



Salmon Arm Ice Breakers promotes and develops speed skating as a lifetime sport. We provide opportunities for teamwork, leadership, discipline and performance in a fun, affordable, family oriented environment.

Who: Speed Skating is a family oriented sport suitable for anyone over the age of 4. No previous skating experience is necessary.

Where: Salmon Arm Shaw Centre – Spectator rink and Hucul Pond (Dressing rooms assigned daily on electronic screen by the Shaw Centre office.

When: Starting September 18th, 2019 to March Break

Wednesdays	Group 1: 5:45-6:30pm	Group 2: 5:45-6:30 Dry land; 6:30-7:15pm Ice
Fridays	Group 1: 5:15-6:00pm	Group 2: 5:15-6:00 Dry land; 6:00-6:45pm Ice

Registration for the 2019/2020 season will be at the bottom floor of the Shaw Center on Tuesday September 10th. 6:00 pm for returning skaters and 7:00 pm for new skaters. Come join us!

Practice Groups:

Salmon Arm Ice Breakers divides skaters into two groups. Practices are based upon these groups. Skating members of the club are evaluated at the beginning of the season and grouped by the coaches. The following factors are considered during the review of each skater: skating skills, size of skater, size of groups, skater age. Generally the younger, beginner skaters will be placed within Group 1. As skaters develop during the course of the season, the coaches will continue to evaluate and move skaters, group sizes permitting.

What to bring:

- **SPEED SKATES ARE SUPPLIED by the club with membership.**
- All skaters must have helmet, neck guard and cut resistant gloves (leather gloves) to skate. Competition Speed Skating Helmets can be purchased from the club at cost.
- Skaters must not have any skin showing (ie. Ankles/arms) so long sleeved shirts and socks that cover the ankles tapered pants are required.
- We also recommend knee pads (volley ball pads), elbow pads(optional), safety glasses with strap (racket ball glasses acceptable) and shin guards (soccer shin guards).
- For competitions' a Kevlar sock or sleeve must be worn (available from club at minimal cost)

Club Contacts:

Email: info@salmonarmspeedskating.com
Website: salmonarmspeedskating.com
Tammy (registrar) 250-804-5504

Club Programs:

- weekly instruction
- The Cutting Edge Pin Program – national skills program promoting basic skills
- introduce skaters to and support them in local, regional, provincial, national and international competitions

- Educate parents and skaters on proper skate care and sharpening of blades
- Create awareness of possibilities and obtainable goals for skaters
- Interclub mini meets and sanctioned local competitions
- Participation in our interclub speed skating Competition **ICE JAM November 2019**

Boots and Blades:

Why Long Blades? They are more efficient because the blades are ground flat with a slight rocker that cut into the ice less than hockey or figure skates. With less friction, you can glide further with each stroke and skate with less effort. They are designed for speed. Blades are separate from the boot allowing for off – setting (placing the blade off center for fast cornering for advanced skaters).

The short track boot is higher on the ankle than a long track boot allowing for better support in the corners. Most boots have a thermo plastic built in the ankle area allowing for some heat molding which gives a custom fit. A skate boot should fit snugly. Typically a skater wears ½ - 1 size smaller than their runner size.

Note: A deposit will be taken at the beginning of the season (post-dated cheque) for all club equipment that is being used. Post-dated cheque will be returned when equipment is returned.

Skate Care:

Speed skates require specific care. Blades must be hand sharpened on a sharpening jig by a knowledgeable person. Blades must be completely dried after each skating session to prevent rust. Blades must be covered by a skate blade cover (provided by the club) when not in use. Boots and blades must be stored in skate bags (also provided by the club) when not in use.

Presently the club owns two sharpening jigs, and sharpening stones burr stones. These are shared by the club members. It is recommended that blades be sharpened/polished after approximately every four practices. It is up to the parent/skater to set aside an adequate amount of time before or after practice to sharpen the skates. Assistance will be provided until everyone is proficient at sharpening their own skates.

Expectations:

- All skaters are expected to arrive in time to get all personal safety equipment and skates on in time for the beginning of their ice time.
- Group 1 parents/skaters are expected to help ensure equipment needed on the ice for instruction is ready for the beginning of ice time (this includes safety mats, water buckets for ice corner repair, squeegee, bucket of Track markers, first aid kit)
- Skaters must wear safety equipment including helmet, neck guard, and gloves (prefer leather)
- Skaters within Group 2 are expected to help put away the safety mats and equipment after practice.
- Skaters must obey Code of Conduct
- Parents / Skaters are expected to help with club fundraising and participate in other duties such as equipment maintenance, media advertising, interclub communication, skate tying, executive committee participation, etc as club needs arise

Fund Raising:

- The Salmon Arm Ice Breakers is involved in fund raising to help with skater and coaching development. We have an ongoing program with support with Askews food store. Gift cards are sold equivalent to groceries required to any amount. In return, Askews contributes a percentage to the club.
- Other fundraising programs as they become available.

Past Sponsors:

Askew's Foods	Shuswap Community Foundation
Montebello Medical Clinic	SASCU
Verdurmen and Company	Stella Jones Inc
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Vertical West Timber Ltd	Canadian Tire Salmon Arm
Hucul Printing	Milestone Fabrication
Salmon Arm Observer	Home Building Centre

The Salmon Arm Ice Breakers Speed Skating Club will graciously accept new sponsors.

If you would like to contribute to the club, please contact:

Kelsey Norlin 250-832-6100 or info@salmonarmspeedskating.com.