



Welcome back for our 27th Season!
2018 – 2019

Your
NEED
TO GO / *KNOW* *TO*
Document

FRASER FINANCIAL
KAMLOOPS



I LOVE SPEED SKATING
— Supplying Your Need For Speed —

WELCOME new and returning families!

Kamloops Long Blades Speed Skating Club (KLB) was founded in 1992. Over the years we have assembled a strong team of experienced and qualified coaches who are certified through the National Coaching Certification Program (NCCP). At the national level the club is associated with Speed Skating Canada and at the provincial level with the BC Speed Skating Association.

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 and we encourage all parents to gain experience.

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. She competed on the World Cup circuit for years and accumulated numerous medals, missed qualifying for the 2010 Vancouver Olympics by one spot and finally qualified for 2014 Sochi Games. 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 have moved on to the Calgary training centre over the years. Several others have qualified and qualify to attend national events and international events. Others have re-focused their passion for the sport into volunteering as coaches, officials or becoming member of the Board.

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

Many volunteer hours go into seeking and writing Grant applications each season. We've been fortunate to receive them to help reduce your costs. In recent years we have been extremely fortunate to acquire local corporate assistance from The Fraser Financial Group – this year they will generously match our fundraising efforts – heightening the importance for everyone in the club to fundraise. 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 in past also received contributions from New Gold. We are active members of the Kamloops Sports Council. With this support and funding we are able to supplement our fundraising efforts to assist to keep our registration and equipment costs affordable – enabling us to provide an accessible sport option for youth in our community.

We continue to seek new fundraising opportunities and encourage all of our members to actively participate in all of our events. New funding partners & sources support our growth and provide for expanding opportunities for our skaters. Ideas for potential funding sources are welcome; we have various levels of sponsorship that can be considered. Let us know if you what you think and be sure to participate in our efforts

***We are ready
to get the
season started
and are looking
forward to
another
successful &
fun filled year!***



2018 - 2019 KLB Club Skating Groups & Practice Times

Each club skater is assigned to a club group for practice purposes.

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.



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 *twice a week*

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

Garter Snakes (advanced skaters) – skate three times a week

- Mondays 8 - 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 *twice a week*

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

Parents need to arrive in time to help with mats... Skaters cannot go on the ice until mats, safety equipment & coaches are all in place.

Is your skater is a **COYOTE** or **RATTLESNAKE**?

BCSSA resource materials can help guide your skater's competitive career as can our coaches. Check the **BCSSA website** <https://www.bcspeedskating.ca/> **Subscribe** to receive email communications directly from them. Including helpful **Athlete Development Committee Bulletins & Competitions Bulletins**.

Each member in our club needs to read and remain aware of our commitment to a high standard of personal conduct. Your registration package includes these forms for signature, please be sure to read

and sign them for Jodi Roberts when you register for Membership. Should concerns arise please discuss with our Board of Directors (*contact info is included in this document*).



ATHLETE CODE OF CONDUCT

The Kamloops Long Blades welcomes you to our speed skating club. As an athlete of our club we want to ensure your safety and enjoyment of the sport, as for all Club members and Club Associate members alike. To do so, we have felt it necessary to have skaters read and sign our Code of Conduct.

The Code of Conduct is in effect and applicable during all club activities both on and off the ice and for life even after you are no longer a member of KLB..

As a member of the Kamloops Long Blades Speed Skating Club I will be expected to:

- . Willingly participate in club events
- . in the spirit of our sport; learn and play by the rules
- . treat everyone with courtesy and respect; coaches, fellow skaters, club members, volunteers, officials and opponents
- . practice and display good sportsmanship at all times;
- behave in a positive manner and be supportive of my fellow skaters and opponents
- . be attentive to the coaches at all times and respect their decisions
- . be honest and forthright, discuss concerns or issues with a coach or member of the KLB Board.
- . settle disagreements in a fair and non violent way
- . respect the property of others, or that of the Kamloops Long Blades as invaluable; use it with care
- . take pride in the successes of the Kamloops Long Blades Speed Skating Club
- . try my hardest, do my best, have fun and make new friends.

Any unacceptable behaviour will be subject to immediate consequences.

