



We would like to welcome you to the Saskatoon Lions Speed Skating Club (SLSSC). Whether this is your first year or you are a returning member of our club, we hope the information below will help to answer some of the questions you may have.

Equipment

Skaters in Groups 1 and 2 are required to wear:

- + **Skates** - any type of skate. As the skater progresses in Group 2, coaches will recommend a transition to speed skates
- + **Hard-shell helmet**- not a bike helmet. Can be a hockey helmet or multi-purpose ski/snow board helmet; the holes need to be small enough that a skate blade can't get in.
- + **Neck protector**- a bib-type neck guard for added protection available anywhere hockey equipment is sold
- + **Padded gloves or mitts**
- + **Kneepads (volleyball type) and shin pads**
- + **Protective eyewear with strap**
- + **For Group 2 skaters, Kevlar anklets are recommended**

The younger skaters will be most comfortable in wind pants with sweats or long underwear underneath (**not** snow pants) and a long-sleeved shirt with a light, close-fitting jacket over top. As skaters progress, they begin to wear skinsuits made of Lycra to reduce air resistance and Kevlar for cut protection.

Levels of Development

SSC's Long Term Participant and Athlete Development Model (**LTAD**) has 9 stages:

Stage 1: **Active Start** (0-6 years)

Stage 2: **FUNDamentals** (girls 6-8, boys 6-9)

Stage 3: **Learning to Train** (girls 8-11, boys 9-12)

Stage 4: **Training to Train** (girls 11-15, boys 12-16)

Stage 5: **Learning to Compete** (females 15-17, males 16-18)

Stage 6: **Training to Compete** (females 17-21, males 18-21)

Stage 7: **Learning to Win** (ST males & females 21-23+, LT males & females 25+)

Stage 8: **Training to Win** (ST males & females 23+, LT males & females 25+)

Stage 9: **Active for Life** (any age participant, includes coaches, officials & volunteers)

Camps/Meets

Camps are a great way for your skater to acquire and develop new skills in a condensed period. These are often incorporated with a meet, where a 2-day event would be a 1-day camp and 1-day meet. During meets, skaters get to showcase their new abilities and learn what it is like to compete in a structured race environment. This is also a great learning experiencing for parents. There are various meets held throughout the season, most in the province, but some out of province as well. It is ultimately up to the parents and skaters to decide in which meets to compete. The coaching staff will put together a list of recommended meets for each level of skaters. Saskatoon usually hosts one Short track (indoor) and one Long track (outdoor) meet each year. The SLSSC wants our youngest skaters to get the chance to experience competing, so we make sure that events are a friendly environment for all ages and abilities. We also occasionally host National events with skaters at a high level of ability, which is a great opportunity for skaters and parents to see what

can be accomplished. If you are unsure which meets are best for your son/daughter to attend, please discuss with your group coach.

We also try running a Mini Meet once a year during practice times on a Tuesday or Thursday evening. These are specifically geared towards the younger skaters to give them the chance to experience racing. These will usually span more than your usual skate time. You will receive information in advance of these events.

How to register for meets

Participation in meets is optional. We use an online system to register skaters. You will receive an email when registration opens and you can follow the link to register your skater. The cost of the meet (which is on the information sheet) will be added to your skater account. If you decide you want to go to an out of province meet, the process is with the exception that you will need to fill out a waiver (included with out of province information package) and give it to your group manager who will get it to the meet registrar.

Officials/Coaches Clinics

In order to continue to be a successful club, we offer clinics for coaches and officials throughout the year. Running meets requires numerous volunteers and officials, and those interested in becoming certified officials will be given the opportunity to attend clinics. Emails will go out informing the membership when these are available.

Our coaches are continuously learning and attending coaching clinics. In order to grow as a club, we are always on the lookout for great coaching staff. If interested, please talk to one of the current coaches.

Volunteering

We love volunteers! Volunteering is also a great opportunity to get to know other club members. The biggest need for volunteers is always at meets, where we require the most at one time. There are also opportunities like helping to put in the ice at the oval, getting the lines put in, or moving mats to and from different arenas. There are volunteer sign-up requests that go out before meets or events where we need your help. **These are the events that help you work off your volunteer requirements.** Many of the volunteers you will see at the meets have fulfilled their volunteer credits and are doing it to support their children. We offer these opportunities to work off your volunteer requirement but hope that you will continue to volunteer even after your requirement is met. Volunteers play a huge part in helping to keep our sport going.

