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The Racer's Edge

April 2010

President's Message

Hi Everyone,

I hope you all enjoy reading this newsletter. In this addition several of the Competitive A skaters are featured. You will notice that Louise has collected a lot of pictures for inclusion as well. Our final event of the year will be the **Annual General meeting and the year end banquet**. We will be holding this event on May 16, 2010 from 4-8 PM at the Legion on Taylor Park Road. We will have a BBQ and ask that everyone bring something for the Pot Luck.

This has been a great year for the club and I would ask that you take a minute and reflect on the experiences of the skaters in your family and your experience as a parent member of the Club. If you think the club is a worthwhile organization I would urge you to plan on volunteering next season in some capacity. Your efforts will serve to enrich the experiences of your skaters and all others within the club.

Respectfully,
John White
President

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FEATURE ON OUR COMPETITIVE ATHLETES!

Like I mentioned last month, I *randomly* selected some of our competitive A skaters and we are including a feature on them. This issue will feature Maxim Morris, Chris White, Vincent De Haitre and Emily Rendell-Watson. We are also featuring Keri Morrison who skated with our club this year while studying at the University of Ottawa. Your stories demonstrate dedication and inspire us! We wish you the best in all your endeavours on and off the ice!

Louise.



 **Phil McNeely**
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EMILY RENDELL-WATSON

Emily is a 15 year old speed skater in the Competitive A group at the Gloucester Concorde. Emily was nominated to both the Provincial long track and short track development teams this past year. Here is her story.

I first learned to skate when I was 2 years old, on hockey skates at Brantwood Park, just down the road from the oval at Brewer Park. All the Dads in our community, including my Dad, flooded the whole park so that we had a rink almost as big as the Brewer oval. I tried speed skating when I was 6 years old with the City of Ottawa Saturday speedskating program and I joined the Gloucester Concorde club when I was 8 years old, in 2003. I have been speedskating ever since because I love to skate.

The speedskater who has inspired me the most is Catriona Le May Doan. It was also really special to meet Kristina Groves with her Olympic medals this past April.

People say my smile is contagious. It's my way to show that I am working hard to be positive, no matter what my results or how things are going. One of my favorite quotes is "The difference between the impossible and possible lies in a person's DETERMINATION". I try to follow this advice by setting goals, working hard to achieve them and focusing only on the things that I can control.

At the start of the past year, I set two goals: skate personal best times at the Canada Cups for long track and qualify for the Canadian Age Class Short Track Championships. Canada Cups are the long track competitions where skaters from across the country skate to get Canadian rankings. I had a busy year. I first trained for and competed at all three short track Ontario Cups in the fall; started long track in late December; and finally moved back to short track in March. Yes, each move was hard and lots of work. I will do it a bit differently next year. However, I achieved my goals. My proudest moment was completing the long track season the first weekend in March in St Foy, Quebec by setting significant personal bests in all four of my distances, the 500m, 1000m, 1500m and 3000m and then skating well at the Provincial

Short Track Championships, the following weekend.

My proudest achievement for the year was skating to an eighth place finish at the Canadian Short Track Championships in Campbellton, New Brunswick. This was my first of two years in the junior age category and I had only been skating short track for a couple weeks before competing. My results prove that long track really does complement short track!

I have some great mentors to guide me in speed skating and help me work towards my goals. Thank you for all your advice and encouragement!

Away from the rink/oval, I have a busy schedule at Hillcrest high school where I am very involved with the organizing committee for the annual Cancer Drive. This is my way of giving back to the community. I also compete on Hillcrest's Improv team and the cross-country running, track, and soccer teams. I am hoping to be chosen for one of the student council positions for 2010/11. Most importantly, I am an A student.

This summer, I will be returning to coach at the Sue Ellis camp in July, refereeing soccer, and working at the local Metro. I will also be working towards achieving my 2010/11 goal of qualifying and skating well at the Canada Winter Games in Halifax by completing my summer dry-land program!

Here is my advice for all the up and coming Gloucester Concorde skaters: Be respectful, skate to have fun and skate for yourself! And yes, try long track skating at the Brewer Park oval next year!

See you all at both the rink and oval and may you all achieve your goals!

Emily



Emily at 2—Brantwood Park

Emily at Brewer's Park in 2010



VINCENT DE HAITRE has “The need for speed”

For all of Vincent's family and friends everyone sees that this is the sport for him, he has “the need for speed”. If you move the syllables in his name around “Vincent “ becomes “Cent - Vin” in French that means 120 and from a young age he has been going at 120 mph at everything he does.