Our club will not permit or tolerate:

- . lying, outbursts of anger, use of abusive language or offensive gestures
- . using any form of physical abuse or intentional emotional abuse
- . harassment or intimidation
- . rudeness or defiance toward others
- . Interfering with or damaging property of others.

The following is a list of immediate consequences for unacceptable behaviour.

All or some of these measures may be taken and not necessarily in the order listed.

- Warning
- Time out
- Consult with parents
- Suspension until further investigation can take place
- Withdrawal of funding to meets
- Suspension from practices and meets
- Expulsion from the KLB

A skater may wish to acknowledge his/her misbehaviour and make restitution to all parties involved, verbally or written, and provide the Executive of the Kamloops Long Blades a declaration that the infraction of the Code of Conduct will not reoccur. Should unacceptable behaviour persist, the Club Executive will determine which measures best warrant the situation based on the type and frequency of the infraction(s) incurred.

KAMLOOPS LONG BLADES

CODE OF CONDUCT FOR PARENTS

The Kamloops Long Blades welcomes you and your family as members of our speed skating club. To ensure the safety and enjoyment of all Club members and parents we have felt it necessary for all members to read and sign our Code of Conduct for Parents.

The Code of Conduct is in effect and applicable during all club activities both on and off the ice and for life even after you are no longer a member of KLB.

As a member of the Kamloops Long Blades Speed Skating Club I will be expected to:

- . allow my child to participate willingly in club activities
- . encourage my child to do his/her best
- . promote a positive and enjoyable experience for my child
- . teach by example and display good sportsmanship at all times
- . behave in a positive manner and be supportive of others
- . in the spirit of our sport; learn the rules and encourage my child to play by them (attend Speedskating workshops)
- . reinforce that competition isn't only about winning, personal bests are more important and fulfilling
- . respect my child, never ridicule his/her mistakes or humiliate him/her over competitive outcomes
- . be respectful to club Coaches at all times and respect their decisions
- . be honest and forthright, representing my child's concerns or issues by discussing them with a coach or member of the KLB Board
- . settle disagreements in a fair and non violent way
- . consult with my child's coach should I disagree with an official's judgement or question their honesty
- . treat everyone with courtesy and respect; coaches, fellow members, skaters, volunteers, officials and opponents
- . respect the property of others, or that of the Kamloops Long Blades as invaluable; use it with care
- . understand and abide by Kamloops Long Blades, BCSSA and SSC by-laws and policies
- . respect and show appreciation for the volunteer coaches who give their time to teach my child speed skating
- . participate and help support the volunteer efforts required of fellow club members, BC Speed Skating Association members and Speed Skating Canada members.
- . take pride in the successes of the Kamloops Long Blades Speed Skating Club

Any unacceptable behaviour will be subject to immediate consequences.

Our club will not permit or tolerate:

- . lying, outbursts of anger, hostility, use of abusive language or offensive gestures
- . using any form of physical abuse or intentional emotional abuse or insults
- . harassment, intimidation or threats; in person or alternate forms of communication (email/voice mail/phone)
- . rudeness or defiance toward others
- . interfering with or damaging property of others.

Should unacceptable behaviour persist, the Club Executive will determine which measures best warrant the situation based on the type and frequency of the infraction(s) incurred. All or some of these measures may be taken by the Executive of the Kamloops Long Blades Association;

- Withdrawal of funding to meets or other financial assistance
- Suspension from practices and meets
- Expulsion from the Kamloops Long Blades practices or other club events

**TRUE
SPORT**
LIVES HERE

Give Back

Do something that helps your community.

<http://truesportpur.ca>

CLINICS for Parents – take advantage of opportunities to learn more about the sport.

OFFICIAL CLINICS, COACHING CLINICS, CLINICS ON EQUIPMENT:

I M P O R T A N T! Level 1 Officials - Introduction to Speed Skating
MONDAY & THURSDAY, NOVEMBER 19th & 22nd. 6:30 – 7:30pm EACH
NIGHT in the Meeting Room upstairs

What EQUIPMENT does a skater require?

Required Equipment for Short Track Speed Skating Competitions (and practices):

Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.

For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNDamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified. Helmets should be replaced every 3-5 years with regular wear or after an impact.

Very important, please inspect your helmets to make sure that they meet these requirements.

If a kevlar suit is not worn, kevlar or dyneema ankle cuffs or socks must be worn. Minimum Requirement: When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to **10 cm above the tops of the boots.**

Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better. This protection is for your ankles not your boots, so please be sure to position them correctly!

