



kamloopslongblades.ca

Established 1992

KLB HANDBOOK 25th SEASON(2016 – 2017)

FRASER FINANCIAL GROUP

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**KAMLOOPS
SPORTS
COUNCIL**



I LOVE SPEED SKATING
— Supplying Your Need For Speed —

Please read this package as it is intended to provide important information to help you become familiar with our club, introduce you to the sport of Speed Skating and for returning families provide what is NEW this season.

WELCOME new and returning families!

KLB was founded in 1992. Over the years we have assembled a strong team of experienced and qualified coaches. Our coaches are certified through the National Coaching Certification Program (NCCP).

We have a strong membership that volunteer and hold certification in various officiating positions. Numerous parents and volunteers hold level 1, 2 or level 3 Officials Certification and work hard each year to gain experience in a variety of areas. Our club is grateful to have many individuals who have obtained and continue to improve their qualifications.

Our most successful skater has been **Jessica Hewitt, a silver medal winner in the 2014 Sochi Winter Olympics.** Jessica started short track with KLB and trained locally with our club until she was 19 and then transferred to the national training centre. Jessica remains very connected to her sport and our club by holding a Member at Large position on BC Speed Skating Associations Board. She coaches with our club when she is in Kamloops and is an associate member of KLB. Many more youth athletes from KLB have moved on to the Calgary training centre over the years. Jessica, Mitch Hewitt, Gavin Coyne, Ellis Jordan and Jamie Inglis have all attended the Canada Winter Games. Many others have qualified and attend national events and international events.

Our club's Board of Directors is a dedicated group of volunteers. Each season all board positions are filled.

Grants received over the years include funding through BC Community Gaming from the Provincial Government, the City of Kamloops, BC Speed Skating Association, speed Skating Canada and ViaSport BC. The Kamloops Blazers Sports Society Legacy Fund has assisted with equipment purchases and through PacificSport Interior BC we receive coaching grants. We have also been fortunate to acquire local corporate assistance from The Fraser Financial Group and New Gold. These funds, supplemented with our fundraising efforts, help to keep our registration and equipment cost affordable – enabling us to provide an accessible sport option for youth in our community.

We continue to seek new funding sources to support our growth and provide for expanding opportunities. Ideas for potential sources are welcome; we have various levels of sponsorship that can be considered.

We are ready to get the season started and are looking forward to another successful year!

2016 - 2017 KLB Club Skating Groups & Practice Times

Each club skater is assigned to a club group for practice purposes. The club has named the Groups and will provide each skater with a t-shirt to correspond, **skaters should wear their t-shirts at each practice** making it easy for our Coaches to monitor each skater and ensure the skater is assigned to the group that best suited to their age/ability.

Parents should plan to arrive 30 minutes early to provide their skater time to warm up (group dryland is for 15 minutes) and get their equipment on before going on the ice (another 15 minutes). While skaters get ready parents are needed to help with setting up safety equipment, including putting mats on the ice and off the ice.



Little Cheetahs (Youngest skaters) - skate *twice a week*

- Mondays 6:30 – 7:15pm (7:30 at coaches discretion)
- Thursdays 6:30 – 7:15 pm (7:30 at coaches discretion)



Big Cheetahs (Youngest advanced skaters) - skate *twice a week*

- Mondays 6:30 – 7:30 pm
- Thursdays 6:30 – 7:30 pm



Roadrunners (Middle skaters) - skate *twice a week*

- Mondays 7 – 8 pm
- Thursdays 7 – 8 pm



Coyotes (Middle advanced skaters) - skate *four times a week*

- Mondays 8 - 9 pm
- Tuesdays 7:30 – 9 pm
- Wednesdays 7:30 – 9 pm
- Thursdays 8 - 9 pm



Rattlesnakes (Elite skaters) - skate *4 times a week*

- Mondays 8– 9 pm
- Tuesdays 7:30 – 9 pm
- Wednesdays 7:30 – 9 pm
- Thursdays 8 – 9 pm



Prickly Pears (Adult skaters -) - skate *2 days a week*

- Tuesdays 7:30 – 9 pm
- Wednesdays 7:30 – 9 pm

Please help with mats

Practices cannot start until mats and all safety equipment are in place.

LESSON Sessions for skating and speed skating (8 week sessions)

Fall Lessons are October 20, 2016 to December 8, 2016 from 6:30-7pm.

Winter times TBA. Skaters can supply their own skates or use club short track skates.

Skaters must supply their own helmets and cut proof gloves and it is highly recommended they use knee pads, shin pads, neck guards, and goggles.

