



## **ST.LAWRENCE 'RAPIDS' SPEED SKATING CLUB 2016/2017 REGISTRATION**

### **Welcome to the 2016/2017 Season!**

Registration Day for all St. Lawrence Skating Programs is **Wednesday, September 7, 6-8 pm** in the Memorial Centre Hall.

### **Registration/Skate Fittings:**

Once a skater has registered, skates will be fitted and assigned on a "first come, first serve" basis. Pre-registered skaters are invited for Skate fittings at 5 pm.

Registration forms are available on the website. You are encouraged to print, fill out and bring to registration along with fees. Registrations must be accompanied by the signed waiver and full payment in order to be considered complete. Payments may be divided into two cheques payable to SLSSC. The first dated no later than Sept 7, 2016 and the second dated Nov 1, 2016.

### **On-line SSC Registration**

All skaters must register on-line with the Ontario Speed Skating Association & Speed Skate Canada in order to be properly insured to participate in our programs. In addition to registering with St. Lawrence in person, skaters are required to self-register in the online database. The web address is **mms.speedskating.ca**

Returning skaters can access their account from last season and update their current program enrollment for the 2016/17 season. New skaters will need to create a profile with a user name and password and then enroll in their program.

The database is ready for the upcoming season and skaters can complete their online registration in advance of the registration day on Sept 7. There will also be computers at registration and Heather can help complete this part of registration on-site.

### **New and Used Skin Suits**

Anyone who has outgrown their skin suit is invited to bring it to registration and the club will resell it for a 10% commission. New skin suit orders will take place in early fall. There will be a size kit available at registration on September 7.

### **Technical Seminar Sept 17/18**

St. Lawrence is very excited to announce that Alphonse Ouimette is joining our Speed Skaters for a two day Club Seminar on September 17/18. Alphonse is a St. Lawrence Speed Skater who has been training with the National Short Track Team in Montreal for several seasons. He will lead our speed skaters in on & off-ice sessions to reinforce good technique and training habits to kick off the season "on the right edge". There will be other presentations throughout the seminar as well. Check out the flyer and schedule on the club website and facebook page. Cost is \$80 per skater or \$140 per family of skaters. The club is able to offer this reduced price thanks to grant from CIBC.

### **Learn-to-Skate Program**

SLSSC is thrilled to announce that the Learn-to-Skate Program has been recognized by the RBC Learn to Play Project. This has allowed the club to continue to offer the program for the same fee and to dedicate a portion of ice time strictly to Learn-to-Skate programming. The sessions will run on Wednesdays from 5:45-6:15 pm. This program is aimed at children 3 years and up with no previous skating experience. The focus is on teaching the fundamental skating skills appropriate for any ice sport. Any type of skates may be worn. The program is offered in two sessions, fall & winter, and the cost is \$100 per session. Each session is 10 weeks: Oct 12-Dec 14 & Jan 4- Mar 8. Please spread the word! Registration Day for Learn-to-Skate is **Wednesday, September 7, 6-8 pm** at the Memorial Centre

### **Regular Season Speed Skating Programming**

All programs are aimed at developing speed skating skills in a fun, positive, and stimulating environment. Technical and Racing skills taught are guided by Speed Skate Canada's "Cutting Edge Pin Program" and "The Long Term Athlete Participation and Development Model". Program philosophy is guided by the principles upheld by True Sport Canada.

### **Introduction to Speed Skating**

This program is aimed to transition young children or adults into the Speed Skating programming by offering a once a week option at a lower cost. The Youth Intro program has also been recognized by RBC's Learn to Play Project. Intro to Speed Skating is aimed at young skaters between the ages of 5-7 who have already learned fundamental skating skills, either from the Learn-to-Skate Program or elsewhere, and who would like to make the transition to the Speed Skating Program. Youth Intro skaters join the Tuesday Youth 1 session from 6-7 pm. Adults with no previous speed skating experience join the Masters Program on Wednesdays from 4:30-5:45. The sessions run Sept to Dec and Jan to Mar. This allows the option to move up to the full time (2 sessions/week) programs in January or continue in the Intro program. Cost of the Introduction to Speed Skating Program is \$250 per session and includes rental of club speed skates.

### **Try-B4 Joining! Trial Membership**

New skaters of any age or skill level may wish to take out a Trial Membership. This allows a skater to borrow club skates and safety equipment and participate in 4 consecutive speed skating sessions before choosing to continue for the remainder of the season. The cost is \$80 which will be deducted from the full membership price when the skater decides to continue for the season.

### **Youth 1 Speed Skating**

2 sessions per week

Skaters learn fundamental speed skating skills, as well as, racing technique and strategies for participation in regional competitions.