Shatter resistant goggles or a complete visor are required. All glasses must be **secured behind the head with a strap**, clear or yellow lenses are recommended.

Bib type neck guard made of kevlar, dyneema or ballistic nylon, it must be fastened securely, and tucked into a skater's skin suit. Protection may be integrated into the design of a skater's skin suit.

Cut and water resistant gloves (leather or synthetic leather, kevlar, dyneema)

Hard shin guards, coverage from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. It may be worn over/under a skater's skin suite or it can be integrated or built in cut and puncture resistant material into the skin suit.

Soft knee pads made of puncture resistant and impact absorbing material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.

No skin can be showing, except the face. If there is any skin exposed, the skater will be disqualified.

For more detailed pictures and descriptions of equipment please refer to our website: <http://www.kamloopslongblades.ca>

Blade Tips Minimum Requirement: All speed skates must have the tubes closed and the blade ends front & rear must be rounded off, **with a minimum radius of 1 cm, (the radius of a nickel).** Blades must be fixed to the boot at a minimum of two points with no moveable parts, please notify our equipment manager, Shawn or Sandi.

Skaters competing in the Western Canadian or Canadian Championships must also wear kevlar or dyneema racing suits, or a protective under suit.

KLB skaters in the Garter Snake/Rattlesnake/Prickly Pears groups **must also wear these suits to practice.**

Items can be viewed at <http://www.ilovespeedskating.com/store-protective-gear> Kamloops Long Blades members receive a 10% discount on any items purchased from I Love Speed Skating.

Another very important thing about equipment is that your **skater's blades be sharpened regularly.** Skaters with dull blades are risking injury from falls. Please be sure to inspect the blades after every practice, dry them, put them in their dry covers and check for sharpness. There are older skaters in the club who are willing to sharpen skates for \$10. If you would rather have someone else do your sharpening, please contact Sandi to be set up with a sharpener.

SKATES & BLADES: We are fortunate to maintain an inventory of club skates and blades – it offers you an affordable rental option instead of purchasing them for growing feet. Skates are expensive and require a large portion of our budget to keep the inventory healthy. Each user **MUST** care for them properly and all borrowed or rented items **MUST** be returned at the end of each skating season. Please remind your skater how important it is to care for them, keep them safe, blades are dried well so they don't rust and skates remain in overall good condition with minimal signs of wear.

Blades need to be kept sharp to ensure the skater has edges to rely on – making it easier to skate. Dull or rusted 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 jigs.

SKATE RENTAL: Skates **MUST** be returned at the end of the skating season (March) – without fail. The skates need to be inspected and put back into inventory or replaced. You could be held liable for damaged or missing skates. Watch for notices of scheduled “Skate Return” events and also for “Skate Fitting” events to provide for your skater participating in summer ice camps.

JIGS: We maintain a small supply of sharpening jigs. **Please use them only at the rink** as they cannot be taken home. Plan to arrive early or stay after practice to sharpen skates. You also have the option to purchase your own jig.

Contact Shawn Birkenhead, Equipment Manager: shawn_birkenhead@hotmail.com

SAFETY is #1 – our coaches and officials follow and enforce mandated requirements for safety. Learn more about the **mandatory equipment requirements** for speed skating.

- Kamloops Long Blades: <http://www.kamloopslongblades.ca/equipment/>
- BC Speed Skating Association: <http://www.speed-skating.bc.ca/skate-with-us/required-equipment/>
- Concussion Protocol: <http://www.kamloopslongblades.ca/wp-content/uploads/2017/05/2015-BCSSA-Concussion-Protocol.pdf>

TRY speed skating before joining:

We often have interest from people wanting to try speed skates before making a decision to join the club. If you know anyone wishing to do this please check first to ensure practice times can accommodate a person trying it out and to ensure someone will be available to fit them with skates/equipment.