CLINICS for Parents- Official clinics, coaching clinics and clinics on equipment:

I M P O R T A N T !

STAY TUNED FOR MORE INFORMATION when clinics will be available. Notices will be posted at the rink, the website and facebook.

What Equipment does a skater require?

Skating equipment enhances a skater's comfort and confidence and is **mandatory** for safety reasons; meeting the requirements of Speed Skating Canada.

Blades need to be kept sharp to ensure the skater has edges to rely on – making it easier to skate. Dull blades just do not work. Parents are tasked with learning how to sharpen blades – the club offers classes on blade and skate care throughout the season – be sure to attend and help give your skater the best advantage.

Families can purchase their own sharpening jig or have the option to use the Club sharpening equipment. **Club jigs must be used at the rink** and cannot be taken home. Please plan to arrive early or stay after practice to sharpen skates when using the club jigs.

Learn more about the **mandatory equipment requirements** for speed skating.

- Kamloops Long Blades:
<http://www.kamloopslongblades.ca/index.php?page=equipment>
- BC Speed Skating Association:
<http://www.speed-skating.bc.ca/skate-with-us/required-equipment/>
- **Looking for speed skating equipment or supplies?**
Check out our local supplier:

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Sandi Vyse (250) 851-1481 www.ilovespeedskating.ca

CLUB ATTIRE

Skin Suits offer comfort and (as every skater will attest to) - enhances skater speed! This example is similar to our current team suit design.



Racing Skin Suits are recommended team wear for racing and/or practices. High Performance short track skaters are required to wear suits that are lined with Kevlar or wear Kevlar undergarment to ensure they have cut proof protection.

Our club suit comes in two styles:

Kevlar

(Built in cut-proof lining)
approx cost \$250
(limited sizes in stock)

Regular Style

(Without Kevlar – non protective)
approx cost \$120
(limited sizes in stock)

Cut-Proof protection MUST be worn by Club skaters who join the high performance practices (Coyotes, Rattlesnakes, Prickly Pears). Skating with this level requires the added safety of cut proof protection. Kevlar is also a mandatory requirement when a skater qualifies to compete in higher level short track competitions – BCSSA allows no exceptions.

Check with **Wendy Neville** (250)374.4824 if you are interested in purchasing a club suit – new orders are placed by demand, minimum needed for best price and can take 6-8 weeks to receive.

Also let us know if your skater no longer wears or fits their suit.
There may be interest in purchasing your gently used items.
Post your FOR SALE items on our website.

KLB is hoping to purchase sweat shirts for the 25th Season with club logo on them. Stay tuned for more information on club clothing.

SKATER NUMBERS

Each skater is registered with both the SSC (Speed Skating Canada) and the BCSSA (BC Speed Skating Association). A corresponding number is assigned to them for the duration of their skating career. The number is assigned when the skater first registers and is needed to enter/register for sanctioned competitions. It is also used to track their results. Once registration is completed this fall, we will post a list of club skaters and their numbers. Please record this number so you have it in the future.

What do 'SSC and BCSSA Age Categories' mean?

These categories are used in setting up fair competition and results. These categories are different from KLB groupings.

They were adopted by Speed Skating Canada (SSC) with the introduction of Long Term Participation and Athlete Development (LTPAD) standards. These continue to be maintained by the SSC national governing board.

Learn more about LTPAD - <http://www.speedskating.ca/skater-development>

**skater's Age at July 1, 2016*

CATEGORY NAME	SKATER'S AGE	
	MALE	FEMALE
FUNDAMENTALS (FUND)	6 to 9	6 to 8
LEARNING TO TRAIN (L2T)	10 to 12	9 to 11
TRAINING TO TRAIN (T2T)	12	11
	13	12
	14	13
	15	14
JUNIOR B	15 or 16	
JUNIOR A	17 or 18	
NEO SENIOR B	19 or 20	
NEO SENIOR A	21 or 22	
SENIOR	23+	
MASTERS 30+	30+	
MASTERS 35+	35+	
MASTERS 40+	40+	
MASTERS 45+	45+	
MASTERS 50+	50+	
MASTERS 55+	55+	
MASTERS 60+	60+	
MASTERS 65+	65+	
MASTERS 70+	70+	
MASTERS 75+	75+	
MASTERS 80+	80+	
MASTERS 85+	85+	

UPCOMING COMPETITIONS (Meets)

KLB is hosting 2 Interclub competitions & 1 provincial competition this season

Skaters will enter from across the province for these meets. Skaters will pay an entry fee to compete:

- Saturday, Nov 5th, 2016 – **Classic Chill**
- Saturday, Jan 28th, 2017 – **Coyote Cup**
- Sat & Sun, Jan 28/29, 2017 --**T2T Speed-tacular**

BC T2T Western Speed-tacular– January 28 & 29, 2017

KLB was asked to host the first ever T2T 2 day event being held in BC. It will run along side of the coyote cup.

