make a point of trying to help with the mats when it is your skater group's responsibility.

*Ability is what you are capable of doing.
Motivation determines what you do. Attitude
determines how well you do it!*

COMPETITIONS - Tim Comfort

The Saskatoon Lions Speed Skating Club (SLSSC) has five meets planned this year. You will see these meets listed below. If anyone would like to work at a meet or coordinate a meet and earn volunteer points, please contact me @ 668-2121 or tcomfort@sasktel.net.

- * Nov. 9 - Mini Meet (ST)
- * Nov. 18/19 - Sask Cup II (ST)
- * Jan. 6/7 - Sask Cup I (LT)
- * Feb. 4 - City Meet (LT)
- * Mar. 15 - Mini Meet (ST)

PROMOTIONS - Lorelei Ehman

FALL BOWLING SOCIAL

Attention skaters and parents! You are invited to attend an evening of bowling and socializing.

WHEN: Friday, October 20th, 2006
WHERE: Eastview Bowl
2929 Louise Street
TIME: Bowling - 7:00 - 8:00pm
Social - 8:00 - 9:30pm
COST: \$11.50 per person
This includes bowling, pizza & juice

We will be making arrangements for your to sign up and pay through your group manager. Look forward to seeing you there!

BRING A FRIEND

Skaters may bring a friend to practice on Sunday, October 22nd. See detailed ad on another page.

WHAT TO WATCH FOR!

Web Site Updates - we hope to keep you informed with an up-to-date SLSSC web site. Check it out at www.slssc.ca.

Rink Signage - the SLSSC is in the process of arranging to have promotional signs constructed and posted at both the Lions Arena and the ACT Arena.

Information Brochures - the SLSSC is in the process of drafting and distributing informational brochures at various public locations in Saskatoon. If you have a place of work, school or other venue that you can place the brochures, please contact me @ 384-4176 or email loreleikirk@sasktel.net and we will ensure that you are provided with brochures. It is also our intention to provide the brochure to those individuals who attend the Bring a Friend Day on October 22nd.

THANK YOU! To our 2005-2006 sponsors

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PRESIDENT'S MESSAGE - Ken Coutu

I would like to recognize two outstanding people associated with the SLSSC.

Catriona Le May Doan: Installed in the Saskatchewan Sports Hall of Fame

Catriona Le May Doan began speed skating with the Saskatoon Lions Speed Skating Club and remained a member throughout her illustrious career. She won the Canadian Bantam Championship in 1980 in her first year of competition and followed that up with subsequent championships in midget, juvenile, and junior age groups. She has won medals at the Canada Games and at World Cup events in Europe and North America. She won Olympic gold in the 500 meters and bronze in the 1000 meters in Nagano in 1998. In 2002 in Salt Lake City she became the first Canadian to defend an Olympic championship. Catriona was selected as Canada's Female Athlete of the year in 1998, 2001 and 2002. She was installed in the Saskatchewan Sports Hall of Fame on June 17th, 2006 at a ceremony in Regina.

Diane Berg: Named SSC Outstanding Administrator for 2006

Long time Saskatoon Lions Speed Skating Club member Diane Berg joins Henrietta Goplen in an elite membership. At an awards banquet held in conjunction with Speed Skate Canada's AGM, Diane was presented with the Outstanding Administrator Award for 2006. Diane has been involved in speed skating at many levels and served on the board of directors for the SLSSC and SASSA for several years. Many of you will recognize her as the voice behind the microphone at our meets. Congratulations Diane! Henrietta won the award in 2002.

God gave us two ends - one to sit on and the other to think with. Our success depends on which end we use the most.

VOLUNTEERS - Randy Grauer

Getting involved is a great way to get to know people and to have a better understanding of the club and its operations! If you want to know how you can volunteer, please contact me @343-0778.

FUND RAISING - Fritz Schuman

Watch for bingo dates and other fund raising opportunities in the next newsletter. Call me @ 664-6832 if you have any suggestions/questions.

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 November 20th, 2006. Please give your submissions to Larry or Denelda Fast or email to deneldafast@hotmail.com. THANKS.