Vincent first started skating with the Concordes at the age of six. At ten he decided to stop for two years and joined his big brother on the ski hill. He soon realized it was actually “warmer” skating than skiing, even if you do long track. Returning after two years he definitely had some catching up to do with his team mate's. He has always done both the short and long track and recommends to all the skaters to do both as they truly complement one another and it is a great change in January. Okay, the cold isn't always fun but hey “were Canadians”.

2009-2010 was a great season for Vincent; he was able to attend both short and long track Junior trials. He finished the Ontario season with the fastest 500M time of 44.55sec and won Gold at the provincial to secure his spot at the Canadian Championship in New Brunswick. His final race of the sea-

son at the Canadian Championship was the 1500M super final where he stood on the line with 4 Quebec skaters. Maybe slightly intimidating but not for Vincent as he applied what Dave thought him, to “visualize the perfect race and put yourself in that race” he did just that to bring home a Bronze medal.

As you all know he doesn't slow down much, he is looking forward to the summer where he will again compete in another season of BMX racing and train on the road bike. Vincent realizes that he is now at an age and level where you need to be disciplined

all year long and train effectively all summer.

Vincent's next goal is to qualify for the Canada Winter Games in Halifax this coming February. He will battle for a spot on both the Short Track and Long Track. At 16 he will have the competition of everyone up to 19 years old. Competition will be tough. In a regular year athlete built to be at the best for the final competition and Dave sets the plan to work on speed/endurance and most important technique. In a year when you have to be at your best in December and not March everyone will be focused to

achieve their best earlier in the season. His long-term goal is to be part of the Canadian National team. He still truly enjoys both long track and short track and with the coaches he will work on selecting a discipline at the right time.



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MAXIM MORRIS

It all started back in 2002; right after the Winter Olympic Games. In March of that year, the Concordes hosted their annual "Bring a Friend" event and Maxim Morris was invited by a friend to join the fun; he had a "blast! Then summer came and the Concordes hosted the OSSA Speed Skating Camp and Maxim attended the camp as a beginner. That's when he met Mathieu Turcotte, 2002 Olympic Gold Medalist, and that's where he got to hold and Olympic gold medal for the very first time. That's when the dream began

In the fall, Maxim became a member of the Concordes and started competing in the second half of that season.

Through the years, he had his fair share of successes on the short track, reaching the podium on several occasions in the early years. But in his sixth season, Maxim started experiencing difficulty in competition and became frustrated with his skating. In an attempt to help him develop speed on the straight away, his coaches encouraged him to train on the long track during the winter months. Maxim remembered only too well how cold it can be on that long track, with temperatures often dropping to -20 and -30 degrees (not to mention the wind-chill factor); still, he agreed to the training. In a very short period of time, he realized that he was very comfortable on the long track, and to his surprise, discovered that he enjoyed it a lot more than short track. In fact, he liked it so much, that this has now become his focus.

Rather than fighting the frustrations that he was experiencing in short track, Maxim chose to channel his energy toward something positive. He didn't quit; he simply switched his focus to long track and he never looked back. He has a lot of respect for short trackers and many of them have become close friends over the years; many locally, but also throughout Ontario and other regions. However, Maxim has realized that he is better suited to long track speed skating and he is now a

much happier skater. He likes skating long distances and that's where he excels; that was not available to him in short track. By switching to long track, his speed skating dream is alive again.

Maxim still skates short track, but it is essentially for training purposes as the Oval is only available for a few short months. He has become quite passionate about long track speed skating where he can reach much faster speeds and where he is achieving some solid results. In 2009, he captured the gold medal at the Provincial Long Track Mass Start Championship, and he was also the

3000 meter bronze medalist at the Canadian Long Track Mass Start Championship. Although records are no longer kept at the provincial level in Ontario, Maxim had broken the 3000 meter record in the Junior Men category, taking 6 full seconds off the former record. In the past two seasons, he also skated in the Canada Cup series and at the North American Long Track Championships. He improves constantly and this season, he recorded new Personal Bests in most distances at every competition where he appeared.

Last fall, Maxim decided to "give back" to speed skating and to the club that has given him so much already. Therefore, he started to help coach with the Concordes during the Learn to Speed Skate sessions. Although it may appear that Maxim doesn't have time for anything other than speed skating, it is not the case. He is a well rounded individual that has many other interests. At the age of 15, Maxim maintains an above 80% average in high school, he holds a part-time job, and he also plays tenor saxophone in the school senior band. He played soccer every summer until last year and he is an avid golfer. Maxim has big dreams for the future and there is no doubt that he will achieve many of them.



