

Level 1 Officials Clinic

Thursday December 10, 6:30 – 9:30 pm
St. Margaret's Centre-Boardroom

The purpose of this free short course is to provide basic, general training for officials such as timers, line judges, starters or referees. This is also an excellent opportunity for parents and other interested individuals to learn about the rules and details of the sport of speed skating.

Space is limited to 25: Register at
marinah@accesswave.ca

Dartmouth Speed Skating Club Hosts Eastern Canadians at St. Margaret's Centre on January 23 and 24, 2010

As the host club we have additional responsibilities so we will be looking for volunteers to:

- **Provide food** for officials/coaches at the meet. Dianne Levesque and Anne Daigle are in charge of the hospitality. Look for the sign up sheet in early January.
- **Move the mats**-we will rent 2 cube vans but need help moving the current and NEW mats to St. Margaret's before the meet and from St. Margaret's after the meet. Marina will post a sign up sheet in the new year.



COACH'S CORNER *with Neill Evans*

Staying Fit over the Holidays

Athletes typically can often go one of two ways over the holidays –train harder or do absolutely nothing. For the younger skaters having a break is fine, but for those training to qualify for Easterns, Nationals, and/or Canada Games – that time can be valuable. Aerobic fitness is the most important to maintain (at least twice a week) and some kind of strength program (2-3 times a week).

Aerobic training typically involves running or biking, while strength training can be as simple as crunches, push-ups, and jumping jacks. More can be found at www.speedskatens.ca/SSNS.htm. Sue Ellis also has some good core training exercises, as well as excellent technique tips and videos under her tips section - www.ellismethod.net. A good skater isn't just fit, but knowledgeable also.

It's Cold outside



Lets' Warm Up!!!

Most athletes perform some type of regular warm-up and cool down during training and racing. A proper warm up can increase the blood flow to the muscle which results in less muscle stiffness, improved performance, and less injuries. It is important to warm-up off-ice, with running and dynamic exercises, as well as on-ice. Skaters can also use the warm-up to energize themselves or to work on technical issues. Use common-sense when warming-up. Warm-up in safe areas, avoid harmful activities, and wear appropriate clothing to keep those muscles warm. I'll place a sample warm-up plan, that Sheila compiled, on our site.

Let's Have FUN!!

Christmas Party

Who: Speed skaters and their families



What: Potluck

Where: Tessa and Neil's house

When: Friday, December 18th
6:00pm

Bring your favourite dish and your appetite!!

On Ice Fun

Our last night of skating before Christmas is Monday, December 21st

We will be having a 2 hour free skate that night from 5-7 pm.

Our theme this year is . . .
"friends of speed skating – old and new"
Please bring along a friend or family member to share your sport with.

There will be Hot Chocolate and Cookies to share!



FUNDRAISING



Fundscrip

This very easy and convenient opportunity will be on-going throughout the year. You won't believe how quickly regular shopping will add up to \$\$ that can be used to offset skating fees!! For details on how to get involved please contact Karen Davis at 434-5443 or greg.davis@ns.sympatico.ca



Tickets sell for \$2.00 each and come in books of ten. You get \$1.50 for your fundraising for each ticket sold. Prizes are great and each ticket is also a \$5.00 coupon at Cleve's.

See Christina for Tickets!!

Arbonne

Sylvia Ewing has distributed the Arbonne catalogues and information can be found at (www.arbonne.ca) for this great gift giving fundraiser. Be sure to have your order forms in to Sylvia by the deadline!