

REGINA SPEED SKATING CLUB



2011-2012 MEMBERS' MANUAL (*"GREEN BOOK"*)

September 1, 2011



REGINA SPEED SKATING CLUB

Rights and Responsibilities

1. Skaters have the right to be treated with respect and courtesy at all times.
2. Skaters have the responsibility to treat skaters, coaches, officials and parents with respect and courtesy at all times.
3. Skaters have the right to compete in an environment free from prejudice, racism, sexism and harassment.
4. Skaters have the responsibility to maintain an environment free from prejudice, racism, sexism and harassment.
5. Skaters have the right to a smoke-free, drug-free and alcohol-free environment.
6. Skaters have the responsibility to be and remain smoke-free, drug-free and alcohol-free.
7. Skaters have the right to have their belongings and skating equipment treated with respect.
8. Skaters have the responsibility to treat their belongings and skating equipment with respect.
9. Skaters have the responsibility to treat other skating clubs' host properties with respect. **VANDALISM WILL NOT BE TOLERATED.**
10. Skaters have the right to have complaints handled in a decisive and timely manner in keeping with Club policy.
11. Skaters have the responsibility to bring complaints to the attention of the coach or an Executive member at the earliest possible opportunity.
12. Curfews established by coaches or chaperones must be adhered to.
13. A skater who is insolent, who disregards instructions from coaches or chaperones and who does not adhere to the rights and responsibilities as set out above, will be subject to disciplinary action which may include suspension.
14. The purpose of disciplinary action shall be to change behavior rather than punish.

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1. WELCOME!

1.1 Club Objectives

Welcome to the Regina Speed Skating Club (“RSSC” or the “Club”). The Regina Club was formed in 1965 and has as its objectives the following:

- ◆ To create an environment for the development, promotion and organization of recreational and competitive speed skating.
- ◆ To organize and participate in speed skating competitions and demonstrations.
- ◆ To encourage the development of coaches and officials.
- ◆ To provide financial assistance for developmental clinics and sanctioned meets.

This booklet has been developed to acquaint you with the Club and make your membership easier and more enjoyable. This manual can also be viewed from our website, www.reginaspeedskating.ca.

1.2 Who Can Join?

Speed skating is a sport open to girls, boys, men and women from age four and up. Some ability on skates is an asset in getting started but regular practice and enthusiasm will quickly result in improved skills for both recreational skating and racing. Members of our Club can be active skaters or associate members who assist as Club officers, competition officials or those who generally support Club activities.



2. ORGANIZATIONAL STRUCTURE OF SPEED SKATING

Any organization is only as strong as its leadership, so part of each skater's registration fee goes to the provincial and national sport governing bodies.

2.1 International Organization: International Skating Union (“ISU”)

The ISU maintains rules and regulations on an international level, many of which can apply to competitions at any level. Therefore, the following ISU manual is frequently referenced at the national level:

“SPECIAL REGULATIONS
SPEED SKATING
AND
SHORT TRACK SPEED SKATING”

This book is referred to as the Red Book and can be found at www.speedskating.ca.

2.2 National Organization: Speed Skating Canada (“SSC”)

Each skater and one parent who are registered with the RSSC are required to belong to Speed Skating Canada. The yearly fee for skaters are \$20 and the associate (parent) fee is \$5.

- ◆ SSC was previously known as CASSA (Canadian Amateur Speed Skating Association).
- ◆ Speed Skating Canada maintains their own manual called “PROCEDURES AND REGULATIONS”. This manual is frequently referred to as the “Red Book”.
- ◆ The 2011 - 2012 President of SSC is Marie-Claire Rouleau.
- ◆ The SSC website can be found at www.speedskating.ca.

2.3 Provincial Organization: Saskatchewan Amateur Speed Skating Association (“SASSA”)

Each skater and one parent who are registered with the RSSC are required to belong to the Saskatchewan Amateur Speed Skating Association (SASSA). The yearly fee for skaters is based on age class and varies from \$6 to \$69. The parent associate fee is \$11.

- ◆ SASSA may also be referred to as Saskatchewan Speed Skating.



- ◆ SASSA's policies and procedure manual is commonly referred to as the "Blue Book".
- ◆ A member of the Regina Club attends Board meetings, as the Club representative and has voting powers.
- ◆ SASSA issues "E-News" which is available on its website.
- ◆ SASSA's executive office is located at 2205 Victoria Avenue, Regina, Saskatchewan, S4P 0S4.
- ◆ The President of SASSA is Steven Krueger.
- ◆ SASSA has one part-time employee, the Executive Director (Shawn MacLennan).
- ◆ SASSA does not have a Technical Director/High Performance coach at this time.
- ◆ SASSA's website can be found at www.saskspeedskating.ca.

2.4 Club Level: Regina Speed Skating Club

RSSC is one of several clubs within the province. Other clubs include Moose Jaw, Saskatoon, Melville, Humboldt, Prince Albert and Nipawin. The Regina Club was formed in 1965 and presently calls the Jack Staples Arena (short track) and the Mount Pleasant Oval (long track) their "home".

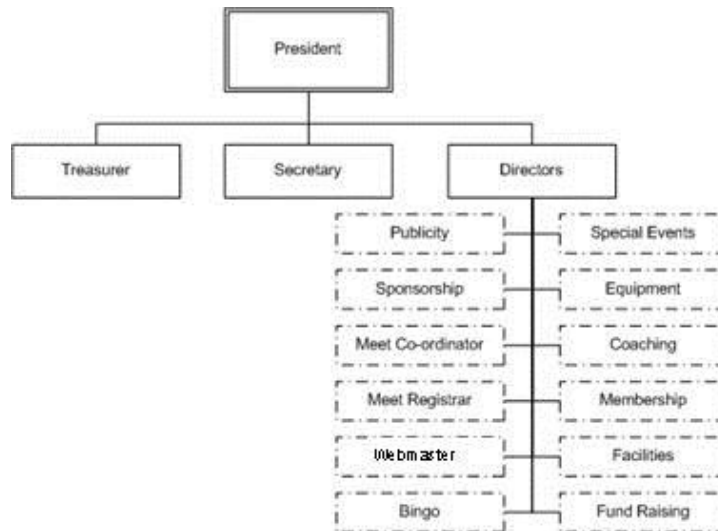
The Regina Club is run 100% by volunteers. This includes everything from coaches and officials to the Club's Executive. Everyone within the Club is encouraged to participate as we try to maintain that "one big family" feeling.