Maxim at long track this year...

Maxim was 8 years old here...



Who is Chris White?

Chris White is a skater with many interests and strengths far beyond the sport of speed skating. He joined the club in 2004 as a Bantam and currently skates with the Competitive A Group as a Junior. He has had much success over the years winning several medals in both long and short track events. His achievements include qualifying and competing in the Provincial Long Mass Start and Short Track Championships and at the Canadian Long Track Mass Start Championships in Regina (2009). His preference is long track and has decided to focus on this stream more next year while continuing to train in both disciplines. In Speed Skating and School Chris is competitive. His work ethic, desire to succeed and sustained effort allows him to rise to the challenge and the riggers put fourth in competitive sport and academics. He enjoys what he is doing, proceeds with quiet confidence and never gives up.

Chris is a Grade 10 student at Colonel By Secondary School enrolled in the International Baccalaureate (IB) Program French immersion stream. Last September Chris received an academic award for achieving an average in excess of 90% in Grade 9. All indicators are that he is on track for a repeat performance. His strongest subjects are Math, Science, French, History and Music.

As with speed skating he spends many hours practicing and improving his skill playing the clarinet. He is a self starter with a curious nature and a desire to learn and take on new challenges. He has taught himself to play basic songs with the Flute, Trumpet and Piano. He has been recognized for his ability to play the clarinet by his teachers. His music teacher often asks him to tutor the other kids and this year he was personally invited by the Senior Band Teacher to try out for the Senior band. In addition to Speed Skating two nights a week, competing at meets, completing homework assignments on-time, he attends three weekly band practices and is a strong contributing member of both the Intermediate and Senior bands. You will find him performing and competing with them at every opportunity that presents itself.

Chris loves the out doors and has a keen interest in the environment, in addition to Speed Skating he enjoys Winter sports like down hill and cross country skiing. On a recent trip to Mt. Tremblant he particularly enjoyed the double black diamond runs. In the summer he likes recreational cycling, back woods canoe camping and orienteering. He has been on several canoe trips through *Frontenac Provincial Park*. This year he is planning a route in Algonquin that will last three to four days. Lately he has become even more environmentally conscious and has taken to picking up trash in the woods

near our house with who ever he can get to go. So far several bags of garbage, beer bottles and two old tires have appeared.

In addition to spending time with his cousins from England, this summer Chris has decided to focus on some cross training activities like roller blading and dry land training that will build strength and help his performance in Long Track Speed Skating this fall. His goals for next season are to remain competitive, continue to enjoy the sport and expand his horizons in various areas if interest.



CONCORDES SKATERS WIN at THE 2010 ONTARIO WINTER GAMES



ONTARIO WINTER GAMES WEBSITE: <http://www.2010ontariowintergames.ca/index.html>

CONGRATULATIONS to all the Concordes skaters who participated at the Ontario Winter Games in Sudbury from March 4th to 7th! We are proud of all of you! **The following athletes won medals:**

- | | | | |
|---|-------|----------------------|--------|
| • | 1500M | Vincent De Haitre | Silver |
| • | 500M | Vincent De Haitre | Gold |
| • | 1500M | Hannah Morrison | Gold |
| • | 1500M | Gabrielle St-Germain | Silver |
| • | 500M | Camille Bean | Gold |
| • | 500M | Hannah Morrison | Bronze |
| • | 1000M | Hannah Morrison | Gold |
| • | 1000M | Gabrielle St-Germain | Silver |
| • | 1000M | Vincent De Haitre | Gold |



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ATHLETE'S 2010 GROUP PHOTOS

If you would like to see the group photos,
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<http://www.gloucesterconcordes.ca/>

If you RIGHT click on the picture, you will
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Keri Morrison

Highlights:

Keri Morrison has earned a period of rest after a busy year of short track speed skating. In 2009-10 she competed at five provincial-level meets in Ontario and Quebec, five national meets – travelling to Sherbrooke, Edmonton, Calgary, Montreal, and Campbellton – and at an international meet in Taipei, which was the highlight of her year although only halfway through the skating season. In Taipei, the site of the World Junior Short Track Championships, she skated as a member of the Canadian National Junior Team to a bronze medal finish in the relay event. Later, Keri finished the year in style with two achievements. Firstly, she won the Kit Jarosz Memorial Trophy as the fastest 500m Woman in Ontario. Secondly, in Campbellton, New Brunswick, she was rewarded with the title of Canadian Intermediate Woman Age Class Champion for earning first place overall and a medal in every distance – silver at 1500m, bronze at 500m, gold at 1000m and gold at 3000m – as well as anchoring Team Ontario to a silver medal in the women's 3000m relay event. The relay event was also memorable for the fact that two of her team-mates were her cousins, Samantha and Hannah Morrison. They and the other members of the relay team trained all year with the Gloucester Concordes Speed Skating Club.

