

R2RD Short Track

Welcome to the February 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#3. Eighteen BC Canada Games age eligible athletes attended the third of four WEC selection trials qualification competitions.

In this issue we explore

athlete preparation towards achieving the IPS (Ideal Performance State). We celebrate ‘one year out’ milestone on February 15th, update the short track calendar and visit with a coach and her athletes.

February 15th will mark an important milestone; one year before the 2019 Canada Winter Games opening ceremony. The Games will be the largest event in Central Alberta’s history and the largest event in Alberta since the 1988 Calgary Olympics.

We can’t wait to celebrate with you!

The Canada Games Cauldron will be lit from the Roly McLenahan Torch during the Opening Ceremony of the 2019 Canada Winter Games on February 15, 2019.

The Canada Games Cauldron represents unity through sport. The flame burning inside the Cauldron represents the flame burning inside every single athlete that strives to excel in their respective sport. The Cauldron will serve as a reminder to all participants to give their all during the 2019 Canada Winter Games - this is their moment!

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IMPORTANT DATES

On Line Registration for Juniors
#2

BCST
Can West

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Months From ST Trials

IPS - Achieving the Ideal Performance State

I am sure you have all been able to watch some of the Olympics in Pyeong Chang. The training has been done and the winners at times are determined by mere 100ths of a second.

How do the athletes manage the stress of competing on the world stage? A competition they have been preparing for comes down to one performance.

The physiological training is very important, but it must be combined with solid mental preparation, which requires much attention to detail.

Every individual athlete must determine how they achieve this for themselves. What time to they get up prior to competitions, what do they eat, what is the best warm up

sequence, what clothing are they wearing, what music do they listening to (or not). Do they visualize each race?

All of this is determined by trial and error, debrief, refinement and repeated until a detailed individualized plan is finalized.

This plan serves to calm an athlete as they know exactly what to do to be ready to compete. They are confident and know they have achieved their ideal performance state.

Performance outcomes are not random. They are planned, with the upmost attention to detail, to optimize the ability of the athlete to achieve their goals.

Take the time to prepare for all aspects of your athletic performance to reap the benefits of all your hard work!

COMPETITION CALENDAR

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)

Mar17-Canada West (T2T)

Mar 22-Can Jr Selection Calgary

COACH AND ATHLETE PROFILE

Meet the Fort St. John skaters coached by Richard Stickle and Jen Gibson, 2019 CWG's Apprentice Coach, who train at the Pomeroy Sport Centre.

(Back L to R)

Brooke Braun, Sydney Bennie, Josh Telizyn, Nyam Newlove, Nick Guliov, Front row: Hannah North, Emma North.

Missing: Yuna Lovell, Renee Kaukman, Amanda Mitchell and Jen Gibson.

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.



R2RD ST Ranking

	Athlete Female	WE#1	WE#2	WE#3	WE#4	Total
1	Janie Green	31	31	29		62
2	Samantha Spencer	30	32	30		62
3	Annabelle Green	29	29	32		61
4	Ainsley Spencer	28	30	28		58
5	Laura Hall	27	27	31		58
6	Emily Coons	26	25			51
7	Ramanjit Chauhan	25	22	26		51
8	Hana Hoffman		24	27		51
9	Heather Stewart		21	25		46
10	Sherilyn Chung	32	Jr Nat			32
11	Brooke Braun		28			28
12	Martina Antifay		26			26
13	Peyton Stonehouse-Smith		23			23

	Athlete Male	WE#1	WE#2	WE#3	WE#4	Total
1	Keanan St. Rose	32	32	32		64
2	Lukas Macdonald	31	29	31		62
3	Marshall Shupe	30	31	30		61
4	Craig Miller	27	26	29		56
5	Noah Hyun	24	28	28		56
6	Boston Mah	29	23	27		56
7	Bryan Leon	28	27	26		55
8	Kieran Hanson	25	25			50
9	Scott Coons	26	22			48
10	Jared Bolland	22	24	24		48
11	Nathaniel Benn	20		23		43
12	Adam Mong		15	25		40
13	Adam Abbott	21	14			35
14	Joshua Telizyn		30			30
15	Dylan Baliski	23				23
16	Nyam Newlove		21			21
17	Jacob Rubuliak		20			20
18	Avery Quinn		19			19
19	Riley Pickerell		18			18
20	Isaiah Jessie Uribe		17			17
21	Zackery Carpenter		16			16
22	Erik Haaheim		13			13
23	Luke Davidson		12			12
24	Tahlon Flamma		11			11

