

## MARK YOUR CALENDARS!!!

<b>Oct 23-25</b>	Sue Ellis Camp at Grey Arena for CWG Age Eligible Skaters and time of 1:10 or less in 500 metre
<b>Nov 7-8</b>	Caraquet Meet Caraquet, NB
<b>Nov 21-22</b>	Harold Joyce Meet Fredericton, NB • coach Neill may be attending
<b>Dec 5-6</b>	PEI Atlantic Cup Charlottetown, PEI • coach Neill plans to attend
<b>Dec 21</b>	Last Day of Skating for 2009
<b>Jan 9 /10</b>	Maritime Championship Saint John, NB • coach Neill plans to attend
<b>Jan 23-24</b>	Eastern Canadians Dartmouth, NS • coach Neill plans to attend
<b>Feb 6</b>	Hampton Meet Hampton, NB
<b>Feb 13-14</b>	Codiac Cyclone Meet Dieppe, NB • coach Neill plans to attend
<b>Feb 27-28</b>	St. Croix Meet St. Andrews, NB
<b>Mar 13-14</b>	Tail Ender Fredericton, NB • coach Neill plans to attend
<b>Mar 26-28</b>	National Age Class Championship Campbellton, NB • coach Neill plans to attend



## COACHES CORNER *with Neill Evans*

You can see on the left all the upcoming meets for this season, and the ones I plan to attend. Skaters can compete in as many or as few competitions as they want, but I'll focus our practices around the major meets. For our newest members, who are considering whether to try a meet, feel free to talk to me. There is a pretty healthy atmosphere at a speed skating meet, a lot of cheering and comradery going on, but the skater should want to be there. The days can be long and most meets are 2 days, but most skaters enjoy their first competition. So here are a few tips for a successful competition.

### Be Prepared

- Check the night before to see if you have all your equipment packed. (skates, gloves, helmet, jig, ...)
- Have an extra set of clothes, including underwear and socks. They pour water on the ice and skaters can get wet.
- Bring a hair dryer to help dry things like gloves, skating skins, etc...
- Dress warm, if your muscles get cold, you will lose flexibility and defeat your warm-up.
- Dress in layers, so you can add more if it is cold and remove layers if it is warmer. Bring a blanket for warmth.

### Sleep

- For best results at a competition (and in life) ensure you get at least 8 hours of sleep. This is when the body works to repair and maintain itself.
- This year we are imposing a 10 PM in-your-room curfew for older skaters. Younger skaters should be in bed earlier.

### Food

- Eat a good pasta meal the night before the competition.
- Pack healthy snacks for the meet that the skater likes. Ideal snacks: juice, water, orange slices, dried fruit, veggies, granola bars, trail mix, cheese & crackers, peanut butter ...
- Avoid greasy or heavy meals during the competition.
- Have a filling breakfast in the morning of the competition & snack throughout the day.
- Best to have lunch just after your last race prior to lunch.
- On Saturday night we often eat as a group, all are welcome.

### Break between races

- There is typically a 1 ½ to 2 hour break between races, however check with the schedule and/or the coach before leaving the rink.
- Skaters often get called to the bullpen 15-30 minutes before their race, help ensure younger kids get there on time.

### What else should I know?

- Most meets group skaters by times, not by age or gender.
- Your son/daughter will race with skaters of similar ability.
- Most competitions are Saturday and Sunday and typically start around 7:30 to 8:00 AM.
- Meet Registration forms need to be completed at least 2 weeks prior to the competition date.

Besides these tips, try to keep a positive focus, relax, and have fun in order to have the best outcome possible.

## DSSC Meet Registrar –Dianne Levesque

Dianne Levesque facilitates the club members' registration to attend the various meets throughout the season.

In order to ensure all skaters are registered before deadlines the following process will be implemented.

An e-mail will be sent out advising our deadline for upcoming meet registration. Note that the deadline on the hosting club's web site will be a couple of days later than our club's deadline as a club summary must be compiled and submitted.

Anyone wishing to attend that meet must submit to Dianne **both** the registration form (that can be found on the hosting club's web site) along with a **cheque** (cash cannot be accepted) to cover the registration fee. No skater will be registered until **both** items are submitted to Dianne by the deadline. Dianne is often at the arena during practice, however it is your responsibility to ensure that your registration and cheque are submitted directly to her on time.  
**32 Bonita Drive Dartmouth (434 9351)** No late or incomplete registrations can be considered.

Unfortunately, if you are unable to attend a meet that you have registered for the fee remains payable, the cheque will be cashed.

### *Meets 101*

For those new to the sport or those who would like a "refresher", please refer to the web site link below for details on general meet information

<http://ssnb.homestead.com/home.html>

then click on:

**ARE YOU a Parent of a  
NEW Skater to our sport ?**

TO answer Questions you might have  
Click here - [Guide for new skaters](#)

## FUNDRAISING



### FUNDRAISING OPPORTUNITIES THROUGHOUT 2009

#### 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 against skating fees!! For details on how to get involved please contact Karen Davis at 434- 5443 or [greg.davis@ns.sympatico.ca](mailto:greg.davis@ns.sympatico.ca)



Tickets sell for \$2.00 each and come in books of ten. From each ticket sold, your group gets \$1.50!! Sport Nova Scotia looks after the printing and distribution of tickets (to selling team representative), arranging and distribution of the prizes and all costs incurred through the administration and coordination of the lottery.

**All you have to do is sell the tickets!**

*A new opportunity has been identified by  
Sylvia and just in time for Christmas !!  
Stay tuned for more details to come soon!!*