



OAKVILLE SHORT TRACK SPEED SKATING CLUB

"The long and short of it is...ice speed skating is a sport for all ages and skill levels, from the beginning novice through Olympic and world class speed skaters. Whether you choose entry level skating, are looking for a recreational experience, a relatively low cost viable cross training alternative, or want a chance at the Olympic rings, speed skating offers unique developmental opportunities for athletic developmental opportunities for athletic improvement and success."

Ontario Speed Skating Association (OSSA) WEBSITE

HISTORY OF SPEED SKATING

The roots of ice skating dates back over 1000 years, when people fastened animal jaw bones to their footwear and glided across frozen lakes and rivers.

Canada's first recorded ice skating race took place in 1854, on the St. Lawrence River when three British army officers raced from Montreal to Quebec City. Speed skating races became a regular feature of winter life; in 1887, the Amateur Skating Association of Canada was launched. The name was changed to the Canadian Amateur Speed Skating Association in 1960 and then to Speed Skating Canada in 2000.

Speed skating is a gender neutral non-contact sport for skaters of all ages and abilities from beginners to nationally ranked skaters.

Long track speed skating was first made an Olympic sport in 1924 and in 1988 Short Track Speed Skating is also became an official Olympic sport.

For several decades, Canadians have won the vast majority of winter Olympic medals in Long track and Short Track Speed Skating.

OAKVILLE SHORT TRACK SPEED SKATING CLUB MISSION STATEMENT

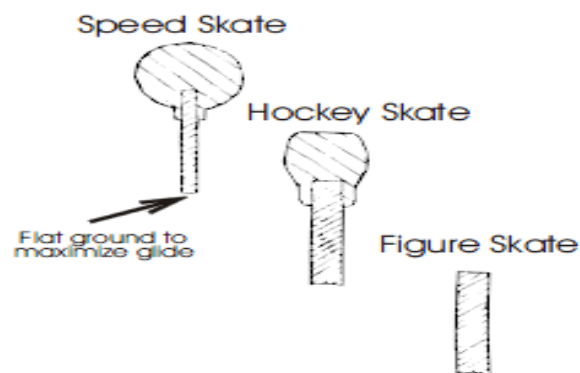
To provide Short Track Speed Skating skills and training to people of all ages. We do this with respect and consideration of the needs of our skaters, whether recreational or competitive. Skating sessions are run in a manner to ensure everyone reaches their optimal goals.

THE SKATES

Speed Skates are designed and built for efficiency, power and speed. The most obvious difference between a hockey skate and a speed skate is the length of the blade. The amount of rocker (curve in the blade) is much less than other skates in order to have more blade make contact with the ice.

A typical top-flight skate boot is moulded from lightweight Kevlar or Carbon Graphite compound. A stainless steel blade is mounted to the boot using aluminum brackets. Unlike figure or hockey skate blades, the base of the speed skate is flat to maximize glides. The blades are adjustable to assist in cornering as the skater becomes more proficient.

Speed Skate blades come in a variety of lengths. The blades must be kept dry when not in use, it is important that the blades are kept sharp at all times. Blades must be sharpened by hand on a specialized Club or personally owned jig.

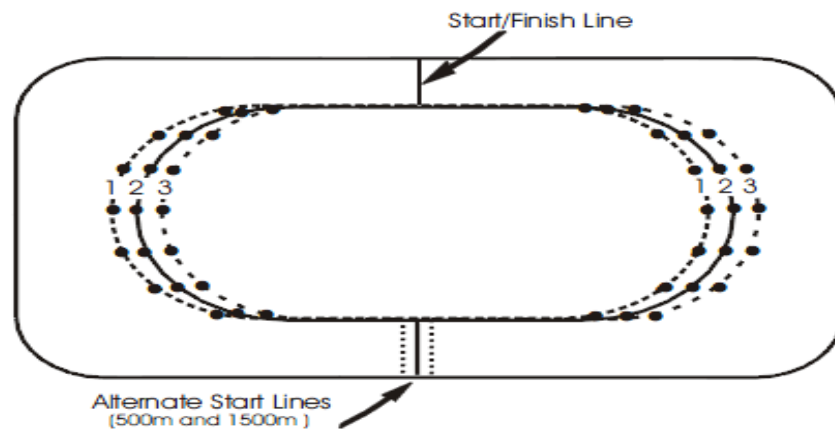


SKATE BLADE COMPARISON
(TYPICAL CROSS-SECTION)