Carol is looking to hear from volunteers - please email **Carol cbdougan@shaw.ca** to sign up. There are many tasks already underway and Official positions to fill. If you are new to Officiating you will be trained up and ready for this event.

KLB will also host 'I Love Speed Skating Challenge Series' in-house competitions

These 'Challenge Series' events are structured similar to the sanctioned InterClubs above, but they are just for our club skaters, held during our regular practice time. These provide our skaters (and Parents) exposure to competition and establish base race times for participating skaters. Everyone is encouraged to join as these are a relaxed opportunity for competition experience – without travel or fees. (no Entry Fee is charged).

"I Love Speed Skating Challenge Series"

- | | | |
|----|----------------------------------|---------------|
| #1 | Monday, October 19 th | – 6:30 – 9 pm |
| #2 | Feb/Mar (TBA) | – 6:30 – 9 pm |

*There are no Entry Forms or Fees for these in-house Challenges
– but skaters please let the meet coordinator, Karen, know if will not be available to attend.*

Out of town competitions

As the season progresses, many skaters will be interested in participating in out of town competitions. Several events are held each year by other clubs across the Province/out of Province. Many competitions are close by and open to all ages and abilities.

Check our website **EVENT calendar** – or chat with the coaches:

http://www.kamloopslongblades.ca/index.php?page=pub_cal

BC Speed Skating Association Events calendar posted:

<http://www.speed-skating.bc.ca/events-and-results/>

**This season watch for the new "I Love Speed Skating Certificate Program".
Skaters who attend the required competitions will receive special certificates.
More TBA.....**

KLB SKATER RESULTS- hope to get the data base up and running again-

For now all competition results are posted on both BCSSA
Go to: <http://www.speed-skating.bc.ca/events> and results tab

MARK YOUR CALENDARS and plan ahead . . .

2017 BC LONG TRACK CHAMPIONSHIPS (BCLT) – January 21 & 22, 2017

- Hosted by Dawson Creek Speed Skating Club
- All ages and abilities can enter
- **You won't want to miss!**
- More information to come

Williams Lake is hosting their first ever interclub.- Feb 25, 2017, Saturday

The KLB board hopes that all our skaters will attend this event.
More news to come on this event.

How to REGISTER for COMPETITIONS

Contact KLB Meet Registrar: Alana Lawhead Email: klbentries@shaw.ca

- Check our website: <http://www.kamloopslongblades.ca>
 - **EVENTS** page for monthly calendared events
 - **FORMS** page for Information and Entry Forms
- Print off and complete **Entry Forms** and include **Entry Fees**
- Alana collects the forms and fees
- Be mindful that Alana's deadline will be a few days before the deadline on the host club's entry form – she requires some lead time to provide a final list of registrants to the host club – please don't miss her deadline. Fees must accompany forms.
- Make your cheque *payable to KAMLOOPS LONG BLADES* – Alana will consolidate the entries and make one club payment to the competition host club.
- There are NO Entry Forms required to compete in our in-house 'I Love Speed Skating Challenge Series'. There are forms and fees for the Classic Chill and Coyote Cup.

NOTE: Some Higher Performance events may require skaters to enter directly with host club (ie. to Calgary or BCSSA – their Entry Forms will specify).

CO-ORDINATING COMPETITIONS

Our Interclub Meet Coordinator is Carol Dougan. Karen MacLaren is coordinating the "I Love Speed Skating Challenge Series in house".

Both rely on participation from everyone in the club to make the events/competitions we host a success. We have a great reputation for smoothly run and exciting competitions...let's keep up the great work. Carol and Karen started when their kids were young skaters and now neither have skaters in the club. Both have a wealth of experience to draw on and are looking for folks to learn this position and eventually take over their roles. Without Meet Coordinators our club will not be able to host events.

Preparing to host competitions or "Challenge Series" involves many tasks; from finding sponsors to donate and purchase food items for hospitality to ensuring equipment is ready and people are in place. Competition can't happen without timers, place judges, running results to the office, lining up skaters, serving food to volunteers...great entry level officiating positions will need to be filled in addition to higher level official positions on the ice.

Our Meet Coordinators would love to hear from you; give them a call if you can help and they'll find the perfect spot for you to start. 'Challenge Series' are the perfect place to learn.

