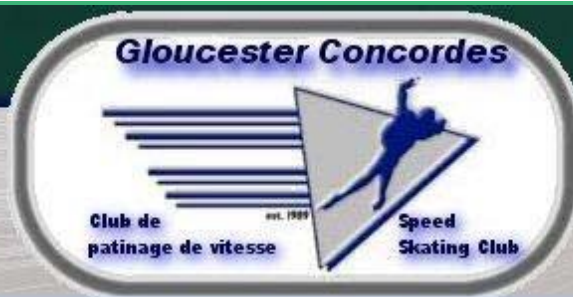


Since 1989



Gloucester Concordes Speed Skating Club

The Racer's Edge

Club de patinage de vitesse

Vol. 2 No.1

August/août 2009

GCSSC Office Location

Bob MacQuarrie Recreation Complex
1490 Youville Dr.
Orleans, Ontario

GCSSC Office Phone

613-824-2522

GCSSC Web Site

www.gloucesterconcordes.ca

Coaches

Head Coach

Dave Morrison
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Competitive A Coaches

Lynne Morrison
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Nancy Godsoe
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Tony Bean
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Competitive B Coaches

Ariane Cloutier
acloutier@fcm.ca

Guy Levert
glevert@magma.ca

Alex Watson
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Josée Bertrand
Josee.bertrand@lycos.com

Mary Jo Plamondon
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Lisa Meyer
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Learn to Speed Skate Coaches

Joanne Gosselin
joanegosselin@comnet.ca

President's Message

Summer is drawing to a close and it is time to think about lacing up those blades and get set for another exciting season of speed skating. There are two things I want to bring to you attention. The first is Registration and the second is Training.

The metrics for the registration date are below. You can access the form on line Gloucester Concordes Speed Skating Club.

Just Complete the form and bring it to registration night or the first skating night along with your payment and give it to the Registrar, Bill Tropper. I am pleased to inform that in the face of a 12% increase in ice costs the club finds it self in a position to be able to offer the programs offered last year at the same price. That's right 0% means 0% even though ice costs have increased 12%! We are anticipating an increase in membership because traditionally during an olympic year, and the year after we see a spike because of the heightened interest in the sport. Should our projections fall short the club has the resources to allow us to carry on. Speedskating is an exciting sport and I would encourage you to tell you friends about it and see if they want to sign up.

Like last year we will be offering the Learn to Speed Skate program at a low introductory rate of \$395.00 and includes a pair of skates for the first year member. The only change to last years fees is the requirement for every family to have two adult members join the club. We are seeing this trend with other clubs in the Province and it was recommended at the OSSA AGM in May. The reason is two fold. Firstly it ensures that everyone who helps out is covered by insurance and secondly it increases our membership. This in turn helps raise the profile of the sport with Government. The cost for an associate member is \$25, same as last year.

**GCSSC 2009 – 2010
Board of Directors**

Executive Positions

President

John White
White0210@sympatico.ca

Past President

Jean Lavallée
jean848@sympatico.ca

Vice President

Kathy Stapleton
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Secretary

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Treasurer

Denis and Julie Bergeron
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Registrar

Bill Tropper
william.tropper@tembec.com

Directors at Large

Allan McGuire
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Paul St-Germain

paul@houseoffinencarpentry.com

Denis Vogt

dennis@vogt.ca

Laurel Weidemann

rockwell@rogers.com

**Other Operational Volunteer
Positions**

Club Officials Chair

Dennis Vogt

Fundscrip Coordinator

Josée Robitaille
denisrobitaille@rogers.com

Meet Manager

Kathy Elliott, Sandra Chenard
Jelliott2000@sympatico.ca

Publicity Coordinator

Guy Lvert
glevert@magma.ca

Web Site Coordinator

Guy Lvert
glevert@magma.ca

On The Edge Pin Program

Joanne Gosselin
joannegosselin@comnet.ca

Equipment Manager

Marc Morris
mailto:mmorri@CA.IBM.com

2009/2010 Registration

Date: September 2 and 3 (Wed & Thurs) from 6:30 to 8:30 pm	Location: Bob MacQuarrie Recreation Complex 1490 Youville Drive Orleans, ON Salon "D"
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Group	Fee*	Skate time and details		
		Monday	Tuesday	Wednesday
Learn to Speedskate (LTSS)	\$395		7-8 pm	5:30-6:30 pm
Competitive B	\$420	7-8 pm	8-9 pm	
Competitive A	\$550	8-9 pm		6:30-8:30 pm
Masters	\$300	9-10 pm		
Try before you join (includes 8 sessions and skate rental)	\$ 80*			

NOTES:

- All registration fees include the OSSA fees and taxes.
- Any first year participant in the LTSS will get free skate rental.
- *All returning skaters have to pay for the skate rental of \$135 for the season.
- *If the skater stays than the fee will be applied to the applicable registration fee.
- Required equipment: cut resistant gloves, helmet, bib style neck guard, safety glasses, knee pads and shin guards.
- Season starts on September 7th (Labour day) and will conclude at the end of March.