- ◆ Our Club participates actively within provincial and national organizations.
- ◆ You are currently reading our own Policies and Procedure Manual (also known as the "Members' Manual" or "Green Book").
- ◆ Our Club's website is: www.reginaspeedskating.ca
- ◆ The Club maintains a scrapbook for historical reference and all members are encouraged to save articles or pictures for inclusion in the scrapbook.
- ◆ The Regina Club also runs a Try Speed Skating Program in October. The hope is that after completion of the two week program, many of



the skaters will become full-fledged members of the RSSC.

- ◆ The following table identifies our Club's Executive structure:



Position	Member	Contact Information
President	Peggy Hennig	Phone: 565-3087 Email: phennig@unitedwayregina.ca
Secretary	Joe & Annette Marche	Phone: 949-7573 Email: marchea@sasktel.net
Treasurer	Gary Thiel	Phone: 789-0461 Email: thielfamily@accesscomm.ca
Coaching Coordinator	Glen McMaster	Phone: 787-8764 Email: Glen.McMaster@swa.ca
Equipment	Randy Wrubleski	Phone: 584-1325 Email: randy.wrubleski@sasktel.net
Facilities	Don & Ophelia Dagenais	Phone: 525-4263 Email: ofendon@sasktel.net
Fundraising	Lee Millar	Phone: 543-5994 Email: ljmillar@accesscomm.ca
Meet Coordinator	Andy Cipywnyk	Phone: 787-8764 Email: andyandsue@sasktel.net
Meet Registrar	Alexandra Sutter	Phone: 761-1730 Email: alex.sutter@sasktel.net
Membership	Lori Leugner	Phone: 545-3860 Email: mleugner@accesscomm.ca



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Position	Member	Contact Information
Webmaster	Doug Hennig	Phone: 565-3087 Email: dhennig@stonefield.com
Publicity		Phone: Email:
Sponsorship		Phone: Email:
Special Events		Phone: Email:



3. GENERAL INFORMATION

3.1 Membership Fees

The following fee structure was established for the 2011-2012 skating season. Please refer to the registration form for additional information on registration fees. Also refer to Section 7 (Competitions) for a breakdown of age categories.

5 years & younger on June 20, 2011	\$345
6/7 years on June 30, 2011	\$375
8/9 years on June 30, 2011	\$470
10/and older years on June 30, 2011	\$530
Masters (Long track)	\$200

Registration for the 2011-2012 skating season will only be accepted if all fees for the previous season have been paid in full.

Upon registration, \$50 rebate will be awarded for attending one of four speed skating camps. These camps include: Fast is Fun (SASSA's summer camp), Top Blades (Calgary), Calgary Summer Camp, and the November Long Track Camp (Calgary).

Please note the following refund policy:

- First year members have a 30-day grace period.
- Skaters temporarily injured and who plan to return within the season – no refund or pro-rating.
- Skaters who are injured or who terminate during the second half of the season and with no plans to return within the season – no refund or pro-rating.
- Skaters who are injured or who terminate prior to January 1st within the first half of the season and with no plans to return within the season must pay full SASSA/SSC fees and half of what is left of the remaining fees. This would include the volunteer and fundraising credits. Equipment is charged based on half a year.
- Any and all applications for refund of membership fees must be made in writing or by e-mail. Applications must be addressed to the Club President.



There are also fundraising and volunteer requirements. Please refer to Section 4 (Membership Participation Plan) for a description of these two components.

3.2 Practice Groups

RSSC divides skaters into three groups and practices are based upon these groups. Skating members of the Club are evaluated at the beginning of the season and grouped by the coaches. The following factors are considered during the review of each skater:

- ◆ Skating skills
- ◆ Size of skater
- ◆ Size of groups
- ◆ Age of skater

As skaters develop during the course of the season, the coaches will continue to evaluate and move skaters, group sizes permitting. RSSC holds regular practices on Tuesday and Thursday nights for Group 1. Groups 2 and 3 practice on Sunday, Tuesday and Thursday nights. Exceptions do apply during holidays, school breaks and ice availability so please pay close attention to the calendar posted on the web site.

3.3 Try to Speed Skate

The Try to Speed Skate Program commences in October and runs for approximately two weeks. The coach will gauge the level of the skaters and pick the activities accordingly.

The Try to Speed Skate children will practice at the same time as regular Club members. Children will participate in either Group 1 or Group 2, depending on skating abilities.

A child may participate in the program twice. After this, the parent and child are encouraged to join the Club as full members. Please see the registration forms for additional information.

3.4 Skating Season

Our skating season is as follows:

Group 1

- ◆ October to March – Indoors at the Jack Staples Arena (for the entire



season).

Groups 2 and 3

- ◆ October to December - Indoors at the Jack Staples Arena (short track).
- ◆ December to February - Outdoors at the Mount Pleasant Oval (long track).
- ◆ February to March - Indoors at the Jack Staples Arena (short track).

3.5 Skating Venues

(a) Long Track (Outdoor) Skating

Our ice at the Speed Skating Oval at Mount Pleasant is usually ready by the beginning of December (weather permitting). Our youngest group of skaters skate indoor all season. However, they can participate in outdoor races. Members will be informed by e-mail when the Oval is ready because it usually results in a time change for the indoor ice.

Parents are encouraged to bring their skaters to the Oval. It is quite a different sensation at the 400 metre Oval ice surface than it is in the close confines of an indoor rink. Most skaters enjoy the freedom and higher speeds they can reach. Also, all competitions and point days will be outdoors until mid-February.

Additional notes on long track:

- ◆ Racing distances vary according to the age of the skaters, with young skaters skating as short as 100m (1 side of the Oval) and Senior Olympic (ISU) skaters doing 10,000m (25 times around the Oval). Four laps of the Oval equals one mile.
- ◆ Mass Start racing is mainly for skaters under 16 years of age. Up to eight skaters will race at one time against each other to the finish line. At some competitions older skaters also race Mass Start.
- ◆ Olympic style racing (sometimes referred to as ISU) is for skaters over 13 years of age. Only two skaters race at a time, each in their own lane - referred to as inner and outer. They cross-over every lap making the distance covered even. The objective is to skate for a specific time and coaches will give them lap times to assist them.



