Well, this issue has been a long time coming. I guess everyone was pretty busy over the last couple of months and we didn’t get many articles submitted but I hope you enjoy the bits and pieces we did get. On the upside, winter seems to be blowing itself out and I have heard birds in the backyard every morning this week. I hope that everyone has been training hard and is ready for the big meets in the next few weeks. To all the skaters and coaches out there, keep up the good work and make the final push a good one. Summer will be here before you know it so leave it all on the ice.

Your humble editor,
Sylvia Lindgren

THE LEADING EDGE
Update from Esquimalt Speed Skating Club

Greetings from the island!

We have had a fantastic season! A few of our skaters’ have been to meets every month and are heading off to BCST then the Oval Finale in Calgary to finish off the year. Esquimalt hosted a mini meet Feb.12 with the Peninsula Speed Skating Club. A fun evening of races was had by all topped off with cake for the skaters! The Esquimalt Speed Skating Club wishes everyone an amazing spring and summer! Good luck to all and see you next year!!!

Volunteers Make the Arena Go Around

Ariadne Holness de Hiller of Prince George was announced by the BC Ministry of Community, Sport and Cultural Development as a recipient of the Queen Elizabeth II Diamond Jubilee Medal award! This is in recognition of her many years as volunteer in our sport. A special presentation took place January 31 in Vancouver where the Premier officially presented Ariadne with her award.

Great Coaches Deserve Many Thanks

Keith Gordon of Fort St James was announced (by the Coaching Association of Canada) as the sole speed skating coach across Canada to receive the Queen Elizabeth II Diamond Jubilee Medal award! This is in recognition of Keith’s long term commitment to coaching development and coaching education over the many years of his involvement in our sport.
Roles Within a Successful Club

I think it’s an African saying that “it takes a community to raise a child”. I know that it take a community to raise an athlete.

I believe that sport can contribute towards the development of a well rounded, productive citizen. The outward picture of success in sport is the athlete on the podium but there are many steps along the way, each of which can be considered a “success milestone”. These milestones come in many forms, from learning to become mobile to personal best times, to being placed on various teams. In order to have progression along the continuum towards Olympic success there are many, perhaps hundreds of people that are needed to contribute. Each one of us play a vital role and these roles change as we move into different phases of development ourselves, our role can change from day to day or even with a practice.

The traditional ways of defining roles within a club are along the defined roles of the clubs operations; for example President, Coach, Treasurer, ECT. While these roles are indeed vital and a club couldn’t function properly without them, roles exist that are without formal titles but are every bit important. On some training sessions your role may be that of the “rabbit”, providing someone to try to keep up to. On other sessions your role may be that of “encourager”, “cheer-leader”, or “mat mover”. Perhaps you are filling many roles at the same session.

Most participants in sports will not have the drive or physical skills required to earn a place on an Olympic Podium but it sure is a nice feeling to have someone that you helped along the way, even to a minor extent, realize their dream of Olympic success.

It is impossible to predict which, if any, of our skaters has “it” within them to excel in the sport, that’s part of what makes our sport so interesting. This makes it a little more challenging to develop an athlete as we must cast a wide net but the basic guideline is to always be positive and constructive in our interactions during training. Often enthusiastic participation can make even the most grueling training a fun experience. The flip side (and a dangerous one) of this is that a negative attitude is also contagious and we run the risk of acting as an impediment to athlete development.

Recognizing the contribution that we all make is an important aspect of club life, take time out to thank those that make your club or ice sessions productive.

Turn left at the corner

Mike
The Salmon Arm Ice Breakers are having a great season both on and off the ice. With several recent additions to both the junior and the master’s team, our practices have become a busy place. It is great to see the enthusiasm of the new skaters and to see the continuous development of the more experienced team members.

Junior team coach Anna Skaalid has worked hard to keep the various levels of skaters challenged on the ice while welcoming and integrating new skaters into practices. She is a coach beyond her 17 years with an ability to multitask while creating an enthusiastic atmosphere for both learning and fun.

Several times during the season the club holds Handicap 500m races in which our skaters have the opportunity to better their individual times. These are exciting events as the skaters wait for their times to be calculated and for ribbons to be awarded at the next practice! In addition, we have had skaters successfully participate in meets in Kamloops, Vernon, Kelowna and Prince George. The second half of our season will see racers competing in Matsqui, Calgary, and Kamloops.

Alyssa Skaalid, who represents Salmon Arm and BC, has continued to develop as a short track racer to watch as she has PB in all her distances this year.

Our club welcomes new skaters at any age or ability. The Masters would like to see a rivalry between the other local clubs and in Team relay by continuing the “Masters of Masters Relay Challenge” as started by the Vernon Club in 2011. If other clubs are interested and for details, they should contact Rick Hofmann at rhofmann@shaw.ca.

Cherilynn Drew
LEADING EDGE TRIVIA CHALLENGE

Let's see who can answer the following trivia questions. Fill in the blanks and match the city and the name of their club. Submit your answers to the BCSSA office by March 31 and those with the correct answers will be entered in a draw for some fun prizes.

