

R2RD Short Track

Welcome to the first edition of "R2RD Short Track". This publication will assist in keeping us informed and on track as we race towards "Team BC ST Trials" and the 2019 Canada Winter Games in Red Deer, AB.

We would like to thank the Calgary Olympic Oval for hosting WEC#1. Twenty-one BC athletes attended the first of four WEC selection trials qualification competitions.

The R2RD short track coaching team of Lorelei and

Duane will be available at the WE competitions to answer questions and provide guidance upon request. With thirteen months remaining before Team BC short track selection trials, R2RD coaches are impressed with the dedication and athleticism of BC athletes.

Each issue of "R2RD Short Track" will feature athletes and their coach. Send us a picture if you are an athlete or coach who would like to be featured in the next issue.

ISSUE 1 | OCTOBER | 2017

2. Featured Athletes and Coach
2. Training for Success
2. Competition Calendar
3. Team BC ST Ranking List



IMPORTANT DATES

Dec 14-R2RD ST Camp

<https://www.bcspeedskating.ca/canada-winter-games/>

Dec 15-WE#2 registration

<http://richmondoval.ca/ovalhp/programs-and-camps/speed-skating/speedskating-program/>

CONTACT

Lorelei St Rose 250-961-0893
lorelei.strose@bcspeedskating.ca

Duane Swan 250-961-2769
duane.swan@bcspeedskating.ca

Waskasoo the deer was revealed as the mascot of the 2019 Games.

Twelve-year old Mackenzie Van Damme of Lacombe designed Waskasoo as part of the 2019 Canada Winter Games Mascot Challenge. Mackenzie's design was selected from over 300 chal-

lenge entries to be the mascot of the 2019 Games.

Over the next 17 months, Waskasoo will help to share the magic of the 2019 Games with adults and youth alike in central Alberta through his enthusiasm, encouragement and kindness."

(from CWG 2019 Newsletter)

13

13 months from Team BC short track selection trials

Training For Success

Periodization is the integration and sequencing of sport science, sport medicine and sport specific technical/ tactical activities to optimize performance to coincide with major competitions. An individualized YTP with systematic variations in training specificity, intensity and volume will maximize adaptations while minimizing risk of injury and staleness.

Practices designed within the structure of periods, phases, meso and micro-cycles, manage training content to enhance athletic development and athlete readiness.

The content of a meso cycle depends on the distance the cycle is from a major competition.

Training volume is lower than intensity the closer the cycle is to competition and conversely, training volume is higher than intensity when the cycle is farther away from competition. Training frequency at this stage of development remains consistent and is only reduced with indications of fatigue.

Weekly (micro cycle) training guidelines for this level of development consists of: 3-5 on-ice sessions, 3-4 off-ice sessions, a maximum of 3 sessions on any given day, and a maximum of 4 high intensity sessions per week.

Meso cycle progressive loading includes: 4:1; 3:1; 2:1; 1:1

COMPETITION CALENDAR

Sep 29-WEC#1 Calgary

Nov 2-National Qualifier Calgary

Dec 14-R2RD Camp Richmond

Dec 15-WEC#2 Richmond

Dec 15-Can JrST Saguenay

Feb 2-WEC#3 Calgary

Feb 22-BC Winter Games (U16)

Mar 3-BCST Abbotsford (T2T)

Mar 17-Canada West (T2T)

Mar 22-Can Jr Selection Calgary



Meet Luci-Li and her athletes from the Port Coquitlam Lightning Speed Skating Club-Sherilyn Chung, Samantha Spencer, Ainsley Spencer, Alex Pak, Boston Mah and Noah Hyun-who train together four times per week at the Planet Ice and Port Coquitlam Rec Centers.



R2RD ST Ranking

	Athlete Female	WE#1	WE#2	WE#3	WE#4	Total
1	Sherilyn Chung	32				32
2	Janie Green	31				31
3	Samantha Spencer	30				30
4	Annabelle Green	29				29
5	Ainsley Spencer	28				28
6	Laura Hall	27				27
7	Emily Coons	26				26
8	Ramanjit Chauhan	25				25

	Athlete Male	WE#1	WE#2	WE#3	WE#4	Total
1	Keanan St. Rose	32				32
2	Lukas Macdonald	31				31
3	Marshall Shupe	30				30
4	Boston Mah	29				29
5	Bryan Leon	28				28
6	Craig Miller	27				27
7	Scott Coons	26				26
8	Kieran Hanson	25				25
9	Noah Hyun	24				24
10	Dylan Baliski	23				23
11	Jared Bolland	22				22
12	Adam Abbott	21				21
13	Nathaniel Benn	20				20

