



Welcome and thank you for registering for the Regina Speed Skating Club Season 2025-26!

We will be having skate fitting at the Oval at Mount Pleasant sports park at the Whip building (right through the gates towards the club house) on September 15, 2025 at 6:30pm. We will be having a parent's information meeting by google meet on October 1, 2025 at 7:00pm. Please attend if you are able as there will be information on our skating season, equipment, volunteering, fundraising, and a time for questions.

Speedskating (Short track) will be starting up on **Tuesday October 14th at the Jack Staples Arena, 444 North Broad Street, Regina, SK S4R 2X9.**

This year, we will use TeamLinkt for all communications. You will receive an email once registered with links to activate your account. SLACK will not be used after August 31, 2025.

The following are our skater groups. We changed from letters to digits. **If you are unsure of which group to register your skater in, please message Kimberly Engel on TeamLinkt.** For a general guide:

Group 1/2 – Beginner/newer (1-2 years) skater. Skaters aged as young as 4 years old. The program is structured to develop the learning on the ice in a fun, healthy, and safe environment. Through a variety of games and playful exercises, young skaters move forward, backward, jump, turn, brake, cross over, fall, and get up. The program, structured by certified instructors, aims to develop the overall skills of skaters so they can be agile on the ice in speed skates. Some skating experience is an asset, but older new skaters can also benefit from this group. Skaters can participate in hockey or figure skates and transition to speed skates (rentals available). Skaters can also start the season in speed skates, skate rental is available through the club.

Group 3 – Intermediate. Skaters aged 7 years old to 13 years old. Intended for intermediate skaters either moving up from our Group 2 program or skaters who can attempt to skate backwards, crossover on a corner, stop, and glide on one skate. This group focuses on learning how to speed skate. Coaches use games, drills, and on-track skating to establish good speed skating techniques. Many skaters start by participating in local and provincial speed skating meets. Some skating experience is an asset, but older new skaters can also benefit from this group. Skaters can participate in hockey or figure skates and transition to speed skates (rentals available). Skaters can also start the season in speed skates, skate pick-up is available through the club.

Group 4 – Skaters aged 11 years old to 18 years old. Intended for skaters wanting to train in the speed skating discipline. Off-ice dryland before or after practices are a regular part of this group and participation is strongly encouraged. Skaters prepare for speed skating competitions at the provincial, regional, national and international levels.

The ice schedule is as follows:

Sunday 5:00 to 8:00

4:30 dryland group 3/4

4:45 mats

5:00 flood

5:15 ice group 3/4

6:45 Fast and First

7:30 ish mats off. Off ice by 8:00

Tuesdays/Thursdays 6-9pm

5:45 mats and dryland group 1/2

6:00 flood

6:15 ice group 1/2

6:30 dryland group 3/4

7:00 group 1/2 off, flood

7:15 group 3/4 ice

8:45 mats. Off ice at 9pm.



For the first time ever, the Regina Speed Skating Club is offering First & Fast Strides - a Speed Skating Canada initiative. First & Fast Strides includes six 45-minute skating sessions (a \$200 value) at **no cost!** Skates will be provided, but other protective gear will be the responsibility of each skater.

First & Fast Strides Details

Ages 6 - 13 (as of the start date)

***Participants must be able to stand up on skates and get themselves up when they fall.**

Sundays 6:45 pm - 7:30 pm

October 26 - Dec 7, 2025 **There will be no session on Nov 9 due to our local speed skating meet*

Long track will take place at the Mount Pleasant Sports Park Oval, beginning around mid-December. Depending upon ice conditions, the long track season will likely wrap up in late-February. Group 1/2 will skate Tuesday/Thursday – Groups 3/4 will likely skate Monday/Tuesday/Thursday. More information will be sent closer to the time.

Communication

Our club uses TeamLinkt (app) and you will receive an email invitation to join if you have not already been sent it. You will be added into your skater's group on TeamLinkt – please also pay attention to the **#infofromcoaches** channel and the **#general** channel. The invitation is sent to your email, please make sure you have TeamLinkt on BOTH parents' phones.