Contact **Karen MacLaren (250) 314-2010** or **Carol Dougan (250) 374-5562** to see what you can do for them.

Meet our BOARD OF DIRECTORS

Members are elected annually at our spring Annual General Meeting.

Club meetings are held monthly throughout the year – Wednesdays @ 5:30 – 7pm

Upcoming dates: Oct 12, Nov 9, Dec 14, Jan 11, Feb 8, Mar 8 & Apr 12

Meetings are held at the rink - in the upstairs meeting room by the KLB office.

Club Awards Banquet & Annual General Meeting (AGM) – Sunday, April 30th, 2017

This is also our fun wind up to celebrate skater achievements and club successes!

Please let the Board know if you are interested in attending meetings or joining for 2017.

Names	Position on board	email	cell
Robert Thomas	President	robertkthomas@telus.net	250-371-7433
Wendy Neville	Vice-President	wendy.neville@gov.bc.ca	250-320-3087
Tricia Turner	Secretary	tricia-nelson@shaw.ca	250-318-4078
Ishar Litt	Treasurer	isharlitt@gmail.com	250-571-6240
Trish Archibald	Grant Coordinator	trisharch8524@gmail.com	778-257-3958
Shawn Birkenhead	Equipment coordinator	shawn_birkenhead@hotmail.com	250-819-7477
Gavin Coyne		speed.sk8@gmail.com	250-320-7258
Carol Dougan	Meet Coordinator	cbdougan@shaw.ca	250-320-8161
Tara Doren	Fundraiser coordinator	taradarryl@hotmail.com	250-318-1335
Alana Lawhead	Meet Entries	alana.lawhead@gmail.com	250 571 5552
Karen MacLaren	Official Development Liaison	kar-mac4@telus.net	250-319-7686
Jodi Roberts	Membership	jodikamloops@gmail.com	250.371.7912

HELPING OUT

Our club's success can be attributed to all who lend a hand. We also try to keep our fees low and affordable by seeking as many grants and fundraising opportunities as possible. We rely on volunteered time and skills of everyone that can assist – everyone you see helping out is volunteering their personal time to get jobs done; assisting with coaching, registration, skate fitting, skate sharpening, equipment inventory, planning and running events.

Parents and volunteers are registered as an Associate Member with SSC and BCSSA – the club automatically pays the associate membership fees of \$20.

You are covered by the insurance of these organizations for any and all events you participate in with the club.

We also need your help at . . .

PRACTICES

Safety mats need to be ON and OFF the ice as quickly and timely as possible – many hands make for lighter work!

Skaters aren't permitted on the ice until the mats and coaches are present and First Aid kits are in place. Attending first to mats is essential:

- this task involves unlocking / locking the storage areas
- pulling loaded trolley's out to far end
- after ice flood is done trolley's can be pulled onto ice surface and mats unloaded.
- Mats are varying densities and need to be placed strategically for skater safety
- Follow the directions posted in the storage area and on the trolleys.

Water bucket filled 2/3 and trolley on the ice. Water is frequently applied to mend the skater's tracks. The trolley also has the Pucks & First Aid bags that are needed on the ice surface and attendance sheets on clip boards. Stored in Equipment Area.

Attendance. The awards we offer take skater participation into consideration; coaches appreciate hearing from you if your skater is not able to attend.

Cooper Tests / Skate-a-thons. About one practice a month the coaches use the Cooper Test for skater endurance. Skaters try to complete as many laps as they can in a 12 minute session. Parents are needed to count laps. It can be tricky for one parent to count for several children – the more parents that can count - the better the results. We'll be sure to let you know when these tests are planned each month. We also use one Cooper Test each season as a skate-a-thon fundraiser.

Equipment. Our club's new Equipment Manager is Shawn Birkenhead.

He oversees the club's inventory; ensuring that it is in good condition, skates are sharp and safe and meeting the skater's current need. There is too much work for one person to do so please offer to assist Shawn when you are able. Stop by and ask if help is needed, your assistance would be welcomed and appreciated, whether it be changing stop watch batteries or sharpening skates at the rink or counting widgets. Recognize that someone may not be available in the equipment area each practice – a number of assistants would be beneficial to fill the gaps. **If you want to learn more about Equipment and Assisting don't hesitate to ask or join in and help out.**

Open House Events: family & friends are invited to skate with us for free. You can assist by helping with; skate fittings/equipment for those who want to try speed skates, set up/take down, refreshments, etc. **Skate with SANTA** -Monday, Dec TBA

Develop as an OFFICIAL – start by taking the **Level 1 Officials Clinic** (TBA this fall) Volunteer at our competitions and get more experience at Competitions held by host clubs around the province, they are always looking for more officials.

