

2025/26 Registration Instructions for First & Fast Strides

1. Go to: [Regina Speed Skating Club 2025/2026 | IceReg](#) and click “Register Now”

Regina Speed Skating Club 2025/2026

📍 Regina, Saskatchewan, Canada

August 15 2025 - June 30 2026

Regina's Speed Skating Club has a VERY impressive track record of success - RSSC associated skaters have participated in the last 8 Winter Olympic Games as part of Canada's Speed Skating Team!

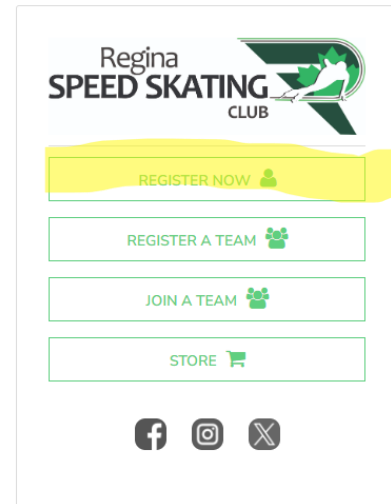
We practice at the Jack Staples Arena located at 444 North Broad Street. Indoor practices run from the beginning of October until mid December when we move outdoors to the Long Track Oval at Mount Pleasant Sport Park. Skaters return to the Staples Arena in mid- to late-February and skate until late-March.

Follow us on [Facebook](#) and [Instagram](#)!

📞 3065817634

✉ membership@reginaspeedskating.ca

🌐 <http://www.reginaspeedskating.ca>



2. This page will appear. Select “Register Someone Else”. Then enter the Name, birthdate and email on the right hand side.

Regina Speed Skating Club 2025/2026

Who do you want to register?

Young Test Test

Others

☐ Andrew Hubick

☐ Jeremy Hubick

REGISTER SOMEONE ELSE

Young Test

Test

DATE OF BIRTH 2016-08-10

test@test.com

CANCEL

REGISTER YOUNG TEST

3. This page will appear, enter the address. Click “Next”.

Regina Speed Skating Club 2025/2026

You Are Registering [\[edit\]](#)

First Fast

Jan 2, 2013

test@first.com

Address

---Select an address---

ADD ADDRESS

STREET

Province

CITY

POSTAL/ZIP CODE

Canada

PHONE NUMBER

CANCEL

NEXT

4. Select by scrolling through the registration options “First and Fast Strides Free Program 2025/26: Regina Speed Skating Club”. Then Click “next”.

☐ First and Fast Strides Free Program 2025/26: Regina Speed Skating Club

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** to you! Skates will be provided, but other protective gear will be the responsibility of each skater. **There will be limited spots, so please act quickly!** We will send out an email, once registration opens up later this summer.

Details of the program, including equipment requirements, are shown below.

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

Jack Staples Arena (444 North Broad Street, Regina, SK)

Required Gear (Most items are available through VarageSale, FB Marketplace, and discount sports stores)

Hockey helmet

Neck guard with bib

Shin guards (soccer shin guards)

Knee pads (volleyball knee pads work well)

Leather or cut proof mitts or gloves

Eye protection - if child does not wear glasses (clear safety glasses work best)

Upon completion of the program, participants will receive a certificate showing the level that they completed. Skaters who wish to join speed skating for the duration of the season will be able to do so at a prorated cost.

NEXT


5. This screen will appear. Select add membership to cart (note, a coupon code is available to ensure NO fees are charged).

Programs

[edit]

First and Fast Strides Free Program 2025/26: Regina Speed Skating Club

Registration Requirements

 The below requirement(s) are applicable for

First and Fast Strides Free Program 2025/26: Regina Speed Skating Club

Membership Requirements

INCOMPLETE

In order to register you are required to have a license or membership from

☒ Saskatchewan Speed Skating 2025/2026

ADD MEMBERSHIP TO CART

6. Check “Learn to Skate & Active Start Rec” and click “Next”

Membership Options for First Fast

IMPORTANT NOTE

The membership options highlighted in green below allow you to participate in the activity you're registering for.
Please be sure to choose at least one.

SSS Membership Options


<input checked="" type="checkbox"/> Learn to Skate & Active Start Rec	LEARN MORE	\$8.00 CAD
<input type="checkbox"/> Club Skater Recreational	LEARN MORE	\$13.00 CAD
<input type="checkbox"/> Club Athlete	LEARN MORE	\$32.00 CAD
<input type="checkbox"/> Provincial Athlete	LEARN MORE	\$61.00 CAD
<input type="checkbox"/> National Athlete	LEARN MORE	\$81.00 CAD
<input type="checkbox"/> Associate - Official	LEARN MORE	\$13.00 CAD
<input type="checkbox"/> Associate - Coach	LEARN MORE	\$13.00 CAD
<input type="checkbox"/> Associate - Volunteer	LEARN MORE	\$13.00 CAD
<input type="checkbox"/> Honorary Life Member	LEARN MORE	\$0.00 CAD

Required SSC Membership will also be added to your order.

