

R2RD Short Track

Welcome to the December 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.

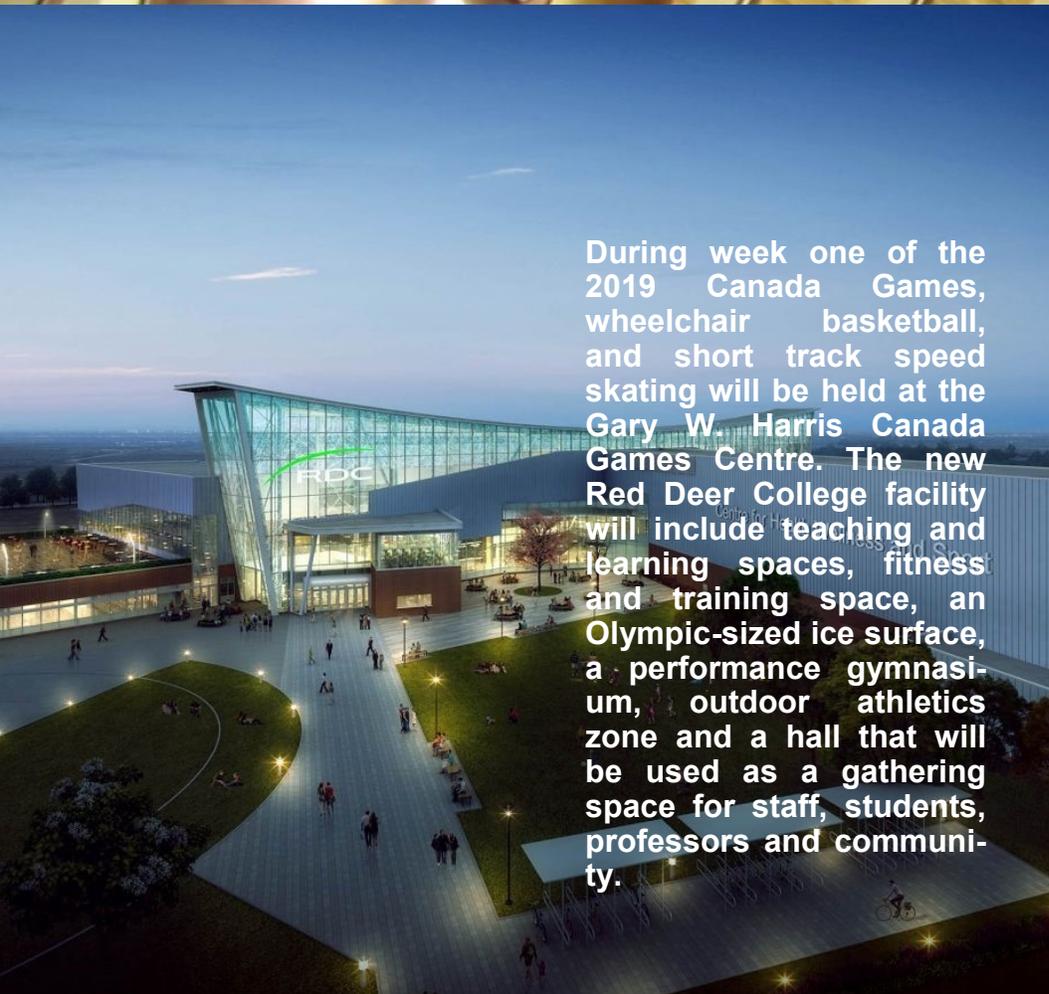
We would like to thank David Morrison and the Richmond Olympic Oval for hosting WEC#2. Thirty four BC athletes attended the second of four WEC selection trials qualification competitions.

In this issue we delve into

the importance of training continuity and how it improves probabilities of athletic success. We review the R2RD short track camp, update the short track calendar and visit with two coaches and their athletes.

The R2RD short track team of Lorelei and Duane will be available at the WE competitions to answer questions and provide guidance upon request. Please feel free to contact us via email or text.

We wish everyone a relaxing holiday and a very successful New Year!



During week one of the 2019 Canada Games, wheelchair basketball, and short track speed skating will be held at the Gary W. Harris Canada Games Centre. The new Red Deer College facility will include teaching and learning spaces, fitness and training space, an Olympic-sized ice surface, a performance gymnasium, outdoor athletics zone and a hall that will be used as a gathering space for staff, students, professors and community.

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IMPORTANT DATES

Jan 25-WE#3 Registration
Deadline (Calgary)

CONTACT

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

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

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Months from ST Trials

Training Consistently

Training consistently is a major element to athletic success and an athlete's progression.

A common question by athletes and parents is 'what type of training should I be doing now'? The answer to this question in most every instance is "consistency".

A training program that is followed consistently will produce results even when the program is not tailored to the athlete. Training regularly, positively affects adaptations more successfully than training randomly or training without purpose. To take full advantage of your training the training plan requires the correct combination of stress, recovery and occurring at the optimal time.

During the major competition period of January to March

the plan consists of quality sessions including: ice-short intervals of 15"-45" (r4'-R8'), dryland-specific technical (R-complete), strength-plyometric-explosive activity (R-complete). The training plan is most successful when specific to the athlete, but also adjustable to school and life activities.