1. There are _________ (how many) speed skating clubs in BC.

2. Some of the province’s clubs have special names. Can you match the clubs to the names below?

<table>
<thead>
<tr>
<th>City</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Burnaby</td>
<td>Long Blades</td>
</tr>
<tr>
<td>B Fort St James</td>
<td>Thunderbirds</td>
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<tr>
<td>C Fort St John</td>
<td>Velocity</td>
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<tr>
<td>D Kamloops</td>
<td>Clippers</td>
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<tr>
<td>E Langley</td>
<td>Stealth</td>
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<td>F Mackenzie</td>
<td>Elks</td>
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<td>G Matsqui</td>
<td>Fliers</td>
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<tr>
<td>H Mission</td>
<td>Blades</td>
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<tr>
<td>I Nechako Lakes</td>
<td>Ice Breakers</td>
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<tr>
<td>J Port Coquitlam</td>
<td>Racers</td>
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<tr>
<td>K Prince George</td>
<td>Blizzard</td>
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<tr>
<td>L Richmond</td>
<td>Falcons</td>
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<tr>
<td>M Ridge Meadow</td>
<td>Rockets</td>
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<tr>
<td>N Salmon Arm</td>
<td>Haida</td>
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<tr>
<td>O Sardis</td>
<td>Blades</td>
</tr>
<tr>
<td>P Terrace</td>
<td>Racers</td>
</tr>
<tr>
<td>Q Vancouver</td>
<td>Lightning</td>
</tr>
</tbody>
</table>

3. Where will you find the Pacific Blades training?________________________

4. Where does the Peninsula Club call home?____________________________

5. Where in BC is home to the River City Racers?_________________________

6. What are the names of the ten clubs without special names?
   ___________________________________________________________________

Name:___________________________
Age:____________________________
Club:____________________________
The Fort St John Elks Recreation and Speed Skating Club hosted its 3rd annual summer speed skating camp at the Pomeroy Sport Centre in Fort St John, August 22-26, 2012. The camp had close to 40 participants from Burnaby, Dawson Creek, Fort St. John, Grande Prairie Kamloops, Prince George, Salmon Arm and Vanderhoof.

The camp was conducted by guest coaches Kristina Groves (Olympic medallist 2008 Torino; 2012 Vancouver) and Jay Morrison (former National Team member). They were assisted by BC Team Coaches for the 2015 Canada Winter Games Keith Gordon (Fort St. James); Richard Stickel (Fort St. John) and Sandy Vyse (Kamloops). In addition Mike Hall (Salmon Arm, Olympian 1994 Lillehammer) and John McLennan (Grande Prairie) also assisted with the camp.

The primary focus of the camp was for the skaters to develop technical and ancillary skills. Each day the athletes would be skating for two hours on the 400m oval practicing basic position, gliding, weight transfer, cross-over, starts, acceleration – straight and curves and racing. In addition there were sessions, with dry-land training, yoga (relaxation and focus) and seminars on a series of topics. There were also athlete testing sessions conducted by Jennifer Gibson, Pacific Center for Sport NBC assisted by Keith Gordon (Fort St. James), Sandy Vyse (Kamloops) and Wim Kok (Fort St. John). The latter also reviewed the 2012 ISU and SSC Rule changes governing competitions and conducted a Level 1 Officials Clinic: Intro to Speed Skating and Officiating.

While the primary focus was on athlete development, the camp also provided skaters, coaches and parents the opportunity to appreciate and experience the value of the indoor speed skating oval. Last but not least there was an opportunity to learn from the best - Kristina and Jay. The presence of three of the four BC team coaches also gave all coaches an excellent opportunity to work and learn together and to get to know the athletes better, in short an excellent team building exercise in a relaxed atmosphere.

A word of appreciation to the many sponsors for the camp:

City of Fort St John specially the Pomeroy Sport Centre oval staff, School District 60 for the use of the Alwin Holland school gym for testing, Pacific Center for Sport and Wellness – Northern BC, Fort St. John businesses for donations, and club volunteers for their time and contributions. Finally, thank you to Richard Stickel for organizing the camp and above all to Kristina Groves and Jay Morrison for their invaluable contributions. To all skaters and coaches: thank you for coming.

We are planning another LT camp for the summer of 2013. There is exciting news in terms of travel opportunities and cost. As of the end of June WestJet will be flying into Fort St. John, which means more flights and more competition. The result is a significant drop in airfares. Keep an eye out for this. We hope to see you again.

by E.W. (Wim) Kok, V-P FSJ Elks Recreation and Speed Skating Club
**Denny Morrison**

Canadian speed skater Denny Morrison just missed the podium in the 1,000 metres at a long-track World Cup stop in China. The Fort St. John, B.C., skater took fifth place in one minute 10.28 seconds.

Unfortunately Denny is currently on the injured list and hasn’t been racing recently. We wish him all the best and a full recovery.

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**Calendar**

- **March 1 – 3**
  - ST Team Selections
  - North America LT Championship
  - Mar 2/3
  - RU Fast
  - BCST
- **March 8 – 10**
  - Canadian Age Class ST
  - March 9
  - Central Regional FUNale
  - Interior/Okan. FUNale
  - March 16
  - Coastal Regional FUNale
  - March 23/24
  - Canada West Championship

Submissions can be made to Sylvia Lindgren at sqlind94@gmail.com
Deadline April 30, 2013.

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**Contributors**

Janet Cayford-Mitchell  
Wim Kok  
Lorna Holbech  
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Mike Hall