Computers are great inventions. There are as many mistakes now as ever, but now they're nobody's fault!

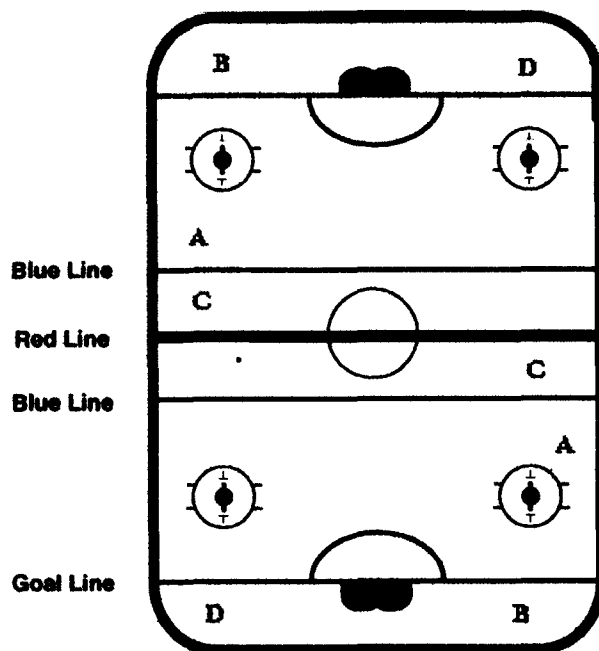
MAT INSTALLATION

The mats are required for the safety of the skaters. The following information is intended to provide an explanation as to how to set up the mats and how to remove them. At Lions Arena, there are four carts full of mats. Three are at the south east (Zamboni) end of the rink, which are moved onto the ice, and the fourth is at the south west (score clock) end of the rink. The mats on the south west cart are thrown over the glass.

NOTE: The mats kept at the south west end of the rink are not as heavy as the mats at the Zamboni end. This makes it easier to throw these mats over the glass. These mats are slightly different in color. Please try to ensure these mats are returned to this corner when they are removed from the ice.

When installing the mats, please keep in mind that the Velcro flaps on the front of the mats must go in the same direction as the skaters skate. This prevents the flaps on the mats from possibly catching on the skaters if they get too close to the mats.

There should be between 26 and 29 mats that get installed at each end of the rink. Once I get the exact count I will issue a revision indicating the exact number of mats. Please refer to the diagram below for the installation of these mats.



Start at point A on the blue line. Install mats from point A clockwise to point B at the goal line, then install two additional mats. This should take eight or nine mats. Note that when you install the mats, the Velcro flap on your left should be away from the boards, the Velcro flap on the right should be against the boards. This will keep the outside flaps on the mats going in the same direction as the skaters.

Start at point C at the red line. Install mats from point C clockwise to point D at the goal line. This should take 18 to 20 mats. Note that the mats installed from point C to point D will be in front of the mats installed from points A to B. This provides additional padding in the corners. Bungee cords are used to hold the mats in place against the boards. The bungee cords are stored in the white storage cabinet near the mat storage area on the south east side of the rink.

The mats that are kept in the south west corner of the rink should be used to provide the first layer of mats from point A to point B on the west (score clock) side of the rink.

When loading the mats back onto the carts, please ensure that all flaps are going the same direction. This makes it much easier for those setting up the mats next time, as they don't have to flip the mats to get them all going in the same direction. When rolling the carts off the ice, please make sure to lift the wheels up over the lip when going back onto the concrete and try not to get the wheels caught in cracks in the cement.

Several parents have purchased rubber ice grippers that slip over your shoes. These provide much better footing on the ice.

The more people that can help out with the set up and take down of these mats, the quicker it will go, and the more ice time the skaters will get. Please plan to help out with this each time your group is responsible.

HAVE YOU EVER WANTED TO SHARE THE CHALLENGE AND FUN OF
SPEED SKATING WITH A FRIEND? HERE IS YOUR CHANCE! THE
SLSSC COACHES ARE INVITING THEIR SKATER'S' FRIENDS TO
PRACTICE, SO

"Bring a Friend!"
on
Sunday, October 22nd

- during regular Group 1 & 2 practice times at Lions Arena
- skills development, games, races, plus a few treats!
- friends need skates (any kind), helmet, gloves, and neck guards
- friends must have waivers signed by their parent(s)

This will be a great opportunity for friends to come see what speed
skating and the SLSSC are all about.