Develop as a COACH- Clinic TBA

All coaches, with the exception of our Coach Coordinator, are unpaid volunteers. Several volunteer faithfully each week – some started helping out on the ice when their kids were little – it has now been several years since their children skated and they will soon be retiring. Interested parents are encouraged to come forward. Start by offering to help with the youngest skater groups out on the ice. We can fit you up with skates and the coaches would love to get you started.

FUNDRAISERS

While grants and sponsorships go a long way to help the club provide for our skaters – the additional fundraising events we choose can offer great opportunities for us to have fun as a team, get to know each other better and work together to reach our goals. The more participation we have, the more successful the result – the more we can provide for your skater.

FUNDRAISING is critical to our success!

It enhances our club's ability to provide our skaters access to quality skating equipment, safety equipment, team wear, events/clinics, subsidized travel, incentives, and so much more.

PARTICIPATION

We strongly encourage each club member to participate and contribute to these efforts. We rely on everyone's commitment to a **TEAM EFFORT** and **TEAM REWARD**.

GRANTS

Throughout the season we apply for and submit various grant applications. If you have writing skills or experience with these we welcome your assistance.

SPONSORSHIPS

Over the years we have been fortunate to obtain some excellent sponsors and community support. Maintaining these and seeking additional support requires constant attention.

If you are interested in learning more about sponsorship opportunities for our club or perhaps have suggestions for corporate or local opportunities – don't hesitate to contact any of the Board members.



SUMMER Programs are included with your membership:

- In-Line skating- KLB has some inline skates available
- Dry Land sessions
- Summer ice camps
- Summer technical camps



LOOKING FOR INSPIRATION?



Kamloops' own Jessica Hewitt won her first Olympic Silver medal at the **SOCHI 2014 Winter OLYMPIC GAMES**. She also came 13th in the 500m at Sochi. **She has won 4 medals at World Championships and 11 medals at World Cups**. She started right here with the Kamloops Long Blades when she was 10 and skated with our club until moving to train with the National Team at age 19.

Our coaches know first-hand that Olympic dreams DO come true and were instrumental in igniting Jessica's passion.

COMMUNICATION- Check posting at the rink, emails, facebook & KLB website.

Someone is usually at the rink sharing information on the various activities and upcoming events. Look for hand-out info sheets or postings on facebook or the website

Make sure you check the Events page to find the calendar to find out if a practice is cancelled.

We also require up to date **EMERGENCY CONTACT phone #'s**. Please do let us know if you have a new email or new phone number and we can update your information to ensure you aren't missed.

Parents of younger skaters should be at the rink when their skater is on the ice – so we can find you if your child needs your help. Please let the coach or someone know if you have to slip out for a few minutes but please try to keep your absences short and infrequent – just in case.

OUR WEBSITE is maintained by our Web Masters, David Reith and Darcy Lawhead. It is very informative and worth checking out. It is current and relative.



Check out www.kamloopslongblades.ca

On it you will find our information; current upcoming events and link to Facebook;

About the club,

Events shows calendar of events/meetings/ice cancellations etc,

Equipment information,

Competition results,

Links to other websites,

Photos some great pictures for you to share and enjoy,

FORMS where you will find Meet Entry forms to register for upcoming competitions

(complete with deadlines) & more,

Facebook - Kamloops Long Blades Speed Skating Club- is current- join us

There is more to learn about Speed Skating – here are some links:

Speed Skating Canada (SSC) <http://www.speedskating.ca>

RED BOOK (the rules) –SSC)– <http://www.speedskating.ca/events/rules>

BC Speed Skating Association (BCSSA) <http://www.speed-skating.bc.ca>

Contact us: call us with any questions or concerns you may have.

Sandi Vyse (Coach Coordinator) 250.851.1481

Email: speedskate@shaw.ca

Bob Thomas (President) 250.851-9315

Email: robertkthomas@telus.net

Jodi Roberts (Club Membership) 250.371.7912

Email: jodikamloops@gmail.com

Website www.kamloopslongblades.ca

LIKE Us on FACEBOOK



Encourage your friends and family to give us a call – let us know and we can make arrangements for them to try it once before joining.

See you at the rink!

Short Track speed skating is fast and exciting to watch – It is one of the most popular Olympic events. We invite you to share the excitement with your friends, family and co-workers – they can stop by to check out the KAMLOOPS LONG BLADES in action at practices or any of our annual Interclub events which are open to the public, Admission is always FREE.

Event dates and contact information are posted on our website and included in this welcome package.