(b) Short Track (Indoor) Skating

The indoor track is a 100 metre oval. The distance or number of laps skated in a race depends on the skater's age and ability. All racing is Mass Start, which means up to six skaters race at one time. The Meet Coordinator decides on the type of competition. It can be Age Class, All-Points or combined.

Skaters are not allowed to bump or push each other during a race.

Older skaters wear a very specialized skate with the blade offset to the left to help prevent the boot from hitting the ice as they lean into the corners.

Short track racing is an exciting combination of speed, agility and strategy as skaters maneuver for position.



4. MEMBERSHIP PARTICIPATION PLAN

4.1 The Plan

The following Plan is presented to accomplish the following objectives:

- ◆ To encourage increased participation by all members of the Club in the fundraising and volunteer activities of the Club.
- ◆ To reduce the burden on a small minority within the Club.

The Plan meets the objectives by providing mandatory, but achievable levels of participation in Club activities. The Plan divides the requirements into a fundraising and volunteer component. Financial penalties for fundraising are aimed at compensating for unfulfilled commitments, whereas the volunteer commitment aims to encourage fulfillment of the volunteer activity, rather than payment of a financial penalty.

The credits for both fundraising and volunteer work are based on an estimate of families in each group and on either the budgeted requirements for the financial commitment or the manpower requirements for the volunteer commitment.

Families with more than one skater are required to commit to the fundraising level for the skater in the most advanced level, plus \$50 for each of the next two skaters. This is the maximum amount a family must commit to, even if they have more than three skaters skating.

Calgary skaters will receive the same funding as Regina skaters, provided they fulfill the Membership Participation Plan requirements at the same level as the Regina-funded skaters.

Post-dated cheques must be provided at the beginning of each skating year. One post-dated cheque will be required for each \$50 in fundraising requirements and also \$50 for every 25 volunteer credits.

4.2 Fundraising Component

Fundraising is an essential component in the operation of the Club and requires commitment from Club members. As such, the Club provides several fundraising opportunities for members.

The Club's policy provides 100% of the fundraising profits as credit to members in order to encourage participation. The exceptions are:

- ◆ Safety mat sponsorship – get a company to purchase a logo to be



applied to a mat for \$500 and you will receive a \$250 credit.

The fundraising requirements are as follows:

<u>Level</u>	<u>Fund-raising Requirement</u>
New Members * ¹	
5 years & younger on June 30, 2011	\$75
6/7 years on June 30, 2011	\$75
8/9 years on June 30, 2011	\$75
10 years or older on June 30, 2011	\$175
Returning Members	
5 years & younger on June 30, 2011	\$100
6/7 years on June 30, 2011	\$250
8/9 years on June 30, 2011	\$300
10/11 years on June 30, 2011	\$350
12 years or older on June 30, 2011	\$400
Head Coaches	\$0

*¹ – A new member is anyone who registers with the Club, as a regular member, for the first time. Previous Learn-to-Skate registrants, whose family are not already Club members, now joining the Club as regular members, are considered new members.

4.3 Establishing a "Skater Account"

After the fundraising requirements have been met, members have the option of doing extra fundraising. 50% of the extra funds earned will be credited to their skater account and 50% will go to the Club.

The extra funds raised will be held in "trust" in your skater account and may be disbursed at the end of the skating season.

The funds in your Skater Account can only be used (in the following skating season) as follows:

- (i) Club registration fees.
- (ii) Competition fees (at all levels).
- (iii) Club bus trips.
- (iv) Purchase of Club and provincial team skin suits.
- (v) Airfare to Canadian Championships and national ranking meets.
- (vi) Fast-is-Fun Camp fees.
- (vii) Calgary Camp fees.
- (viii) Skates and equipment purchased from the Club.

Fundraising credits cannot be used towards volunteer credits.



Members must submit copies of receipts to the Treasurer to receive reimbursement. These invoices must be submitted by March 31st of each year.

If you should leave the Club and not use the funds in your skater account, then these funds will be transferred to the Club's general account.

4.4 Volunteer Component

The RSSC is an organization of volunteers. As volunteers perform all duties, we must ensure there is at least a minimum level of commitment from each member. Otherwise, the Club is unable to perform the various activities planned for the season. Therefore, all members are encouraged to fulfill their volunteer requirements, rather than paying out this requirement.

Planned activities for the upcoming season determine the level of volunteer credits to be covered by the members. The forecast for the 2011-2012 season:

- ◆ The Club will hold two sanctioned competitions each year.

4.5 Volunteer Requirements

<u>Level</u>	<u>Volunteer Credits</u>
5 years & younger on June 30, 2011 & and New Members	50
6/7 years on June 30, 2011	135
8/9 years on June 30, 2011	200
10/11 years on June 30, 2011	250
12 years or older on June 30, 2011	300
Funded Skaters	350

Families with more than one skater are required to commit to the volunteer requirements for the skater in the most advanced level. This is the maximum amount a family must commit to, even if they have more than one skater.

4.6 How to Earn Volunteer Credits

SSC/SASSA President	Exempt
SSC/SASSA Executive	200 credits



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RSSC President	Exempt
All other RSSC executive positions	200 credits
Head Coach	Exempt
Certified Coach	Exempt
Parent Helper on Ice (parent helper must be there at least 50% of the time)	100 credits
Meat Sale Coordinator	50 credits
Skate-a-thon Coordinator	25 credits
Volunteer/Fundraising Credit Coordinator	50 credits
Fall Classic Food Coordinator	75 credits
Long Track Meet Food Coordinator	75 credits
“Personal Best Program” Coordinator	50 credits
Club Statistician	100 credits
Construction Volunteer	30 credits per day
Meet Volunteer	30 credits per day

(Accredited officials will earn an extra 20 credits per day. To qualify as an accredited official, a member must have taken the Level 1 speed skating officials course prior to the end of the season. If you complete the Level 1 course during the 2011/12 season, you will earn a one-time only 20 credits.)

Throughout the year other volunteer options may be available and the number of credits earned will be determined at that time.