Contact: **Sandi Vyse** (Coach Coordinator) 250.851.1481 Email: ilovespeedskating88@gmail.com
Jodi Roberts (Club Membership) 250.371.7912 Email: jodikamloops@gmail.com

CLUB ATTIRE

Whether or not your skater wears a skin (racing) suit please be mindful of what they do wear on the ice. Jackets and bulky clothing can restrict their movement and make it challenging for them to skate. If your skater gets cold they are best to wear underwear garments under non-restrictive and flexible fabrics. Dress them in clothing that completely covers their arms and legs and ensure it allows them to bend and stretch, easily. Each skater receives a club t-shirt for their grouping – the coaches appreciate skaters wearing them to help monitor groupings during practices.

Skin Suits offer comfort and (as every skater will attest to) - enhances skater speed!

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 cut-resistant fabric (Dyneema, Dynamix or Kevlar) or optionally they must wear a cut-resistant undergarment to ensure they have cut proof protection.

Our club team suit comes in three styles:



\$100 Non Cut-Resistant STANDARD Style

Louis Garneau – with built in knee protection

Suitable for Junior beginner skaters – Junior sizes only JrSmall, JrMedium, JrLarge, JrXLarge

*** purchase a separate cut resistant undergarment if your skater requires protection.**

(Limited items in stock – minimum order of 6 units required to place an order)



***new style from Apogee – 2 options**

One piece suit fully sublimated with integrated knee protection.

Main fabric 100% Polyester power lycra. Auto lock YKK front zipper

JUNIOR sizes youth 6-16

ADULT sizes XSmall, Small, Medium, Large, XLarge, XXLarge

(Must be ordered – minimum of 5 units to place order)

\$200 Non-Cut Resistant STANDARD style

With built in knee protection

*** purchase a separate undergarment if your skater requires protection.**

\$425 CUT-Resistant style

Fully sublimated with Dynamix protective lining and built in knee protection.

*** Cut-Resistant Protection MUST be worn by skaters who join the high performance practices (includes Coyotes, Rattlesnakes, Prickly Pears).**

Skating with this level requires the added safety of cut proof protection.

Protection 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.

USED EQUIPMENT: If your skater no longer wears or fits their suit.

There may be interest in purchasing your gently used items or equipment.

Contact kamloopslongblades@gmail.com to post your FOR SALE items on our website.

Looking for speed skating equipment or supplies?

I LOVE SPEED SKATING

— Supplying Your Need For Speed —

Check with our local supplier

Sandi Vyse (250) 851-1481

Website: www.ilovespeedskating.ca

Email: ilovespeedskating88@gmail.com

SKATER NUMBERS

Each skater is registered with a membership to 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.

What do 'SSC and BCSSA Age Categories' mean?

These categories are used in setting up fair competition and results. When your skater enters a competition these age groupings are utilized. These categories are different from our club groupings we use for practice purposes.

Age Categories 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 and BCSSA.

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

BCSSA Age Categories

Skaters age as of June 30, 2018

- **Active Start (AS)** **under 6**
- **Fundamentals (Fund)** **girls 6-8, boys 6-9**
- **Learn to Train (L2T)** **girls 8-11, boys 9-12**
- **Train to Train (T2T)** **girls 11-14, boys 12-15**
- **Junior B** **girls 15-16, boys 15-16**
- **Junior A** **girls 17-18, boys 17-18**
- **Seniors** **girls and boys 19 +**
- **Masters** **30+ (in five year groups)**

COMPETITIONS (“Meets”)

KLB is hosting 2 INTERCLUB competitions this season

Skaters will enter from across the province for these meets and we encourage all of our club skaters to sign up to participate. These are ‘sanctioned’ competitions which means that a skater’s race times are official and on record with BCSSA. These are all day events that *generally* run from ~8am to 5pm~ - actual schedules are determined by number of participants that register before the deadline for each competition. The club has been hosting these 2 very successful events for several years with growing levels of participation each year and successful skater results. Our ice is great, we have one of the few Olympic sized ice surfaces in the province and our ice temperature stays cold and fast. Our meets also run efficiently – but success requires we get a good volunteer turnout from our members to help out.

Skaters will complete entry forms and pay an entry fee to compete:

Saturday, Nov 3rd, 2018 – **Classic Chill**
Saturday, Jan 26th, 2019 – **Coyote Cup**

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, November 26th, 2018 – 6:30 – 9 pm
#2 Feb/Mar (TBA) – 6:30 – 9 pm

***There are no Entry Forms or Fees for the in-house Challenges above
– All skaters are automatically entered –
If your skater is not planning to participate you need to let the meet coordinator know.
Contact Sandra Webb Smith - sandra.webb.smith@gmail.com***

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 Schedule page for the **EVENT calendar** – or chat with the coaches:

<http://www.kamloopslongblades.ca/events/>

BC Speed Skating Association Events calendar and Results are posted:

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

Read about our “I Love to Compete Awards Program” (*section below*)

MARK YOUR CALENDARS and plan ahead . . .

