

# R2RD Short Track

Welcome to the May 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 all volunteers and speed skating clubs for hosting competitions, coaching/preparing athletes for the 2019 Canada Games and beyond. Canadian Volunteers contribute an es-

timated 167 million hours to sport organizations each year.

In this issue we explore off-season training and how best to prepare for R2RD short track team selections *November 3/4, 2018*. We reflect upon our season of triumphs and challenges with objectivity and look forward to great moments ahead.

We can't wait to celebrate with you!

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## IMPORTANT DATES

November 3rd & 4th

ST CWG's Trials in Kamloops

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# 5

MONTHS TO TRIALS

A blue, leather-like textured cover of a Games Gear item, featuring the text "RED DEER 2019" in large, bold, black letters. The year "2019" is stylized with a deer head and antlers integrated into the "0".

RED  
DEER  
2019

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OUR

RED DEER  
- JEUX DU -  
CANADA

# OFF SEASON TRAINING

The 2018/19 season signifies the last season of the current quadrennial. What does this mean? **The season target is much earlier, than is typically planned for, being the ST Trials on November 3rd & 4th, 2018 in Kamloops.**

This earlier target, requires YTP adjustments to ensure athletes are ready.

This translates to a General Prep time reduced in length (and/or possibly started earlier), and moving into the Specific Prep Phase earlier. The T2T stage develops the engine and developing this component off ice is critical. Off season aerobic capacity training (ie: cycling) builds the engine in a way that is not as feasible on the ice due to the nature of speed skating itself. In combination with this is the development of strength in the gym which translates to speed

and power on ice. Strength training builds the athlete uniformly, thereby decreasing the risk of injury due to the repetitive nature of training for one sport.

## **Transition:**

The off season starts with a transition time for every athlete to rest/recover and is also a very important time to manage any lingering injuries that may have occurred during the previous season. A big part of every athlete achieving the established pathway benchmarks is to stay injury free. Know your body and communicate with your support system. Prevention and early intervention ensure an athlete is able to stay on target.

Develop and refine your athletic habits every season; pay attention to the details to enable you to produce key performances when you need them. Performance is **PLANNED.**

## CALENDAR

Oval repairs: March-July

July –Summer Camps Richmond

July– Stage 2 Drop-in Calgary (WinSport)

Aug - Stage 2 Drop-in Calgary (Oval)

\*Sept. 28-30 WEC#1 Calgary

\*Last R2RD Competition for ST Trials Qualification

CWG's Test Event: Oct. 12-14, Red Deer

Nov. 3/4: ST Trials, Kamloops

Nov.5: Team BC ST Camp, Kamloops

National Qualifier: Nov. 15-18, TBD

WEC#2: Dec. 14-16, Richmond

Juniors #1: Dec. 14-16, TBD



Team BC at Juniors #2  
WinSport, Calgary  
March 21-24th, 2018

Skaters: Sherilyn Chung, Samantha Spencer, Ainsley Spencer, Boston Mah, Marshall Shupe, Keanan St Rose, Lukas MacDonald

Coach: Lorelei St Rose

*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