The Club's year end is May 31, 2012. Members are required to fulfill their fundraising and volunteer commitments by this date. If not, your post-dated cheques will be cashed to cover the amount owing or any other expense incurred against the Club, such as skate rentals.

Volunteer credits are paid out at the rate of \$2 per credit. For example, if a 12 year old skater (who is required to volunteer for 300 credits during the year) volunteers for 100 credits, he will be required to pay for 200 credits x \$2 = \$400.



5. EQUIPMENT AND FACILITIES

5.1 Equipment

(a) Long Blade Skates

(i) *Overview:*

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 the skates made specifically for different kinds of skating. The skate with picks is used for figure skating and the short blade skate is used for hockey. European countries still recognize the fact that long blade skating is far superior to other types for racing, touring, recreational and beginners. This, unfortunately, is not the case in North America.

The Regina Speed Skating Club is endeavoring to promote and preserve this exciting and valuable sport for the promotion of all round development in endurance and agility.

(ii) *Why Long Blades???*

- ◆ Long blades are easier to balance on, therefore, easier to learn to skate on.
- ◆ Long blades are flat on the bottom, not hollow ground, and therefore more efficient. You glide further with each stroke and skate further with less effort.
- ◆ A fairly recent development in long track skating is the “clap” mechanism, so named for the sound made as you skate. Since the blade is only attached to the toe of the boot, the blade pivots away from your heel as you take each stride. When you lift your foot from the ice, springs snap the blade back into the resting position. The theory is that the longer the blade is on the ice, and the more the blade is on the ice, then the more power you can transfer during your stride.

(b) Skates

Any kind of skates will do to start. Skates can be bought second hand or new through the Club or second hand through other Club members.



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In the Learn-to-Skate Program hockey skates are preferable to figure skates.

Laces are too long if they can be wrapped around the ankle or foot. This should NOT be done. Skates must be kept **sharp** at all times. It is very frustrating trying to skate on dull skates.

(i) *Club Rental Program – Short Track Boot Program (STBP)*

Simplified view: You can rent boots/blades from the club for \$70 per season.

Detailed description: At the start of the season you buy your boots from the inventory that the club has on hand. The price of the boot/blade package will depend on the depreciated value of the package. Most boots range in value from \$210 to \$490.

At the end of the season, the club will buy the STBP boots back from you. We take the amount that you originally paid and subtract \$70 for each season that the boots were in your possession.

For example, the STBP has a pair of boots that originally cost \$490. The boots have been used three seasons and so the depreciated value is now \$280. You purchase the boots for the \$280, use them for the season and when returned at the end of the season, the STBP will buy the boots back for \$210. Or perhaps, you keep the boots for two seasons and then return them. STBP would buy the boots back for \$140.

Advantages of this program:

- If the skater outgrows the boot before the end of the season, you can move up in boot sizes with no increase in the season ending fee (\$70). You will need to cover the difference in the value of the boots though. (You had a \$210 pair of size 3 and upgraded to a \$350 pair of size 4. You need to pay the difference in boot value (\$140) at the time of the exchange but at the end of the season you would get back \$280 for a net charge of \$70 for the season.)
- Each STBP is entitled to one free rockering. In most cases, the rockering is performed on your blades just prior to the start of the season. A rockering would typically cost between \$10 and \$30 depending on the condition of the blades.



- STBP boots now come with club guards. Please note, when the boots are returned, the guards must be returned as well.
- You are free to sell your STBP boots to anyone, you do not need to sell them back to the club.

Disadvantages of this program

- This isn't really a disadvantage of the program so much as a statement regarding any boots, whether part of the STBP program or purchased by yourself elsewhere. "You are responsible for any lost or stolen items".
- STBP boots/blades continue to depreciate while they are in your possession, whether you are skating or not.

(ii) *Caring for your Skating Equipment*

Your skate's # 1 enemy is water. And as can be expected, your skating boots and blades are in constant contact with water. Therefore, skaters are required to maintain the water repellent properties of the boot and keep their blades rust-free. The following is the recommended maintenance program to insure your skates continue to look good and last long!

1. Skate blades should be wiped dry every time you leave the ice surface. This includes practices and competitions.
2. Skate guards should be on the blades any time you are wearing the boots and you are not on the ice surface. This helps to maintain the sharpness of the blade.
3. Remove the guards from the blades any time the boots are not on your feet. This means guards should not be left on the blades while the boots are lying in the dressing room or stored in your skate bag. It is recommended that you cover the blades with a cloth or socks whenever the guards aren't on. This will help to protect the contents of your bag from being cut by the blades. The cloth cover will also help to wick condensation away from the blade.
4. Your skate boots should be polished at least a couple of times during the season (leather boots) or sprayed with a water repellent if the boot is made of a non-leather material.
5. Boots can also be treated with mink oil or dubbin to increase the water-repellent characteristics of the boot.
6. When sharpening your blades, be sure to apply minimal pressure to the sharpening stone. Insure the stone passes over the entire length of the blade. Short track



blades have a pre-set radius (“rocker”) of 8 or 9 meters and inappropriate sharpening could either flatten the blade or, more commonly, round the end of the blades off so that less of the blade is coming in contact with the ice than is desired. It has been estimated that a badly rockered blade will give a skater a 10-20% handicap in performance.

7. De-bur your blades after every practice and in between races.
8. The tips of your blades should not be allowed to become too pointed (This tends to happen after numerous sharpenings). A general guideline to follow is to place a dime on the end of the blade and confirm that the radius is no tighter than that of the dime. Contact your coach or the equipment manager if you think your blades are becoming too “pointy”.
9. Club rentals are for the purpose of speed skating. Other purposes, such as inline skating, should be discussed with the club prior to such use. If any signs of unusual wear appear such as leather peeling or seams separating, please contact your coach or the equipment manager immediately so that repairs can be made as quickly as possible.

(iii) Long Track Rental Program (LTRP)

Simplified view: You can rent long track boots (\$35) and/or clap blades (\$35) from the club the long track season.

Detailed description: Unlike the short track program (STBP), the long track program (LTRP) retains ownership of all equipment. The skater will pay rental of the equipment up-front and must return the LTRP equipment prior to February 28th. Boots rent for \$25 or \$35 and clap blades also rent for \$25 or \$35. The components are priced separately because in many cases it is possible to mount the clap blade onto your short track boot (no need to rent a long track boot).