Biography:

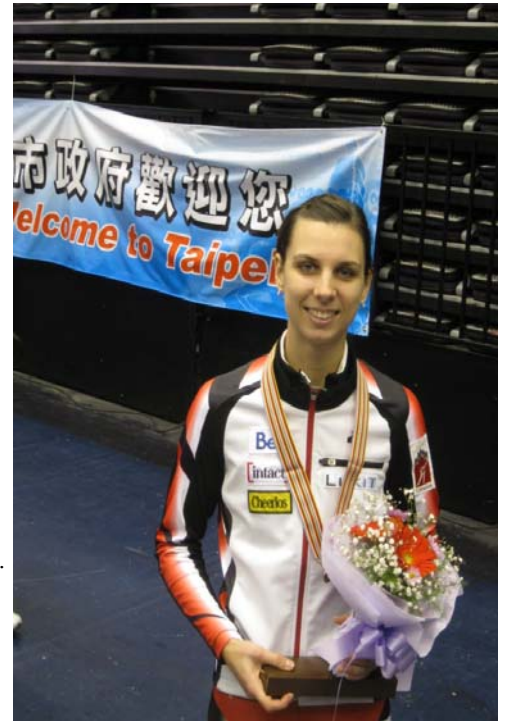
Keri, the youngest of three children, was born in Japan while her family was there for an extended stay. Soon after, her family returned to Burlington, Ontario, where Keri grew up. Keri was active in sports from an early age, skating at the age of three, playing soccer at the age of five, and participating in many other sports in school. She played competitive club soccer from the age of 10 to 16, only giving it up to focus on speed skating. Actually she quit her first team in Burlington at the age of 11 for the same reason, but was invited by a team-mate to join a team in

neighbouring Flamborough where she played for the next three years. Her final two years of club soccer were spent playing for the Oakville Rockets. Keri continued to play high school soccer for another two years, culminating with a trip to Kenora to participate in the AA provincial championships.

Music is another constant theme in Keri's life. After several years of piano lessons, she switched to playing trumpet. In Grade 8, she was a member of the Halton Junior Jazz Band, a small group of skilled musicians selected from all the schools in Halton region. In high school, she played with the senior concert band and several other ensembles. Although she never joined a choral group, Keri is known to regale her friends with spontaneous, joyful singing.

Keri started her speed skating career in Oakville, and continued in Brampton, following the track of her brother, Alan. In 2006, she moved to the club in Cambridge. The next year, Keri was selected as one of the youngest members of the Ontario team for the Canada Winter Games in Whitehorse. She has been selected to the Ontario team for the Canadian Age Class Championships every year since 2003.

Keri is finishing a successful first year in Nursing at the University of Ottawa, managing to balance the demands of her studies with daily physical training and monthly travels to competitions. In every facet of her life, Keri is a keen competitor and a natural leader. She always strives to do her best, all the while supporting and encouraging her team-mates to do their best too.



January 2010—Taipei
World Junior Short track championships
Bronze medal in relay



November 2009—Sherbrooke
National Qualifier

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Thank you to City of Ottawa Councillors Rob Jellett, Rainer Bloess and Bob Monette for their financial support for the Provincial Short Track Championships hosted by the Gloucester Concordes Speed Skating Club on March 13-14, 2010, at the Bob McQuarrie Complex. Their continued support of speed skating in our area is appreciated by the club!

Rainer Bloess

City Councillor
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For all results at the national level, please see the
Speed Skating Canada website in the Results section

<http://www.speedskating.ca/Results.cfm>



For all results at the provincial level, please see
the Ontario Speed Skating website:

<http://www.speedskatingontario.org/>



National Championships—2010—Campbelton

New Brunswick (Maxim, Samantha, Keri, Gabrielle, Emily, Hannah and Ben)

VISIT this website for more info: <http://orleansonline.ca/pages/S2010040101.htm>



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