2019 BC LONG TRACK CHAMPIONSHIPS (BCLT) – Sat/Sun January 19 & 20, 2019

- Hosted by Fort St John Speed Skating Club
- All ages and abilities can enter
- **You won't want to miss! Our club goes as a team....maybe a bus trip!**
- More information to come

How to REGISTER for COMPETITIONS

Contact KLB Meet Registrar: Alana Lawhead Email: Alana.lawhead@gmail.com

- Check our website: <http://www.kamloopslongblades.ca>
 - **SCHEDULE page** for monthly calendared events
 - **INFORMATION / Form page** for Information and Entry Forms
- Print off and complete **Entry Forms** and include **Entry Fees**
- Alana collects the forms and fees
- There are NO Entry Forms required to compete in our in-house 'I Love Speed Skating Challenge Series' (mini meets).
- There are forms and fees for our Classic Chill and Coyote Cup interclubs and for all out of town competitions.
- Be mindful that Alana's deadline will be a few days before the deadline showing 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.

NOTE:

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

QUESTIONS? – Please chat with the COACHES:

Sandi Vyse, Coach Coordinator	(250) 851-1481	Email: ilovespeedskating88@gmail.com
Karen MacLaren	(250) 319-7686	Email: kar-mac4@telus.net
Tyler Roberts	(778) 257-2493	Email: tyler.roberts@newgold.com
Erik Norlander	(250) 574-0841	
Mackenzie Neville	(250) 320.4824	Email: mackenzie.neville@gmail.com

“I LOVE TO COMPETE AWARDS PROGRAM”

PARTICIPATE AS A COMPETITOR & collect points

COMPETITIONS are important for skaters to attend for many reasons.

Competitions are where skaters put all those practiced skills to work and important to build on personal successes. At competitions skaters strive to achieve personal best times in different distances. It is at competitions that skaters get faster and learn to skate better and develop their skating skills. Competitions are a key part of speed skating programs. Remind your skater that competitions are not about winning but about learning to compete, doing your best, developing speed skating skills and having fun.

Active Start (under 6) to Active for Life (adult 30+) can attend skating competitions usually called speed skating “meets” in nearby communities, provincially, nationally or internationally.

To encourage Kamloops Long Blades (KLB) skaters to attend competitions KLB will be handing out “**I LOVE TO COMPETE AWARDS**” by I LOVE SPEED SKATING.com. KLB will hand out these awards at the Awards and AGM Celebration April 2019. All skaters will be eligible for these awards. There is no limit on the number of skaters who will get awards. Special awards will be given to those skaters who attend extra competitions beyond what is being recommended for the award.

The number of competitions and which competitions skaters may want to attend are based on the SSC Age Categories that the skater belongs.

Skaters are not limited to the competitions listed below and may want to attend a competition that is not listed here. Relatives may live in a community that is hosting a meet. All competitions are listed on the BCSSA website <http://www.speed-skating.bc.ca/events-and-results/>. Results for all the competitions can be found at this link as well. Competitions can also be found at KLB website calendar <http://www.kamloopslongblades.ca/events/>.

Meet registration forms can also be found on our website <http://www.kamloopslongblades.ca/forms/>.

Please follow the instruction as outlined in the handbook for registering for competitions.

Should a skater want to attend more competitions or if you have any questions please consult with their coaches Karen or Sandi.

Active Start (under age 6):

Attend 2 of the possible 4 competitions being held on home ice at McArthur Island.

KLB Meets:

1. I Love Speed Skating Challenge mini meet- Monday, November 26
2. Classic Chill- Interclub - Saturday November 3
3. Coyote Cup- Interclub - Saturday January 26
4. I Love Speed Skating mini meet- winter 2019

Fundamentals (girls age 6-8 boys 6-9):

Attend 3 of the possible 4 competitions being held on home ice and 1 competition being held around the interior BC as noted below. It is recommended to attend the FUNale which is the regional championships for this age group. Fundamentals can also attend the BCLT.