Additional notes:

1. Younger skaters should use their short track equipment while skating long track. As the skater’s abilities increase, the time will come when the coach will recommend the move to claps.
2. There is a very limited supply of fixed (non-clap) blades that have been rockered for long track ice. This is an option for younger kids who are skating long track but using the short track boots. This is no rental for these



blades (first come, first serve) but you will be charged \$50 if they are not returned by the end of February.

3. The club just recently entered into the area of long track equipment rental. As such the equipment supply is limited. First come, first served but we will order new boots if the skater demand is there.

(iv) *Heat Molding Instructions*

Skating boots are equipped with heat moldable thermoplastics, typically in the ankle area (some skates may have heat moldable tongues). The boots can be heat molded using a hair dryer and the following instructions are applicable to a dryer:

1. Hold the dryer about 5 cm from the spot you wish to mold, keeping the dryer circling so you don't scorch the leather.
2. Heat both inside and out on that spot till quite warm to the touch. For best results, you may want to do a single side of one skate at a time.
3. When heated sufficiently, place boots immediately onto your feet, force your heel well back into the boot, place the tongue in the correct position and lace up tightly. Leave on until the boot has cooled. Be sure to stay in basic position while molding.
4. Repeat the above steps for each area that you want to mold.
5. Blades and bolts should be removed from the boot during the molding process as you must NOT stand on the boots with hardware attached.

Please keep an eye on the sizing of the boot relative to your child's feet. While you can upsize your skate at any time during the season, be aware that the club has only a limited number of skates in stock. Ordering boots during the skating season will typically result in at least a one month delay in orders being filled.

The club's skate rental program is run on a break-even basis. Therefore, the longer our skates last, the lower the costs to the club and ultimately, the lower the cost to the skater!

(v) *Notes on Skater Safety*

The following are steps that skaters can take to insure their safety and minimize the possibility of accident:



1. Skate laces should be maintained at the minimum length required for tying. Long ends flopping on the ice will result in a skater disqualification during competitions. If you need to shorten laces, cut the excess amount from the middle, tie a knot and replace the laces. This will allow retention of the plastic ends of the laces.
2. Frayed laces should be replaced before they break. Murphy's law has shown that the probability of a lace breaking is directly proportional to the lateness of the skater for making their race!
3. The small bolts used to attach the blades to L-brackets (cups) and the larger bolts that attach the cups to the boot should be checked for tightness on a regular basis. Check with your coach if you need to borrow a wrench.
4. Currently, provincial rules mandate the wearing of eye-protective gear.
5. Mandatory short track skating safety gear includes soccer-style shin guards, kneepads, cut resistant gloves and bib-style neck protector. For 13 year old skaters and older, the helmet must meet the stricter ISU safety standards. For 11 year old skaters and younger, any hard shelled helmet will suffice provided the helmet has no air vents large enough for a skate blade to pass through (therefore, most styles of cycling helmets are not allowed).
6. Ripped or torn skin suits cannot be worn as no exposed flesh is allowed below the neck (unless something is worn under the skin suit to cover the exposed area).
7. Skates should be sharpened on a regular basis. Dull blades will result in more frequent falls. If you do not possess sharpening equipment, several skaters within the club will sharpen skates for a nominal fee. A list of those able to sharpen skates can be found on the website.

(c) *Helmets and Gloves*

- ◆ Helmets and gloves must be worn at all times by skaters in the Learn-to-Skate Program and by all skaters for short track (indoors) training and competitions.
- ◆ Cycling or other hard shell helmets are satisfactory for younger skaters. Please note that Speed Skating Canada has recently passed rules outlining very specific requirements for helmets. If you are in the process of purchasing a helmet, please check with your coach to determine the helmet you are looking at meets the current SSC standards.



- ◆ Gloves or mitts must be made of leather or synthetic leather.

(d) Neck Protectors, Shin Guards and Knee Pads

A Kevlar bib-style neck protector, hard plastic, soccer-type shin guards and basketball knee pads are mandatory for **ALL** skaters for short track (indoor) training and competitions.

Safety Glasses

Shatterproof safety glasses are recommended for **all** skaters.

(e) Clothing

Stretch tights for older skaters or wind suits for younger skaters are the most appropriate. Skaters have to be able to move freely to skate well. Baggy pant legs should be avoided as they catch too much wind and could possibly cause the skater to catch their skate and fall.

5.2 Keeping Warm (Long Track)

An extra pair of underwear under tights or sweat pants and a turtleneck and a sweatshirt is usually enough, along with a windproof jacket and mitts. Always dress in layers.

A good toque which comes under the chin is advisable (keep in mind if a skater's toque comes off during a race he/she may be disqualified).

Skaters participating in long track mass start races will be required to wear a helmet. In this case, a balaclava worn underneath the helmet is recommended.

A neck and face warmer is an absolute necessity. They don't come loose or slip like a scarf does.

Bring a pair of socks that can be put on just before going out on the ice. Damp socks lead to cold feet.

When skating at the Oval, it is an absolute must for skaters to wait for their coach and group before going out on the ice. It is equally necessary to be ready to go out on the ice at the stated time. If this does not happen, skaters are usually out on the ice by themselves while their group is warming up, or vice versa.

5.3 Skate Sharpening



Long blades must be sharpened by hand using stones and a support called a "jig". The Club provides sharpening clinics during the year for those who wish to learn. Some of the older skaters will also sharpen skates for you for a fee.

5.4 Facilities

All short track (indoor) skating is done at the Jack Staples Arena (444 N Broad St.). Long Track (outdoor) skating is at the Mount Pleasant Oval (Winnipeg Street and Ring Road).

5.5 Wind Chill

The wind chill chart shows the hazards and risk of frostbite.