Please confirm your skater's attendance each week.

This forum gives us easy communication to each other, coaches can communicate quickly as well, if there is last minute need to let us know if skater is coming or not. It works well.

The club also uses the reginaspeedskating.ca website to post information on meets, camps, and more. The information in this letter will be available there. News bulletins are sent out regularly via email to communicate important information.

Equipment

[There is some essential equipment that each skater needs to have for skating:](#)

- Skates (can use hockey skates to start but speed skates are available for rental (short and long track)
- Helmet (hockey helmet or speed skating helmet)
- Gloves or mittens (leather or cut resistant material – no fuzzy or cloth gloves)
- Eye protection with safety strap (safety glasses, ski goggles or cage/visor on helmet)
- Knee & shin pads (if skin suit does not have the pads, can use volleyball knee pads and soccer shin guards)
- Kevlar ankle protector (which the club may have for purchase on equipment night)
- Neck guard – must be bib style
- Skinsuit requirements vary by age class and by level of competition – available for rent from the club / potential purchase opportunity at the beginning of the season.

Coaches/Coaching

We have a number of certified Coaches who volunteer their time to give the skaters the best experience in the sport. Skaters are placed into groups based on their skill levels determined by a certified coach. Coaches will determine if a skater is ready for the next grouping. It is not based on age; if you are unsure why your skater is in a certain group, please contact Coach Kim at coaches@reginaspeedskating.ca

Volunteering

Volunteers are essential to your skater and to the club!

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 RSSC is unable to perform the various activities planned for the season. Therefore, all members are encouraged to fulfill their volunteer requirements, rather than paying the \$200 volunteer fee. (Each family will be charged \$200 at the start of the season. That amount will be refunded if the volunteer commitment is completed.)

There are positions available that do not require election to the Board, as follows:

1. Facilities volunteers – support the elected Facilities board member with ice rental, mats, movement of equipment and clean up of the Oval.
2. Short Track Meet Coordinator – Margot Benning is our Meet Coordinator, however our meet is scheduled at the same time as a meet her skater competes in. If you are interested in this opportunity, message competitions@reginaspeedskating.ca
3. Fundraising activity lead – lead or manage a fundraising activity for the RSSC.

During the skating season, each family is required to set up and/or take down the mats at practice. The mats are for safety of our skaters and practice cannot start without them being set up. The Club usually holds two sanctioned competitions each year. It is anticipated that each family will volunteer at the Regina meets. If unable to assist with mats or meets, the family is encouraged to volunteer through the Board positions. Contact president@reginaspeedskating.ca for more information on Board positions. Currently we require a Treasurer, Facilities Coordinator and a Marketing and Promotions Lead.

Fundraising Opportunities

There is a corporate fundraising package that will be distributed to all families!

In addition to the Club fundraiser, there are other fundraising activities available as an option to help pay for your fees. Funds raised through activities are split, meaning that a certain percent goes to the club and a certain percent goes to the skater's account. For more information, speak with board member!

Camps Coming Up! (There will be a cost for all camps)

September 27-28, 2025 - **Fast is Fun** - Moose Jaw. Open to all ages; strongly encourage all Regina Skaters to register. Stay tuned for more information.

November 24 – 27, 2025 - **CANAM camp** - Calgary - open to older skaters (11-18) that are able to spend the week in Calgary with the other skaters (usually at a hotel or shared accommodations). Skaters should be independent in their daily activities and time management, skate sharpening/equipment and have some kitchen/food prep skills.

Saskatchewan Winter Games

The 2025-2026 speed skating season has something extra special happening. This coming season includes the 2026 Saskatchewan Winter Games (SWG)! They are being hosted by Flying Dust First Nation and the City of Meadow Lake from Sunday February 15-Saturday February 21, 2026. The speed skating competition takes place during the first part of the games, Sunday February 15- Wednesday February 18, 2026.