KLB Meets:

1. I Love Speed Skating Challenge mini meet – Monday, November 26
2. Classic Chill- Interclub - Saturday November 3
3. Coyote Cup- Interclub - Saturday January 26
4. I Love Speed Skating mini meet - winter 2019

Interior Meets:

5. Salmon Arm Interclub- November 24
6. Kelowna Interclub - Saturday December 15
- 7. Vernon Funale Championships – Saturday February 23, 2019**
- 8. BCLT- Fort St. John - Sat/Sun January 19 & 20, 2019**

L2T (girls age 8-11 boys 9-12):

Attend 3 of the possible 4 competitions being held on home ice and 2 competitions being held around the interior (1 meet Vernon FUNale Championships is focused for this age group) as noted below. Those that attend the BCLT and BCST will get recognized for this achievement.

KLB Meets:

1. I Love Speed Skating Challenge mini meet – Monday, November 26
2. Classic Chill- Interclub - Saturday November 3
3. Coyote Cup- Interclub - Saturday January 26
4. I Love Speed Skating mini meet - winter 2019

Interior Meets:

5. Salmon Arm Interclub – Saturday November 24
6. Kelowna Interclub - Saturday December 15
- 7. Vernon Funale Championships – Saturday February 23, 2019**
- 8. BCLT- Fort St. John - Sat/Sun January 19 & 20, 2019**
- 9. BCST- hosted by Prince George, Sat/Sun March 2 & 3 (time requirements for the BCST)**

T2T (girls age 11-14 boys 12-15):

Attend 3 of the possible 4 competitions being held on home ice and 1 competition being held around the interior BC as noted above, plus 2 competitions outside of the interior and at least one of the BCLT & BCST. It is ideal to attend both BCLT & BCST as these competitions are focused on this age category (T2T).

NOTE:

As part of the criteria to qualify for CANWEST, a T2T skater is required to compete in a multi-day competition and are encouraged to consider attending the competitions that are designed for their age group development; ie. BC Winter Games, a T2T Circuit (ie. Edmonton Fall Classic, Richmond Oval or Western Elite Circuit competitions). A skater's result 'could be' considered in the Provincial Performance Program selection – more information will be shared in Athlete Development Committee Bulletins.

The purpose is to attend competitions where the skater will compete with athletes that they normally do not compete against. This list is not inclusive of all opportunities available. Please check the BCSSA events calendar for full listing of competitions;

KLB Meets:

1. I Love Speed Skating Challenge series (mini meet) – Monday, November 26
2. Classic Chill- Interclub - Saturday November 3
3. Coyote Cup- Interclub - Saturday January 26
4. I Love Speed Skating Challenge series (mini meet) - winter 2019

Interior Meets:

5. Salmon Arm Interclub – Saturday November 24
6. Kelowna Interclub - Saturday December 15
7. Vernon Funale Championships – Saturday February 23, 2019

Other Meets – check BCSSA calendar for these and others:

8. Prince George - Saturday – Saturday November 17
9. Edmonton Fall Classic – Saturday & Sunday November 10 & 11

BC Championships:

10. BCLT - Fort St. John- Sat/Sun – Sat/Sun January 19 & 20, 2019
11. BCST – Prince George– Sat/Sun March 2 & 3, 2019 *(time requirement needed for the BCST)*

Juniors/Seniors/Masters:

These skaters should attend high end competitions as outlined in the BCSSA Athlete Development Bulletin. These skaters need to have a plan in place with Coach Co-ordinator, Sandi. Awards will be awarded for those that attend competitions as negotiated with Sandi.

CO-ORDINATING COMPETITIONS

Our Interclub Meet Coordinator is Carol Dougan. Karen MacLaren is coordinating the “I Love Speed Skating Challenge Series” in house. These are volunteer positions.

They 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 competition 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... entry level officiating positions are easy to learn and need to be filled prior to each competition 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’ offer a fun 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 Awards Banquet & Annual General Meeting (AGM) – Sunday, April 28th, 2019

This is also our fun wind up to celebrate skater achievements and club successes! Every skater's achievements are rewarded so we hope you don't miss this event.

Please let the Board know if you are interested in attending meetings or joining for 2019..