Your coach can customize a plan that benefits you and includes training sessions that have an identified and quantifiable purpose. Weekly (micro cycle) training guidelines, for stage-two development, consists of: 3-5 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.

Athletes who manage their time and priorities enjoy training and in due course realize success.

COMPETITION CALENDAR

Feb 2-WEC#3 Calgary

Feb 22-BC Winter Games Kamloop

Mar 3-BCST Matsqui (T2T)

Mar17-CanWest Abbotsford(T2T)

Mar 22-Can Jr Selection Calgary

COACH AND ATHLETE PROFILE

Meet Nancy Gopen, Mike Hall and their athletes from the Kelowna, Vernon and Salmon Arm Speed Skating Clubs.

Ailia Norlin, Laura Hall, Daniel Ha, Erik Haaheim, Nate Benn, Jacob Isaac, Jacob Rubuliak, Noah Rubuliak, These athletes train together at the Okanagan Regional Training Centre, the Vernon and Salmon Arm speed skating clubs.

Each issue of "R2RD Short Track" will feature athletes and their coach.

Please send us a picture if you are an athlete or coach who would like to be featured in the next issue.



R2RD Camp Review

It was a busy day for the 20 athletes participating in the R2RD Camp.

We spent time in the classroom reviewing key fundamental short track speed skating technical concepts, reviewed dry land components on the courts and then completed two ice sessions for further review and refinement of these skills.

We were able to utilize video review of many of the technical/tactical components covered in the camp to further assist with technical development and refinement.

We reviewed the importance of a YTP, race preparation in general, and focused on specific unique components leading into the three days of competition of the second of four R2RD competitions.

We reviewed equipment (blade length, bend, rocker, off-set and boot fit) and the importance of ensuring all are optimized to support the skaters' ability to optimize their on-ice performance.

We would like to extend our appreciation for the commitment, focus and energy displayed by all of the athletes during this one day camp.

GAMES QUICK FACTS

- 27th edition of the CWG's
- 3rd time held in Alberta (1975) Lethbridge & 1995 (Grande Prairie)
- 21 sports
- 150+ events
- 3600+ athletes, coaches and managers
- 20,000+ visitors
- 5000+ volunteers

- CWG's Mascot - "Waskasoo" - Cree name for Red Deer River
- Largest event ever hosted in Red Deer
- Largest event hosted in Alberta since the 1988 Calgary Olympics

Legacy includes:

- Gary W. Harris Canada Games Centre Improvements to:
 - Great Chief Park
 - Canyon Ski Resort
 - River Bend Golf Course & Recreation Area
 - Canada Games Celebration Plaza

January 1st, 2018
410 Days to the Games

R2RD SHORT TRACK CAMP

Top Row (L to R):

Samantha Spencer, Lorelei St. Rose, Martina Antifay, Duane Swan, Brook Braun, Bryon Leon, Lukas MacDonald, Keanan St. Rose, Craig Miller, Boston Mah, Josh Telizyn, Kieran Hanson, Noah Hyun, Erik Haaheim, Cameron Thomas

Bottom Row (L to R)

Ainsley Spencer, Hanna Hoffman, Peyton Stonehouse-Smith, Tori Kalyniuk, Ramanjit Chauhan, Isaiel Jessie Uribe

Missing: Marshall Shupe



R2RD ST Ranking



	Athlete Female	WE#1	WE#2	WE#3	WE#4	Total
1	Sherilyn Chung	32	Jr Nat			32
2	Janie Green	31	31			62
3	Samantha Spencer	30	32			62
4	Annabelle Green	29	29			58
5	Ainsley Spencer	28	30			58
6	Laura Hall	27	27			54
7	Emily Coons	26	25			51
8	Ramanjit Chauhan	25	22			47
9	Brooke Braun		28			28
10	Martina Antifay		26			26
11	Hana Hoffman		24			24
12	Peyton Stonehouse-Smith		23			23
13	Emilee Stewart		21			21

	Athlete Male	WE#1	WE#2	WE#3	WE#4	Total
1	Keanan St. Rose	32	32			64
2	Marshall Shupe	30	31			61
3	Lukas Macdonald	31	29			60
4	Bryan Leon	28	27			55
5	Craig Miller	27	26			53
6	Boston Mah	29	23			52
7	Noah Hyun	24	28			52
8	Kieran Hanson	25	25			50
9	Scott Coons	26	22			48
10	Jared Bolland	22	24			46
11	Adam Abbott	21	14			35
12	Joshua Telizyn		30			30
13	Dylan Baliski	23				23
14	Nyam Newlove		21			21
15	Jacob Rubuliak		20			20
16	Nathaniel Benn	20				20
17	Avery Quinn		19			19
18	Riley Pickerell		18			18
19	Isaiah Jessie Uribe		17			17
20	Zackery Carpenter		16			16
21	Adam Mong		15			15
22	Erik Haaheim		13			13
23	Luke Davidson		12			12
24	Tahlon Flamma		11			11