



KINGSTON STRIDERS SPEED SKATING CLUB



FALL 2010 LEARN TO SPEED SKATE PROGRAMME



INTRODUCTION

This is the **Kingston Striders Speed Skating Club's** 27th season serving Kingston and the surrounding area and our "Short Track" programmes are tailored to offer something for everyone, from the recreational skater through to the novice or experienced racer.

WHO CAN SPEED SKATE?

Although this is a fairly technical sport, almost anyone with basic skating skills can become quite accomplished in a few sessions with our experienced coaches. Any age is the right age to learn speed skating; we have members from as young as 5 to over 70 and invariably have children and parents/grand parents skating at the same time. There are, however, certain basic skating abilities that are necessary to participate safely and effectively in the introductory program. These prerequisites are:

Balance	Glide on one foot from blue line to red line
Stopping	Stop on a whistle from full speed in 5 meters
Speed	From a standing start complete one lap in 40 seconds.
Cognition	Listen to and then perform a sequence of three instructions

WHAT WILL YOU GET OUT OF IT?

Our motto, "Fun and Fitness for the Entire Family" really says it all. Ask any of our young skaters (or even their parents) what they like most about speed skating and they'll tell you it's the great time they have on and off the ice, whether learning new drills, playing some of the many games designed to reinforce those skills or racing against their friends in "real" races. While speed skating is a competitive sport, it is competition in the best sense; you against the clock or your friends. There is almost none of the unwelcome pressure faced by youngsters in other winter sports.

INTRODUCTORY PROGRAM

For those new to the sport we are pleased to be able to offer this introductory, 8 x 1 hour session programme. This year the times and dates for this programme are:

4:30 -5:20 P.M., Sunday September 12,
5:30 -6:20 P.M., Tuesday September 14,
4:30 -5:20 P.M., Sunday September 19,
5:30 -6:20 P.M., Tuesday September 21,
4:30 -5:20 P.M., Sunday September 26,
5:30 -6:20 P.M., Tuesday September 28,
4:30 -5:20 P.M., Sunday October 3, and
5:30 -6:20 P.M., Tuesday October 5.

SAFETY

Despite the fact that Speed Skating is fast, it is actually a very safe sport. We at the club do our level best to ensure our skaters' safety above all else. Our Club policy is that the following equipment is mandatory for all programmes:

- ✓ **Helmet** – Speed skating helmet (Loaned for duration of programme)
- ✓ **Gloves** – cut-resistant
- ✓ **Knee Pads** – soft, volleyball style
- ✓ **Neck Guard** – hockey style with bib (ballistic nylon or Kevlar)
- ✓ **Shin Pads** – hard-shell soccer style
- ✓ **Clothing** – must have long sleeves and legs (no exposed skin)
- ✓ **Skates** – oops, nearly forgot those!
(Loaned for duration of the programme)

PROGRAMME LOCATION

This year's Fall Introductory Programme will be run from the Kinsmen Ice Pad at the **Cataraqui Community Centre**.

SKATE FITTING

In order to ensure you have correct fitting skates, you will be required to come to the Cataraqui Community Centre prior to the programme to meet with the club's equipment manager for skate fitting. Dates and times will be discussed on registration.

AFFILIATION

Kingston Striders Speed Skating Club Inc. is affiliated provincially with the Ontario Speed Skating Association (OSSA) and nationally with Speed Skating Canada (SSC).

PROGRAMME FEES

The cost for this 8 session Introductory programme, including skate rental, helmet rental and insurance is:

\$ 125 per person

FOR FURTHER INFORMATION PLEASE CALL:

613-453-FAST

(613-453-3278)

or email

learn2skate@speedskatingkingston.ca

www.speedskatingkingston.ca

