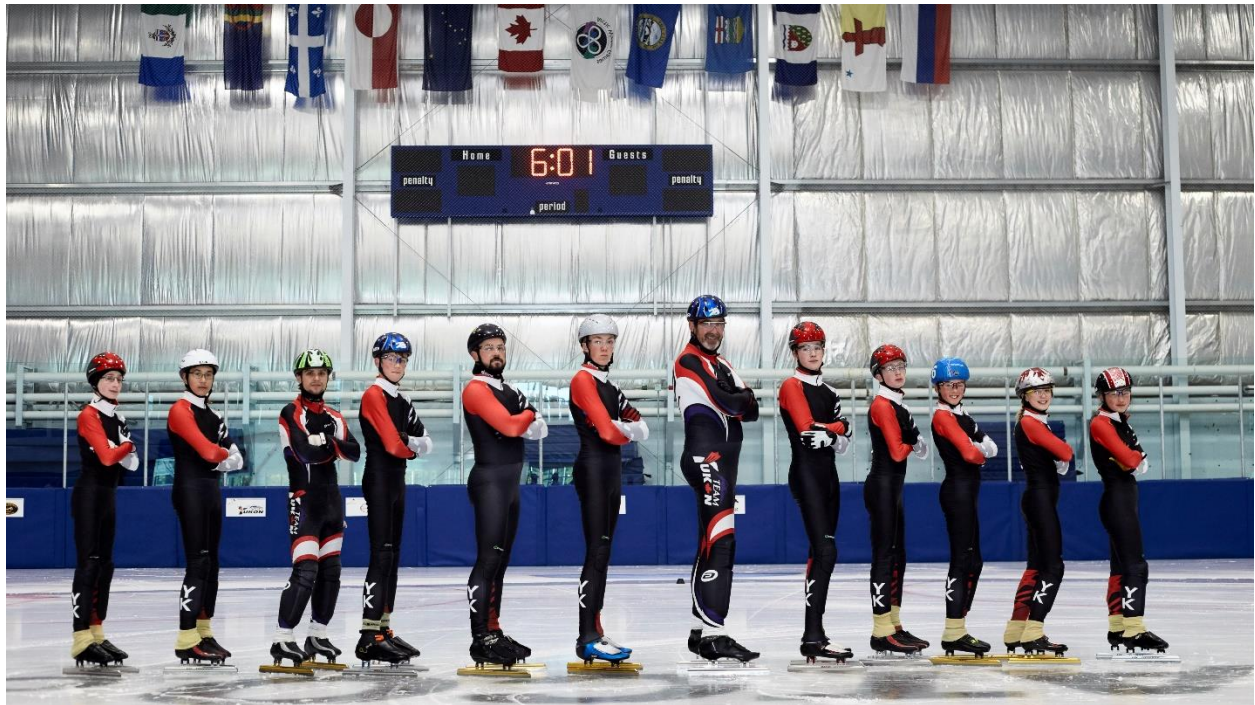


How fast can you go!



2017-18 SS2 Skaters preparing to conquer the ice (Photo credit Stephen Anderson-Lindsay)

2018-19 Season Information Package



***Whitehorse Rapids
Speed Skating Club***

Yukon Amateur Speed Skating Association



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Speed Skating and Club Background

Speed skating is a competitive form of ice skating in which the competitors race each other in travelling a certain distance on skates. Common types of speed skating are long track and short track speed skating. In the Olympic Games, long-track speed skating is usually referred to as just "speed skating", while short-track speed skating is known as "short track". The ISU, the governing body of both ice sports, refers to long track as "speed skating" and short track as "short track skating".

The standard rink for long track is 400 meters long, but tracks of 200, 250 and 333½ meters are used occasionally. It is one of two Olympic forms of the sport and the one with the longer history. An international federation was founded in 1892, the first for any winter sport. The sport enjoys large popularity in the Netherlands and Norway. There are top international rinks in a number of other countries, including Canada, the United States, Germany, Italy, Japan, South Korea, Russia and Kazakhstan. A World Cup circuit is held with events in those countries.

Short track speed skating takes place on a smaller rink, normally the size of an ice hockey rink, on a 111.12 m oval track. Distances are shorter than in long-track racing, with the longest Olympic individual race being 1500 meters (the women's relay is 3000 meters and the men's relay 5000 meters). Races may be held as knockouts, with the best two in heats of four or five qualifying for the final race, where medals are awarded. Disqualifications and falls are not uncommon.

Whitehorse Rapids Speed Skating Club began operating in 1983 with an outdoor long track. In 1997 the club moved to short track and currently has skaters ranging in age from 5 to 67. **Newer skaters should have some experience in skating in the SS1 program. Speed skates have lower cut boot and longer blades, which make initial learning more challenging. Skaters can learn on skates with more ankle support before progressing to use of speed skates within the SS1 group.**

2018-19 Registration Night

Will be on Sunday September 16th from 5:30 to 7:00 PM, also we will be holding a See it, Try it session for anyone interested in trying out speed skating from 6:00 to 7:00 PM. We will have a number of sizes of skates available to try but you will need to bring a hockey/speed skating helmet and leather gloves with you. There is no cost for the See it, Try it event.

2018-19 Skating Programs

Speed Skating 1 (SS1):

This group includes Fundamentals/Learn to Train (L2T)/New Masters.