Skaters aged 7-10

### **Youth 2/Competitive Speed Skating**

Skaters aged 10 and up

3 sessions per week plus dryland program

Skaters advanced in speed skating speed & skill. Skaters continue to develop speed skating skills, as well as, racing technique and strategies for participation in the regional, provincial and National competitions.

## **Masters Speed Skating**

Adult Speed Skating Program

2 sessions per week

For adults of all skill levels, recreational or competitive.

### **2016/17 Fees:**

See the registration form for the 2016/2017 fee schedule.

Speed Skating Fees include \$110 annual OSSA/SSC membership fee

\*Please note that the increase in fees reflects the City of Brockville's increased ice rental & NRUF 2016/17 rates.

### **Fundraising Fee**

Each speed skating family is required to pay a \$100 fundraising fee in addition to your season fees.

### **New Member Recruitment Incentive**

Any family will be refunded their \$100 fundraising fee when they refer any new skater(s) to the club and that new skater(s) registers for the full speed skating program.

### **Associate Memberships**

Each family is encouraged to register one parent as an OSSA/SSC Associate member. An Associate Membership provides OSSA insurance for individuals who may assist during ice sessions or meets, adds to our total membership numbers which determines our privileges for OSSA AGM voting, plus adds to the provincial membership numbers which are used by the Provincial Sports Grant distribution centre while assessing the annual funds distributed to the provincial speed skating body. An Associate Member fee is \$25.00

### **Skating Schedule:**

Tuesday

6-6:50 pm

Youth 1

7-7:50 pm

Youth 2/Competitive

Wednesday

4:30-5:45 pm

Masters, Youth 2/Competitive

5:45-6:15 pm

Learn-to-Skate

Sunday

6:30-7:35 pm

Youth 1/Youth 2

7:45-8:50 pm

Competitive/Masters

All sessions for all groups will begin on **Sunday, September 11.**

Please note the following September schedule changes:

Wednesday, Sept 14...Ice Session ends at 5:50 due to BMHA try-outs.

September 17/18 All Speed Skaters are encouraged to kick off the season on the right edge by participating in our club seminar led by Alphonse Ouimette.

Sunday Sept 18...regular evening sessions are cancelled.

The last skating session is Wednesday, March 22 to coincide with the OSSA competition schedule. The website will list all ice cancellations.

**Coaches:**

Our coaches for this season are Jennifer Roney, Rob Giroux, Darlene Nelson, Trudy Ouimette, Gerald Ouimette, Heidi Hatch, Steve Roney.

**Website & Facebook:**

Please remember to check the website regularly throughout the season for upcoming meets, changes to skating schedules, meet results, and other pertinent information.

[www.stlawrencspeedskatingclub.org](http://www.stlawrencspeedskatingclub.org) Please register your email to receive notifications of website updates.

“Like” our facebook page to receive updates from here too.

**Reminders to Parents:**

Please bring your children to the rink early so there’s enough time to help your child get ready to skate **and** help set the mats out on the ice before practice starts. The more quickly mats are put onto the ice, the more ice time your child will have for skating. The arena rules require that no one be allowed on the ice without a helmet or while the zamboni is flooding the ice. Parents, when helping with mats, please stay off the ice surface and let the skaters push the mats into place along the boards.

Parents of children under 16 years of age are required to be present at the rink while their child is skating. If you must leave, please designate another adult as responsible for your child in your absence.

**A Note regarding CO-ED Change Rooms:**

Our change rooms are Co-ed and often used by mixed age groups. Skaters are asked to use appropriate discretion when dressing for skating. Wearing sports shorts and tank tops under skin suits will allow skaters to change in the open without excessive nudity. If you need to change down to undergarments, please use the washroom. This will make our change rooms more comfortable for all our skaters, coaches, and parents.

**Safety Equipment:**

Speed skaters are responsible for wearing all the required safety equipment every time they step on to the ice. This includes: a regulation hockey, ski, or speed skating helmet; safety glasses; a bib-style neck guard; cut-resistant gloves; knee pads; shin guards; cut-proof ankle sleeves or socks. Coaches will deny participation of any skater not wearing their required safety equipment.

It’s recommended that helmets be replaced following any forceful impact whether from accidental dropping or from a skater’s fall, to ensure the integrity of the helmet.

Replacement should be considered every 5 years.

**Skate Sharpening:**

All club skates have been prepared for the new season. There will be a sharpening clinic during the Technical Seminar on Sept 17/18. Due to the high demand for sharpening kits, we ask that skates be sharpened at the rink and kits not be taken home. Please do not use club skates on recreational natural ice as cracks and unclean ice are damaging to the blades.

**We look forward to seeing all of you at registration,**

**Your 2016-2017 Executive**