Names	Position on board	email
Robert Thomas	President	robertkthomas@telus.net
Wendy Neville	Vice-President	nevillec@telus.net
Tricia Turner	Treasurer	tricia-nelson@shaw.ca
Sandra Smith	Secretary	sandra.webb.smith@gmail.com
Jodi Roberts	Membership/Registrar	jodikamloops@gmail.com
Shawn Birkenhead	Equipment Coordinator	shawn_birkenhead@hotmail.com
Alana Lawhead	Meet Entries	alana.lawhead@gmail.com
Carol Dougan	Meet Coordinator	cbdougan@gmail.com
Yolaine Kampman	Member at large	yolainekampman@hotmail.com
MacKenzie Neville	Member at large	Mackenzie.Neville@gmail.com
Kevin Beesley	Member at large	eyebeekevin@yahoo.com
Erik Norlander	Member at large	norlander28@gmail.com

Club meetings are held monthly throughout the year and scheduled to occur:

Day/Date	Start Time	End Time	Name of Facility
Wed, September 12, 2018	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room
Tues, October 9, 2018	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room
Wed, November 14, 2018	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room
Tues, December 11, 2018	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room
Wed, January 8, 2019	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room
Tues, February 12, 2019	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room
Wed, March 13, 2019	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room
Tues, April 9, 2019	5:30pm	7:30pm	McArthur Island Sports and Event Center – Meeting Room

HELPING OUT

Success can be attributed to all who lend a hand. Your costs are subsidized by successful fund raising efforts. We keep 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 your Associate membership fees of \$25. 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 – or ask.

And...

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 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: at these 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, December 10th 2018**

Develop as an OFFICIAL – start by taking the **Level 1 Officials Clinic MONDAY & THURSDAY, NOVEMBER 19th & 22nd. 6:30 – 7:30pm EACH NIGHT** in the Meeting Room upstairs

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 –

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 – as a not-for-profit organization we are obligated to prove we do our best to raise funds on our own. We choose events throughout the year that 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 from you and your network, the more successful the result – the more we can provide for your skater – the more satisfied our sponsors.

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. Our sponsors and grant providers want to see us doing everything we can to provide for a successful club – we need everyone's commitment to help.

PARTICIPATION

Your fees are subsidized and your help is needed. We strongly encourage each club member to participate and contribute to fundraising and team events. 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. Do you have IDEAS?

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 –

NEW for 2018-2019 – Kamloops Long Blades Fundraising Program

2018-19 KAMLOOPS LONG BLADES FUNDRAISING PROGRAM

- Based on an estimated 50 skaters, there is an expectation of a minimum of \$250 in fundraising per skater.
- We will credit each skater with their fair portion of fundraising, with the organizer getting an increased allocation. This will be a calculation derived from a) family members attending and participating in fundraising events, b) time spent at event, and c) net proceeds raised at event. For example, we have a bottle drive at which 20 of our members (parents, skaters, even other family members) actively participate (sorting, driving, or going door to door) and raise \$1,250. The organizer automatically gets a 20% allocation of the net profit, in this this would equate to \$250. Each of the 20 members spend 5 hours working at the bottle drive, for a total of 100 hours and would share the remaining \$1,000 in profit based on time working. This works out to \$10/hour. A family of four, having spent 20 hours in total working at the bottle drive, would be credited 20 hours x \$10/hour = \$200, split between family skaters.
- For other fundraising events (ie pizza cards), the methodology will remain similar. Net revenue will be split between the organizer and the sellers. Example: a member organizes and tracks the selling of 200 pizza cards that give us net profit of \$5 per card. The organizer gets credited with \$1 per card, and the sellers get credited \$4 for every card they buy personally or sell to others. If all 200 cards are sold, 20 each by 10 families, the organizer gets credited with \$200, and each of the 10 families gets credited \$80 each. This 20/80 allocation will also work for events like paint nights and fundraising dinners, with attendees getting credit for 80% of the net profit from each ticket they consume personally or sell to family/friends that attend, and the organizer getting the other 20%. If two people are organizing, they would each get a 10% allocation.
- Organizers will receive both the organizing and participating allocation.
- Skate-a-thon proceeds will be allocated directly to fundraising families/skaters.
- Fundraising activities must be approved by the fundraising coordinator.
- We encourage members to participate in fundraising activities, as these events can also help support a sense of team and togetherness. However, for those who simply cannot find time for fundraising or who don't want to fundraise, a cheque can be written for this fundraising component. Contributions of this type will be matched along with the other fundraising.
- We will ask that cheques be submitted by families to the club by February 1, 2019 for any deficiency towards the fundraising target of \$250 per skater. These cheques will be held until the end of the season (March 31, 2019) and will be cashed at the same time we refund any fundraising between February 1 and March 31, 2019 credited towards skaters, up to the amount of the cheque written.
- To encourage members to continue to participate in fundraising after their goal is achieved, there will be recognition for the top fundraisers at the 2019 AGM. There will be two fundraising awards, sponsored by Fraser Financial – Kamloops, if our fundraising goal of \$12,500 is met:

1. Payment of ice and admin fees for the 2019-20 season for the top fundraising skater. If a family has more than one skater, the award will be based on if they only had one skater, ignoring any family discounts that may be available.
2. Payment of ice and admin fees for the 2019-20 season for one skater, drawn at random. Eligible skaters will be those who have met the \$250 target by February 1, 2019. Each eligible skater will get an additional entry for every \$50 they fundraise in excess of \$250. Individual skaters are not eligible for more than one prize.

Many other clubs in town have had similar programs for years. There should be ample events for families to meet their fundraising target. The Skate-a-thon alone, offers a tremendous opportunity to raise funds and used to be our biggest fundraiser by far. Progress per skater will be shared periodically on a private basis to each family. Leading fundraisers and club totals will be shared with all members periodically.

Club Membership = 12 months of FUN On & Off the ice!



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 postings at the rink, emails, Facebook & KLB website.
Talk to other parents, ask your coaches. We all want to see happy skaters and supportive families.

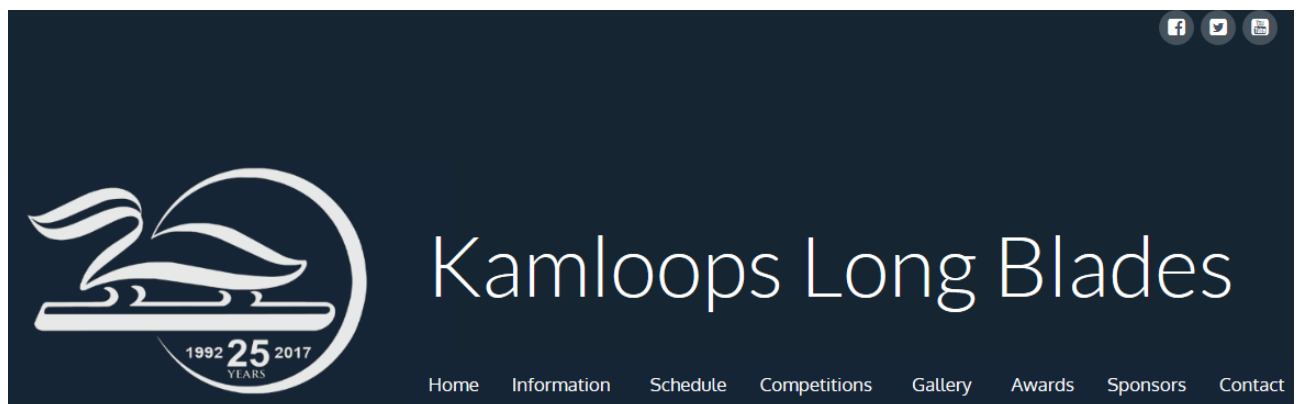
Someone is usually at the rink sharing information on the various activities and upcoming events.
Look for hand-out info sheets or postings on Facebook or the website

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



Check out www.kamloopslongblades.ca

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

Home – with live link to Facebook posts and events

Information

- About the Club
- Registration
- Equipment
- Classified
- Forms
- Blog

Schedule

Competitions

Gallery – photos & videos

Awards

Sponsor information and links

Contact

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>

WELCOME to the Kamloops Long Blades Speed Skating Club 2018-2019 It's our 27th SEASON!!

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

Sandi Vyse (Coach Coordinator) 250.851.1481 Email: ilovespeedskating88@gmail.com

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



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.

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 see us in action at practices or during any of our annual Interclub events which are open to the public and Admission is always FREE.

See you at the rink!