7. Check "Regina Speed Skating Club" and click "Next."

Membership Club Affiliation

Saskatchewan Speed Skating 2025/2026 *

SEARCH AFFILIATION BY NAME 

SSS Club Affiliations 2025-2026

☐ Demo club

☐ Melville Speed Skating Club


☐ Moose Jaw Speed Skating Club


☐ Nipawin Speed Skating Club


☐ Prince Albert Speed Skating Club

☒ Regina Speed Skating Club

☐ Saskatoon Lions Speed Skating Club







◀ BACK

NEXT

8. Complete this form:

Questions for First Fast

Member Information - SSC's policy suite is available [here](#)

To help Speed Skating Canada (SSC) better serve the speed skating community, please share with us the following demographic information. This information will be used solely for data collection, program and competition delivery, and policy development, and will remain confidential to SSC, your Provincial / Territorial Sport Organization (PTSO) and your club. Your gender identity is best described as:

Speed Skating Canada (SSC) recognizes that there are a number of historically equity-denied groups that face barriers to inclusion and participation in sport. To help SSC gather demographic information for government reporting and better inform future programming opportunities, please indicate if you identify with one or more of the below statements. This information is for reporting purposes only and will not affect your membership or participation in any way.

Communication Consent

Language Preference *

--- Select an option ---

☐ I prefer not to say

☐ I am an Indigenous person

☐ I am a person of colour

☐ I am a person with a disability

☐ I am a new Canadian (in Canada 5 years or less)

☐ I am part of the LGBTQI2S+ community

☐ My household is considered low-income or experiences financial challenges


☐ None of the above

☐ I consent to receive communications from my affiliated club

☐ I consent to receive communications from my Provincial/Territorial Sport Organization (PTSO)

☐ I consent to receive communications from Speed Skating Canada (SSC)

--- Select an option ---



9. Select “Complete and return to registration”

\$8.00

◀ BACK

COMPLETE AND RETURN TO REGISTRATION

10. Complete this form and click “Next”

Additional Information

First and Fast Strides Free Program

How did you hear about First and Fast Strides? *

Big Brothers & Big Sisters

What size shoe does the skater wear?

7

Has your skater been on ice skates before?

☐ Yes - lots, very comfortable skating

☒ Yes - a few times

☐ Never

NEXT

11. A confirmation screen will appear. If you are registering multiple skaters, click “Complete and add another participant”. If you are only registering one skater, click “Complete and proceed to cart”.

COMPLETE AND ADD ANOTHER PARTICIPANT

COMPLETE AND PROCEED TO CART

12. Our skate rental and skin suit store will appear (as seen below). **Do not** add anything to the cart. Just scroll down and click, “Proceed to cart”

PROCEED TO CART

Skate Rental



Short Track Skate Rental

Short track skates for the whole season - \$50

\$50.00 CAD

Quantity

1

ADD TO CART



Whole Season Skate Rental (Short and Long Track)

Short and Long track skates for the whole season - \$100

\$100.00 CAD

Quantity

1

ADD TO CART



Long Track Skate Rental

Long track skates - \$50

\$50.00 CAD

Quantity

1

ADD TO CART

Non-cut proof Skin Suit Rental



Non-cut proof Skin Suit Rental

\$25.00 CAD

Quantity

1

ADD TO CART

13. You will be required to sign off on the waiver from Speed Skating Canada and the Welcome letter from RSSC:



Acknowledgement of one or more waivers or agreements is required for First Fast

Are you the parent or guardian of [First Fast](#)?

YES

NO

Acknowledgement of one or more waivers or agreements is required for First Fast

What is your first name? *required*

What is your last name? *required*

What is your relationship with First? *required*

--Select an option--

What is your email address? *required*

CONTINUE



PLEASE CAREFULLY REVIEW AND ACKNOWLEDGE THE DOCUMENT PROVIDED BELOW

Speed Skating Canada - Assumption of Risk and Data Use Consent and Release Agreements - Youth

Participant: First Fast

English

Parent/Guardian: t t | t@t.c



2025/2026 SPEED SKATING CANADA ASSUMPTION OF RISK AND RELEASE AGREEMENT (for participants who have reached the age of majority)

1. This is a binding legal agreement that must be signed by all **Participants** (athletes, coaches or other support personnel, or their parent or legal guardian, if under the age of majority) before they may participate in the Activities, as defined below.



PLEASE CAREFULLY REVIEW AND ACKNOWLEDGE THE DOCUMENT PROVIDED BELOW

Welcome Letter

Purchaser: Leigha Hubick

English

The logo for the Regina Speed Skating Club, featuring the text "Regina SPEED SKATING CLUB" and a stylized skater with a maple leaf.

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 23, 2025. We will be having a parent's information meeting on September 30, 2025 at 7pm. 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.

14. Once complete, you will see the cart. There will be membership fees. Use the coupon code, "FIRST&FAST2526" and all fees should be removed. DO NOT PAY FEES. If amounts still appear as owing, contact the club as soon as possible at membership@reginaspeedskating.ca.

Promotion / Coupon Code

enter code here

APPLY

SUBMIT & COMPLETE