THE SHORT TRACK OVAL

Younger skater's ages 6-14 years of age skate on the 100m track. Skater's 15 years of age and older skate on the 111.12 m track. A top-level skater can cover this distance in under ten seconds. Races are started from either side of the rink, but the finish line is always in the same location. This is done to accommodate races that are not even increments of the track length, such as the 500m and 1500m distances which would be 4-1/2 and 13-1/2 laps respectively. The corner radius is laid out at 8m and is marked at each end of the track with seven blocks.

The ice on the corners becomes rough from the racers skating over the same area of the track. To provide all skaters with the best possible ice, a number of tracks are marked out and the entire track is shifted prior to each race. Water is then poured onto the worn track to allow it to freeze without needing to be resurfaced.



GENERAL SAFETY EQUIPMENT

- Speed Skates with guards- owned or rented
- Hard Shell Helmet
- Bib Style Neck Guard
- Cut Resistant Gloves
- Soft Knee Pads
- Shin Guards
- Shin and Ankle Kevlar Protection
- Clothing that is snug to the body or Club Skin Suit
- Non-reflective safety glasses with strap
- Kevlar Protective Undergarment for skaters in our Short Track Racing Development Program

COMPETITIONS/MEETS

There are several Competitions/Meets held throughout a Short Track Speed Skating Season. These are fun events where skaters get to demonstrate their speed skating skills. The Oakville Speed Skating Club encourages skaters to attend as many meets as possible.

There are three formats for competitions:

1. Club Mini Meets: - Fun Competitions held within a Club. Skaters compete against fellow Club members based on their ability and biological maturity.
2. Regional Series: Oakville Members compete against other Clubs within the Western Region of the Province. Skaters are grouped based on ability level within age parameters and mixed gender

Learn to Train – 6- 10 girls, 6-11 boys;

Train to Train -- 11-14 girls, 12-14 boys

Competitive for Life – 15 years of age and older

3. Provincial Series: A Skater must qualify in order to participate in this Series Competition. This is determined primarily from last season rankings. Groups are based on age and seed time
Group 1 - Open Female Division - Girls 15 and older;
Open Male Division – Boys 15 and older
Group 2 – Girls 11-14 and Boys 12-14 – mixed gender

For all three formats skaters are grouped according to their age as of June 30th of that year.

RACE DAY

A Competition/Meets are either one or two days in length. The distances skated have a direct correlation to a skaters age or age category.

For each distance to be skated a skater will race in both a heat and a final. Where a skater finishes in their heat determines which final and position they will race in their last race for that distance.

Points are awarded for each distance skated and the skater in each division to accumulate the most points is declared the winner. Typically, the first three finishers in each age category or age class are presented with an award to recognize their accomplishments: Gold, Silver, Bronze.

Each Competition/Meet will have many official volunteers to ensure a fair and fun time.

A Few simple rules enforced by the Chief Referee govern the Competitions/Meets.

1. No body contact is allowed at any time during the race
2. Each skater is allowed one false start without penalty or disqualification.
3. Safety equipment is mandatory
4. Corner blocks may be hit, but not skated inside.
5. Shorter distance races allow a maximum of 5 skaters at the start line. Longer distances have up to 6 racers.
6. The skater in the lead has the right of way.
7. Should a skater fall before the first corner, the starter can call all the skaters to restart the race.
8. The Chief Referee has the final say regarding any activity in a race