There are also things like putting mats on and off the ice which are just part of helping out for practices. This does not go towards volunteer requirements. It is simply required to keep our children safe during practice and the more parents we have helping, the more ice time the skaters get. Please lend a hand before or after your child's practice.

Fundraising

A. Purpose of Fundraising: To provide funds for the Saskatoon Lions Speed Skating Club and help families cover costs of being in the club. Families can opt to pay out the Fundraising Requirement or to fundraise through fundraising programs offered by the club.

B. Requirement Determination for the Year: Fundraising requirements are tiered based on the program for each child. For families with more than one skater, the requirement is reduced by 50% for each additional

skater. 100% of the fundraising requirement is assessed for the oldest skater in the family. Each skater following is assessed 50% their program's requirement. The total of all family members' requirements will be the Family's Fundraising Requirement for the year. The amounts are tracked in the family's "Fundraising Account."

C. Requirement Fulfillment: Fundraising proceeds will be credited to the Family's Fundraising account at 100% up to the Family's Fundraising Requirement for the year. Any amounts fundraised after this will be credited to the Skater Account at 75% of the fundraising proceeds. Amounts credited to the Skater Account can be used to pay for skater account charges such as entries to camps, meets and equipment purchases.

D. Fundraising Opportunities: Throughout the year, the club will "source" fundraising opportunities to present to the membership. The fundraising director will coordinate these programs through a volunteer coordinator. Fundraising coordinators will be compensated with \$40 credit for each program run. This \$40 credit will be credited to their account at 100% regardless of whether or not they have already met their fundraising requirement for the year. The credit will go against the Skater or Fundraising account depending on their current fundraising state (See C above).

E. Balance at the end of the year: Any outstanding amount owing on the Fundraising Account is due March 31. Any credits in the Skater Account can be carried forward to the next year and used towards Registration or Skater Account type expenses. Any credits used to pay for registration fees cannot be included to claim against the Fitness Tax Credit or Saskatchewan Active Families Credit. The exception to this rule is the Skate Deposit if the family no longer needs to rent skates through the club.

Where to Find More Information

🚩 **SLSSC** www.slspeedskating.com – the latest calendars, events, and news about the Saskatoon Lions Speed Skating Club.



at www.facebook.com/SaskatoonLionsSpeedSkatingClub

🚩 **SASSA** www.saskspeedskating.com - the latest calendars, events, and news on a provincial level about the Saskatchewan Amateur Speed Skating Association.



at www.facebook.com/SaskatchewanSpeedSkating

🚩 **Speed Skating Canada** www.speedskating.ca – the latest calendars, events, and news about on a national level on Speed Skating Canada.



at www.facebook.com/SSC.PVC

Where to Find Equipment

As skaters progress specialty speed skating equipment is needed that may not readily available in Saskatoon; some of the equipment may need to be ordered online. Below are some of the sites that have been used in the past:

Canadian suppliers:

🚩 **I Love Speed Skating BC** www.ilovespeedskating.com - carry everything from sharpening equipment to clothing and backpacks.

🚩 **Red River Speed MB** www.redriverspeed.com - carry everything from sharpening equipment to clothing and backpacks.

- ✚ **Il Peleton** ON/QUE www.ilpeleton.com - carry everything from sharpening equipment to clothing and backpacks.
- ✚ **Devault** QUE www.devaultspeedskating.com – they have everything
- ✚ **ZT Sports** QUE www.ztsports.com – new site, but their inventory is building
- ✚ **Sprintz** Moosejaw, SK www.sprintz.ca – non-Kevlar skin suits and some other apparel. A less expensive way to get skin suits especially for younger skaters who don't require Kevlar yet. It is a fun way to design your skater's own suit.

US suppliers:

(Shipping will be higher from these suppliers; there may be additional duty and/or taxes)

- ✚ **Great Lakes Skate** Sterling Heights, MI www.glskate.com – more for short track skates. **The Skate Now Shop** Salt Lake City, UT www.theskatenowshop.com
- ✚ **Cascade Speed Skates** Utah www.cascadespeedskates.com – carry everything from sharpening equipment to clothing and backpacks.
- ✚ **Pyro Apparel** OH www.pyroapparel.com – a less expensive way to get skin suits especially for younger skaters who don't require Kevlar yet. It is a fun way to design your skater's own suit
- ✚ **SD Skates** Tacoma, WA <http://sdsksates.com> – club skin suits are ordered through here, but they also carry other equipment as well.