Registrations for Speed Skate 1 are accepted for Sunday or Wednesday or both.

Ice Times:

Sunday - 4:00 to 5:15 PM

Wednesday - 4:45 to 6:00 PM

Speed Skating 2 (SS2):

This group includes Train to Train (T2T)/Junior/Senior/Masters

We meet on Sunday, Tuesday, and Thursday. **Skaters should register for two or three of these sessions per week.**

Ice Times:

Sunday - 5:30 to 7:00 PM

Tuesday - 7:00 to 8:30 PM

Thursday - 5:30 to 7:00 PM

Skates and Safety Equipment

WRSSC has a large selection of speed skates available for rent at a cost of \$100 per season. Though not a dangerous sport when done properly, we want to ensure the safety of all of our skaters as speed and skate blades present a potential risk of injury so your skater will need to have some safety equipment of their own as follows:

- Speed Skating helmets are recommended. Other helmets with holes less than 4 cms are acceptable. Regular bicycle helmets are no longer acceptable due to the length of the holes
- Neck guard (same as what hockey players would wear), locally available
- Leather or other cut-proof gloves to protect the skater's hands and fingers
- Clear Safety Glasses to protect the skater's eyes, locally available
- Ankle protectors to protect the skater's ankles from cut-injuries from blades, available from the club
- Knee pads (similar to volleyball knee pads), locally available
- Elbow pads can also be considered but are not mandatory, locally available
- Shin guards, (soccer style) locally available
- Advanced skaters will require **cut-proof under suits** (Kevlar, Dynema) due to increased speed and pack skating (available within Club or through order)
- **The club periodically orders speed skating equipment and may have some safety equipment available for sale.**

Parental Participation

As many parents are already aware, operating the Whitehorse Rapids Speed Skating Club takes many volunteers both on and off the ice from helping to setup/take down mats for each session (we ask that parents who are dropping off or picking up their skater assist with getting the mats on or off the ice), to volunteering on the board as well as becoming an official during club meets. We hope to involve more parents throughout the season. Please let us know what assistance you may be able to provide to the club.

Contact Information

If you have any questions about our programs or to get involved, drop us an e-mail at yukonspeedskating@gmail.com or come on out to the rink with your skater. You can also find us on Facebook or check out our web site www.yukonspeedskating.com!

2018-19 Schedule (subject to change)

September 16 – First day of Skating for Speed Skating 2 (Arctic Winter Games eligible skaters are expected to start)

September 28 to 30 – Fall Camp, Whitehorse

October 5-7 – Western Elite Circuit 1 - Calgary

October 3 – First day of Skating for Speed Skating 1

October 12-14 – CWG Test event - Red Deer

November 4 – WRSSC - Club Races

November 9 to 11 – Edmonton Fall Classic

December 9 – WRSSC – Club races and CWG Trials (Tentative)

December 14 to 16 – Western Elite Circuit 2 - Richmond

December 20 – Last regular sessions prior to Christmas Break

January 2 – Regular sessions resume

January 25 to 27 – Winter Camp with TBD

February 1 to 3 – Western Elite Circuit 3 – Calgary

February 15 to March 3 – Canada Winter Games – Red Deer AB

February 20 – Officials Level 1 course

February 24 – Club Races – Time Trials

March 2 to 3 – RuFast Calgary

March 17 – Yukon Championships (tentative)

March 23 to 24 – Canada West Championships

March 17 – Final session of regular season (tentative)

Registration Guide 2018

READ THIS BEFORE REGISTERING

If at any time you have any questions please contact the registrar at yukonspeedskating@gmail.com

Q1. Who Needs to Register?

A1. Anyone involved in the club must register as a member. This includes anyone who participates as one or more of the following:

- Active Skaters
- Officials
- Volunteers/Board Members
- Coaches
- **Parents** of active skaters under age 18 (who have not registered as active skaters themselves).

Q2. Can I register everyone in my family at once?

A2. Just complete a section of the Registration Form for each family member you are registering, remember you must complete a medical waiver for all members who will be skating and you are encouraged to also complete one for any non-skating family members who has a medical condition that you feel we should be aware of.

Q3. WRSSC previously had a *Family Associate Membership* that covered both parents. Does that still exist?

A3. No. Because each member must register individually, WRSSC is no longer offering the *Family Associate Membership*. Instead, at least one parent (if they are not skating themselves) will need to register as Associate Members (any parents volunteering including help with mats must register as an associate to ensure proper insurance coverage).

Q4. Where do I go to register?

A4. You can download the registration form from our website and return it to the club registrar.

Q5. How do I choose the right program?

A5. You will need to register as an Associate, Participant, Competitive or Elite to ensure the proper membership in Speed Skating Canada which includes your insurance coverage, you will also need to register for your skating program based on your skating level and number of sessions desired a week. If you are still unsure, contact the registrar at yukonspeedskating@gmail.com

If the registrar does not believe you have selected the correct program, you will be contacted via email.

Q6. How do I pay?

A6. You can bring your cheque to the rink as WRSSC with your registration form. You can also pay for your registration by mailing your registration form and a cheque for the registration fee to:

Whitehorse Rapids Speed Skating Club
4061 4th Avenue
Whitehorse YT
Y1A 3H1

Q7. Can I pay for rental skates at the time of registration?

A7. Yes you can add the \$100 rental fee to your cheque with the Membership payment and program payment.