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Wind Chill Hazards and Risk of Frostbite			
Wind Chill	Risk of frostbite	Health Concern	What to do
0 to -9	Low	- Slight increase in discomfort	- Normal outdoor practice at the Oval - Dress warmly, with the outside temperature in mind.
-10 to -27	Low	- Uncomfortable - Risk of hypothermia if outside for long periods without adequate protection	- Normal outdoor practice at the Oval - Dress in layers of warm clothing, with an outer layer that is wind-resistant. - Wear a toque, mittens, neck tube
-28 to -39	Increasing risk: exposed skin can freeze in 10 to 30 minutes	- Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness - Risk of hypothermia if outside for long periods without adequate protection	- Practice will be modified to include both indoor dryland training & shorter outdoor training sessions at the oval. - Dress in layers of warm clothing, with an outer layer that is wind-resistant. - Cover exposed skin: wear a toque, mittens, neck tube and facemask.
-40 to -47	High risk: exposed skin can freeze in 5 to 10 minutes*	- Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness (frostbite) - Risk of hypothermia if outside for long periods without adequate protection	- Practice will be modified to include both indoor dryland training & very short outdoor training sessions at the oval. - Dress in layers of warm clothing, with an outer layer that is wind-resistant. - Cover all exposed skin: wear a toque, mittens, neck tube and facemask.
WARNING LEVEL** -48 to -54	High risk: exposed skin can freeze in 2 to 5 minutes*	- Check face and extremities frequently for numbness or whiteness (frostbite) - Serious risk of hypothermia if outside for long periods	- Practice will be modified, indoor dryland training at the oval. - Be careful. Dress very warmly in layers of clothing, with an outer layer that is wind-resistant. - Cover all exposed skin: wear a hat, mittens, neck tube and facemask. - Be ready to cut short or cancel outdoor activities.
-55 and colder	High risk: exposed skin can freeze in less than 2 minutes	DANGER! - Outdoor conditions are hazardous	- Practice will be modified, indoor dryland training at the oval. - Stay indoors.

* In sustained winds over 50 km/h, frostbite can occur faster than indicated.

If in doubt, call: Weather Office at 780-5744 OR Your Head Coach



6. COACHING

6.1 Coaches

All coaches with the Regina Speed Skating Club are **VOLUNTEERS**. They are certified under the National Coaches Certification Program (NCCP). The Club welcomes new coaches and encourages anyone who has an interest in skating to become involved. It is not necessary to have a background in speed skating.

6.2 Coaching Philosophy - RSSC

The Club understands that successful coaches are usually able to develop deep and understanding relationships with their athletes. The athletes feel the coach genuinely cares about them, that they like and respect one another. We appreciate that this does not happen overnight. It happens the longer the coach and the athlete work together and the more they are involved in intensive training programs.

Yes we want to develop winners, but we also want to do everything we can to encourage those skaters who may never be champions to stay with the Club and enjoy the sport. With the above philosophy in mind, we encourage our coaches:

- ◆ To be supportive and encouraging to all skaters whether they are just learning or of National Team caliber.
- ◆ To be positive, not negative, in the teaching of skills.
- ◆ To plan practices carefully so that skating skills are taught while making the practice as fun and as varied as possible.
- ◆ To be willing to communicate with the skaters, other coaches, and parents by asking questions, listening and encouraging expression.
- ◆ To keep accurate and detailed records for all skaters.
- ◆ To encourage the approach of "doing your best" or "trying to improve your time" instead of just the aspect of winning.
- ◆ To encourage good sportsmanship with other skaters and other clubs.
- ◆ To aim for "excellence", but encourage "effort".

6.3 Technical Director and High Performance Coach



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The provincial body, Saskatchewan Speed Skating, does not have a Technical director and High Performance coach at this time.



7. COMPETITIONS

7.1 Competitions

Our Club encourages family participation at all our events and hopes that all members become involved in Club activities.

7.2 Age Classes

CATEGORY NAME	SKATER'S AGE		CALCULATION OF AGE
	MALE	FEMALE	
FUNDAMENTALS (FUND)	6 to 9	6 to 8	Age of participant on July 1 st prior to the event
LEARNING TO TRAIN (L2T)	10 to 12	9 to 11	
TRAINING TO TRAIN (T2T)	12	11	Events between July 1 st & December 31 st : Age of participant on January 1 st prior to the event Events between January 1 st & June 30 th : Age of participant on July 1 st prior to the event
	13	12	
	14	13	
	15	14	
JUNIOR B	15 or 16		Age of participant on July 1 st prior to the event
JUNIOR A	17 or 18		
NEO SENIOR B	19 or 20		
NEO SENIOR A	21 or 22		
SENIOR	23+		
MASTERS 30+	30+		
MASTERS 35+	35+		
MASTERS 40+	40+		
MASTERS 45+	45+		
MASTERS 50+	50+		
MASTERS 55+	55+		
MASTERS 60+	60+		
MASTERS 65+	65+		
MASTERS 70+	70+		
MASTERS 75+	75+		
MASTERS 80+	80+		
MASTERS 85+	85+		

7.3 Age Classes and Distances

The distances are based on estimations of skaters' speed relative to their stage of development and ISU distances for Junior B and older skaters. Marathon distances are defined within the special regulations for marathon.

The following distances are officially recognized by SSC for the following age categories. Where different size tracks are used, proportionate number of laps should be used to determine the actual distance raced. Other distances respecting the stage-appropriate durations may be raced at the discretion of competition/event organizers.



	SKATER'S AGE		SHORT TRACK		LONG TRACK		
	MALE	FEMALE	INDIVIDUAL	TEAM	INDIVIDUAL	TEAM	
FUNDAMENTALS (FUNd)	6 to 9	6 to 8	27m*, 50m, 100m, 200m	N/A	25m, 50m, 100m, 200m	N/A	
LEARNING TO TRAIN (L2T)	10 to 12	9 to 11	27m*, 50m, 100m, 200m, 300m, 3000m	Relay: 2000m	25m, 50m, 100m, 200m, 300m, 400m, 3000m	Relay: 5 laps	
TRAINING TO TRAIN (T2T)	12	11	27m*, 100m, 200m, 300m, 400m, 500m, 3000m		Relay: 2000m		27m*, 50m, 100m, 200m, 300m, 500m, 2400m, 3000m, 5000m
	13	12					
	14	13	100m, 200m, 300m, 400m, 500m, 1500m, 3000m		Relay: 3000m		100m, 200m, 300m, 500m, 2400m, 3000m, 5000m
	15	14					
JUNIOR B	15 or 16		111m, 500m, 1000m, 1500m, 3000m	Relay: 3000m, 5000m	100m, 500m, 1000m, 1500m, 3000m, 5000m	Team Pursuit: 6 or 8 laps	
JUNIOR A	17 or 18						
NEO SENIOR B	19 or 20						
NEO SENIOR A	21 or 22						
SENIOR	23+						
MASTERS 30+	30+		500m, 777m, 1000m, 1500m	Relay: 3000m	500m, 1000m, 1500m, 3000m Marathon distances: see special regulations for marathon	Team Pursuit: 6 or 8 laps	
MASTERS 35+	35+						
MASTERS 40+	40+						
MASTERS 45+	45+						
MASTERS 50+	50+						
MASTERS 55+	55+						
MASTERS 60+	60+						
MASTERS 65+	65+						
MASTERS 70+	70+						
MASTERS 75+	75+						
MASTERS 80+	80+						
MASTERS 85+	85+						

* Approximation based on the distance from the hockey goal line to center ice for the execution of a straight-line race.

