Prince Albert Speed Skating Club

2018-19 Season

PASSC

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Club Executive:
President – Nadine Penney
Vice President – Jill Golding
Treasurer – Kathleen Schwartzenberger
Secretary – Nicole Finch

For more info call:
(306) 941-0014

Welcome New Club Members & Returning Skaters!

The intent of this newsletter is to provide all skaters and their families with some basic information about the club and the upcoming season.

If you have any questions or need further information, please feel free to contact us…we will be glad to help!

MapleZ Vision MV-1 Short Track Skates

Measurements for new skates will take place AUG. 27-31
Contact Nadine @ 941-0014 for more info!

July 2018

Speed Skating

Registration:

- All programs – Tuesday, September 11 @ 6:30-8:30, in lobby of Art Hauser Centre
- Fee details will be available later in August. Check our website or Facebook page for update!

Practice:

- Season starts on **Monday, September 24, 2018 @6:45 pm**
- 2 sessions per week – Schedule will be provided at registration.
- Skates and suit will be signed out on the first night so please ensure you arrive early.
- Occasionally dates/times change depending on the activities scheduled at the facility. Any changes to the current schedule will be **emailed** to parents.

Coaching:

- We welcome Nicole Macdonald as our new coach for Group 1 (skaters 5-9 years).
- Lambert Schwartzenberger and Makenna Bloom will be coaching Group 2 (10 and up).
- SASSA Performance Coaching & Technical Director will be making regular visits to the club.

Free trial:

- PASSC is striving to increase membership. Skaters are encouraged to "bring a friend" to try out speed skating.
- Club members are happy to help fit friends into skates so they can give speed skating a try however **we must know in advance and waiver forms MUST be signed** by the friend's parents before they can go out on the ice.

Skater safety:

- Safety is an important part of speed skating. Skaters are often moving at very fast speeds and the skate blades are extremely sharp. Every effort is made to ensure the safety of skaters and coaches during practices and competitions.
- The safety equipment required at **EVERY** practice includes: a helmet (bicycle or hockey may be used), bib style neck guard, shin guards, knee pads, cut proof gloves or mitts (leather) and eye protection.
- For competition, Kevlar socks or suits (for older ages) are required
- The club can order safety equipment at registration for those interested

Volunteers:

- The club is run exclusively by volunteer parents with a love for the sport. We need your **assistance to setup and take down mats** at the beginning and end of each practice. Thank you for your cooperation!
- We will be hosting a **2-day Short Track Meet on March 2&3, 2019**; we will be seeking volunteers to fill numerous positions. STAY TUNE for MORE DETAILS!

Learn to Skate Program

The PASSC provides skating lessons for children **ages 4 and up** who are just starting out. Lessons are run by Ysanne Harris (an experienced figure skating coach) with the assistance of volunteer parents and older club skaters. Young skaters are taught basic skating skills through fun and games. Once skaters master these techniques they can enroll in the speed skating program.

We ask that all participants have the following equipment: A helmet (hockey, skateboarding, bicycle or speed skating), knee pads (volleyball or hockey pads), gloves or mitts, cut proof neck guard and skates (hockey, figure skates or contact us for speed skates)

Fees:

- The cost will be $175 plus a $20 PASSC Membership fee (for insurance).
- Registration is limited to 15 participants

We often need assistance with the first few sessions until skaters become a little more independent. Parents are encouraged to be out on the ice with their child.

Schedule: Program runs from mid-October to end of February

- A schedule will be provided to parents at registration and will be posted on the website.
- The day of the week varies depending on ice availability.
- Lessons are ½ hour

Calendar of Events

The following are known Meet & Training Camp dates for 2018-19:

- August 24-26 – Fast is Fun Camp (Saskatoon)
- September 22&23 – Bike Trip in Waskesiu
- October 27&28 – Saskatoon Short Track (Warman)
- November 10&11 – Moose Jaw Short Track (Caronport)
- December 15&16 – Regina Short Track Meet
- January 5&6 – Saskatoon Long Track
- February 16&17 – RU Fast (Calgary)
- March 2&3 – Prince Albert Short Track

Participation at meets is not mandatory but PASSC likes to encourage all skaters from the club to attend as many meets as possible throughout the season. After all, FAST is FUN!