The more the merrier!!!

SASKATCHEWAN SPEED SKATING ASSOCIATION

Calendar of Events

(ST) Short Track, (LT) Long Track, (AP) All Points

October 5 - 9	Canada Winter Games Camp (LT)	Calgary, AB
October 13 -15	Oval Invitational (ST)	Calgary, AB
November 10 - 12	SASK CUP I (ST) (AP)	Regina
November 18 - 19	SASK CUP II (ST) (AP)	Saskatoon
November 20 - 22	CAN AM CAMP (LT)	Calgary, AB
November 23 - 26	CAN AM AR/SPRINT	Calgary, AB
December 2 - 3	Canadian Junior Championships (ST)	Prince George, BC
December 9 - 10	SASK CUP III (ST) (AP)	Melville
December 26 - 27	Long Track Camp	Saskatoon
January 5 - 6	Canada Cup I (LT)	Calgary, AB
January 6 - 7	SASK CUP I (LT) (AP)	Saskatoon
January 14 - 14	Provincial Age Class Open (SASK CUP II) (LT)	Moose Jaw
January 18 - 20	Canadian Open Championships (ST)	Sudbury, ONT
January 20 -21	Alberta Open (LT)	Red Deer, AB
January 26 - 28	Canada Cup II (Junior Trials) (LT)	Fort St. John, BC
January 28 - 29	Western Regional (SASK CUP III) (LT) (AP)	Regina
February 4	City Meet (LT)	Saskatoon
February 3 - 4	Winterfest (ST)	Calgary, AB
February 3 - 4	North American Age Class Championships (LT)	Winnipeg, MB
February 10 - 11	Canadian Age Class Championships (LT)	Winnipeg, MB
February 16 - 18	Junior Country Match (LT)	Collabo, ITA
February 23 - 25	World Junior Championships (LT)	Innsbruck, AUT
February 24	SASK CUP IV (ST)	Prince Albert
February 24 - March 3	CANADA WINTER GAMES (LT/ST)	Whitehorse, YK
March 9 - 11	Canada Cup III (LT)	Ste. Foy, QC
March 9 - 11	Western Regional (AP) (ST)	Moose Jaw
March 24 - 26	North American Short Track Championships	Midland, MICH
March 30 - April 1	Canadian Age Class Championships (ST)	Dieppe, NB
May	SASSA Annual General Meeting	TBD
June	SSC Annual General Meeting	TBD

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
1	2	3 Group 3: 5:00 - 6:00pm Group 4: 6:10 - 7:15pm	4	5 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	6	7
8 NO SKATING	9 HAPPY THANKSGIVING	10 Group 3: 5:00 - 6:00pm Group 4: 6:10 - 7:15pm	11	12 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	13	14
15 Group 1: 11:45 - 12:45pm Group 2: 12:45 - 1:45pm	16	17 Group 3: 5:00 - 6:00pm Group 4: 6:10 - 7:15pm	18 Technical Practice 6:15 - 7:15am	19 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	20 SLSSC FALL SOCIAL Bowling 7:00 - 9:30pm See more inside newsletter	21 Group 4: 6:45 - 7:45am
22 BRING A FRIEND Group 1: 11:45 - 12:45pm Group 2: 12:45 - 1:45pm	23	24 Group 3: 5:00 - 6:00pm Group 4: 6:10 - 7:15pm	25 Technical Practice 6:15 - 7:15am	26 Group 1: 5:55 - 6:40pm Group 2: 6:40 - 7:25pm Group 3: 7:35 - 8:30pm Group 4: 4:45 - 5:45pm	27	28 Group 4: 6:45 - 7:45am
29 Group 1: 11:45 - 12:45pm Group 2: 12:45 - 1:45pm	30	31 Group 3: 5:00 - 6:00pm Group 4: 6:10 - 7:15pm				