7.4 Types of Mass Start Competitions

(a) Age Class

Skaters compete in their Age Class. It is not co-ed. The Age Classes are divided into "A" and "B". Any skater may skate "A" but it becomes mandatory to skate "A" once you skate a distance at 120% of the Canadian record. This is currently our Provincial standard. Depending on the sanction of the competition (Provincial/Canadian) skaters can be eligible to set new provincial and Canadian records. Usually all four distances are skated and skaters can skate each distance 1 - 3 times, depending on the number of skaters registered (i.e. there could only be enough skaters to have a final race or there could be enough for heats, semis and finals).

(b) All-Points

Skaters are seeded into groupings of 12 - 18 skaters according to the times submitted on their application forms. These groups are co-ed. The skater will stay in that grouping for the entire competition. The first time a distance is skated, each grouping would be divided into three smaller groups which are once again selected according to submitted times. Skaters then advance to a primary, secondary and tertiary final race, depending on the



skater's time or placing from the first race. Skaters will usually skate four distances with a minimum of 8 races.

All-Points meets are based on ability and the races are usually very close. This gives all skaters good competition that they may not get skating in Age Class races, where there may only be a few skaters with varying abilities.

7.5 Sask. Cup Series Awards

All in-province 2-day competitions are considered to be part of the Sask Cup series and skaters have the opportunity to accumulate Sask Cup points at these competitions. Skaters with the most accumulated points at the end of the season will receive awards from Saskatchewan Speed Skating. Please refer to the Saskatchewan Speed Skating website (www.saskspeedskating.ca) for additional details.

During the 2011-2012 season, you can look forward to in-province competitions in Regina, Moose Jaw, Saskatoon, Melville, and Prince Albert.

7.6 Christmas Party

A great "family fun" time at the Oval, featuring skating and munchies.

7.7 Mini-Meets and Point Days

These are small, low-key races with members of our own Club. These meets are also an excellent introduction to racing for new and younger skaters. Points are earned and accumulated toward the annual Age Class awards.

7.8 Provincial Competitions

One long track (outdoor) and one short track (indoor) competition is held in Saskatchewan to determine provincial champions. We would like all our skaters to try to attend these competitions. These are Age Class competitions, but have both "A" and "B" categories. Gold, silver and bronze medals are awarded to the overall winners in each Age Class, for both "A" and "B". These are 2-day competitions, with heats and finals for two distances being run on Saturday and two on Sunday. Note that for indoor meets, racing usually begins Friday evening for 13 year old and older skaters.

7.9 Western Regional Competitions

These competitions are organized in the same manner as the provincial competitions, but have out-of-province skaters attending. All skaters are



eligible to attend these competitions as well. These competitions are usually very large and excellent competitions.

7.10 Out-of-Province Competitions

Our Club attends one long track (outdoor) and one short track (indoor) competition in either Manitoba or Alberta. Every Club member is eligible to attend these competitions.

7.11 National Championships

Skaters must qualify to skate at these competitions. Qualifications are based on standards set by Saskatchewan Speed Skating.

7.12 Masters Competitions

The Masters Program was started to encourage parents, retired skaters or anyone interested in physical activity to participate. The only requirement is that you must be over 30 years of age. Most competitions include a Master's category.



8. POLICIES AND PROCEDURES

8.1 Skate Purchase Program

The Club has a good supply of indoor and outdoor skates that will be available for purchase. The Club guarantees to buy back these skates at a depreciated price, depending on years of use.

8.2 Funding

(a) Coaches

- ◆ It is traditional to give a gift as a token of thanks to all of the volunteer coaches.
- ◆ The Club pays the travel expenses of its coaches to meets, based on the number of skaters attending.
- ◆ The Club pays the coaches' registration fee to coaching clinics.
- ◆ The Club is to set aside a fund for coaching development.

(b) Regina Club Skaters

Funded skaters are skaters who receive extra funding to attend National and Ranking Competitions. It is meant to help offset the costs of RSSC skaters attending meets so costs are not a barrier to attend. It does not apply to Saskatchewan Speed Skating funding. (Saskatchewan Speed Skating provides partial funding of air travel for competitions to non-adjointing provinces.) A skater becomes a Funded Skater **the year after they qualify for the Provincial Team and receive funding from the RSSC**. As a funded skater they must work the fundraising and volunteer credits of a Funded Skater as defined by the Membership Participation Plan (as of 2002 it is an extra \$50 for fundraising and 50 volunteer credits).

The Club funds \$30 per competition day per skater, to a maximum of \$90 per competition, for qualified skaters attending the National Championships, National team ranking meets including Canada Cups and Junior Short Track Trials.

To qualify for per diem funding:

- Competition must be held outside of Regina.
- For Canadian Mass Start LT & ST Champions, the skater must meet the current years funded criteria times as specified in the SASSA Technical package.



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- For ISU, skaters must qualify with 120% or less of ISU (Olympic) Canadian Records based on cumulative times over 3 distances.
- For Short Track trials, skaters must meet the same specified pursuit criteria for SASSA funding.
- Funding will also be granted if the skater attends the meet as unfunded and skates the qualifying times at the meet.
- The Club may pay a portion of air travel not covered by SASSA.

The Calgary skaters will also receive skater per diems as long as they fulfill the Membership Participation requirements at the same level as the Regina Funded skaters. The funding criteria will be based on the Funding Criteria/Advance Program from the Saskatchewan Speed Skating Technical package (if the skater receives funding from Saskatchewan Speed Skating, they will receive per diem funding from the RSSC).

(c) Calgary Skaters

Skaters who wish to register with the Regina Speed Skating Club, who have been members in the past and are not able to skate with the Club, shall be treated in the following manner:

- ◆ They will pay the patron fee plus the Speed Skating Canada and Saskatchewan Speed Skating fees and will be recognized as a Regina Speed Skating Club skater.
- ◆ Skaters will receive the same funding as Regina skaters provided they fulfill the Membership Participation Plan requirements at the same level as the Regina-funded skaters.

(d) Executive and Officials

- ◆ RSSC is to provide funds for official upgrading.
- ◆ The Club is to pay the membership for chief officials working at meets if they do not hold a Speed Skating Canada membership.

(e) Club Purchases

- ◆ Approval by the Club Executive is required **before** the purchase is made.



8.3 Meets and Trips

(a) Meets: Club Policy Regarding Registration

- ◆ When meet registration forms are received by the Meet Registrar in charge of meet registration, the Meet Registrar will set a deadline whereby all forms and entry fees are to be returned. It is the skater's or parent's responsibility to pick up and return forms and fees.
- ◆ Bus fees, where applicable, are to be collected on the registration date or dates set by the Meet Registrar.

If any of the above stipulations are not adhered to, then it is the skater's or parent's responsibility to make their own arrangements.

(b) Curfew

- ◆ Club curfew time is 11:00 p.m. There is NO alcohol allowed in rooms where skaters are staying.

8.4 Medical Doctor

- ◆ Should be present at all meets.

8.5 Budget

- ◆ Meets are to be budgeted for a "break-even" basis - NOT for profit.

8.6 Bus Trip

- ◆ Smoking is prohibited on the bus.
- ◆ First preference is given to skaters, coaches and chaperones.
- ◆ Only general (G-rated) movies will be shown on Club sponsored bus trips.

8.7 Chaperones

- ◆ Skaters, under the age of 18, who travel to out-of-town competitions must be accompanied by a parent or an adult chaperone. Parents who cannot accompany their skater must complete a form at the time of registration for the meet stating who will be their child's chaperone. This chaperone may be another speed skating parent or a coach.



9. YEAR-END AWARDS AND BANQUET

The awards banquet is an evening of fun where we pat ourselves on the back for all our hard work throughout the season. All season the coaches have been keeping the skaters' times at every competition. They are given to the skaters on this special night.

9.1 The Cutting Edge: Speed Skating Canada Badge Program

- ◆ Provides motivation and incentive for all skaters, young or old, experienced or inexperienced, to improve their skating skills.
- ◆ Emphasizes the development of confidence and competence with basic skating skills within a speed skating context.
- ◆ There are eleven pins: white, yellow, orange, red, violet, blue, green, black, bronze, silver and gold.
- ◆ Skills range from falling down and getting up to actual speed skating techniques.
- ◆ Pins will be awarded at our annual awards night. Skaters may receive more than one pin. Testing will be done at designated practices throughout the year.

9.2 Proficiency Pins

These are Saskatchewan Speed Skating awards based on the times skated. They change each year when records are broken.

9.3 Class Champions

(a) Age Class Champions (11 year old and Younger)

The criteria for the awards will be based on a matrix of factors which will include:

- Performance at point's nights;
- Performance at meets;
- Coachability;
- Attitude;
- Improvement in terms of faster times and technical ability.

Determining which of our skaters will win awards will be based on this rating rubric.

Champions will receive a plaque. For Active Start skaters the Class



Championship winner will be determined by points earned at "Points Nights" and all Regina meets. For FUNDamentals and Learn to Train skaters, the Class Championship winners will be determined by points earned at "Points Nights", Regina meets and Moose Jaw meets. For Train to Train skaters, the Class Championship will be determined by points earned at "Point Nights", all Regina meets, the two Provincial competitions and the two Western Regional competitions.

(b) Long Track Mass Start

Awarded to the skater (Junior to Senior Age Class) that has the lowest percentage against the Canadian Long Track Mass Start Records for their current age class.

(c) Short Track Mass Start

Awarded to the skater (Junior to Senior Age Class) that has the lowest percentage against the Canadian Short Track Mass Start Records for their current age class.

(d) Long Track ISU

Awarded to the skater (Junior to Senior Ages) that has the lowest percentage against the Canadian Long Track ISU Junior Records.

9.4 Special Awards

(a) Outstanding Achievement

This award acknowledges outstanding accomplishments of a Regina skater who now trains and skates outside of our Club.

(b) Skater of the Year

This award is considered the highest form of recognition given by the Club to a skater, Junior and up, currently skating with the Club. It is awarded yearly to the skater whose accomplishments warrant recognition nationally. This decision is made by the coaches using National Championships and ranking competitions as criteria.

(c) Most Improved Skater

Two awards will be given; one skater will be chosen from the skaters in **Learn to Train and lower age class** and the second skater will be chosen from the skaters in **Train to Train and up** .

The awards will be awarded to the skater who has shown the most



improvement from the previous year. To determine a winner, a number of combinations are reviewed. Some examples would be: percentages of improvement in personal best times, technical improvements and attitude.

(d) Most Dedicated Skater

A subjective selection made by coaches of a skater who by his/her attendance, attitude, and perseverance shows dedication to the sport. The winning of medals or standing at competitions has no reflection on the awarding of this trophy.

(e) Rookie of the Year

Awarded to a first year skater whose competition results are beyond the coaches' expectations for a rookie. In making this decision, the rookie's competition and age group are considered.

(f) Master Skater of the Year

Awarded to the top Master skater.

(g) Roy Fletcher Volunteer Award

This award is presented to an individual who shows volunteer commitment to the sport of speed skating in the spirit and fellowship shown by long time volunteer and friend to speed skating, Mr. Roy Fletcher. The criteria for selection are:

- Recipient must have assumed a significant role in a volunteer position for several years.
- Provide a positive environment that encourages others to take on volunteer positions in the RSSC.
- The year the award is presented, it is suggested that the recipient has taken on a major volunteer responsibility in the Club or within the speed skating fraternity.

The recipient of the Roy Fletcher Volunteer Award is to be made by a committee of at least three people, consisting of two current members of the RSSC Executive plus one or more others, who may include past recipients.