Speedskating is a unique sport to most of us and we rely on skilled volunteers to coach the kids and run the meets. Each member of the club is expected to contribute in some way at the meets we host. In order to be an effective contributing volunteer and better understand the sport some basic training is required.

We are excited about the opportunity to host the Pre-Fundamentals for Coaches Course for those interested in coaching and a Level 1 Officials Clinic for those interested in helping out at a meet. As a parent in the sport I would encourage you to take both one day courses. This is a good way to meet other parents from our and other clubs. Each session can accommodate up to 30 participants. These programs are being sponsored by the Gloucester Concordees and are Free to all members of the club. Non members will be charged an administration fee of \$15.00 to help cover the cost of cover the costs of the event.

The courses and clinic will be conducted at Bob MacQuarrie Recreation Complex,

"You don't get what you wish for; you get what you WORK for!"

Support Our Sponsors



1490 Youville Drive Orleans, ON Hall "A"

Saturday Sep 12th Pre-Fundamentals Leader. This one day course will be directed to the youth skaters 14 years and up. The idea is to encourage the older skaters to get some training and be able to help coach the younger kids. This is a great way to accumulate volunteer hours as a coach and get some extra ice time!

The Pre-Fundamental is a 7 hour course that introduces participants to the sport of speed skating. After completing Pre-FUNDamental, the coach will be trained to assist in practices and provide skaters with a safe training session. The modules presented include:

- Introduction
- Safety and Equipment
- Ethics
- Basic Teaching Concepts
- Developing and Observing Speed Skating Movements

It is not possible for a coach to receive certification within this context. Upon successful completion of this course coaches will receive recognition as having been trained for the Pre-FUNDamental context by Speed Skating Canada and recognized as trained in the Initiation Context of the Community Stream for speed skating by the Coaching Association of Canada (CAC) [Coaching](#). This course will be given by David Morrison.

Saturday September 19th - Level 1 Officials Clinic. This one day clinic will be directed to anyone who wants to help out at a meet. The Officials clinic is a 7 hour clinic designed to introduce the participant to the officials certification program and provide the participant with an idea of the roles and responsibilities of all the positions required to run a successful meet. These positions include; Referees, Starters, track Stewards, Meet Coordinators, Timers, Finish Line Judges, Announcers, Recorders, and all other officials. This course will be given by Guy Chenard. Additional detail about the officiating program can be found on the Speed skating Canada Web site. [Certification Program](#)

Saturday September 27th Pre-Fundamentals Leader Course. This one day course will be directed to the Parents or Masters Skaters who want to help out in a coaching capacity. This course will be given by David Morrison. See above for outline.

Registration is simple. Just send me an e-mail with the name of the participant and indicate the course they will want to attend. [mailto:white0210@sympatico.ca?subject=Concordes Coaching and Officials training](mailto:white0210@sympatico.ca?subject=Concordes%20Coaching%20and%20Officials%20training)

2009-2010 meets hosted by the GCSSC

The club will be hosting the following competitions:

- 1) Ontario Cup no. 1 October 17th
- 2) Eastern regional no. 3 November 28-29
- 3) Provincials in March 13-14

1st Annual Ray Friel Summer Kicker Day

On June 13th, between 12 and 1 pm, our skaters from all levels participated in the 1st Annual Ray Friel Summer Kicker Day. Approximately 15 skaters provided a demonstration of speed skating. The club had a chance to promote and show the community what speed skating is all about. Thank you to the participants and Tony Bean for coaching the session. Thank you to Lauren Weidemann, Diane Dugas-Morris and Kathy Stapleton for setting up the promotion table. Here is a picture of the group that participated on June 13th.



Fundraising 2009-2010

The club will be continuing fundraising with Fundscrip. If you need more information and/or would like to start your Fundscrip account, please contact Josée or Denis Robitaille at denisrobitaille@rogers.com. Once you have reached the \$150 commitment, the split will be 75% for the member and 25% for the club. The program continues during the Summer and will apply to the 2009-2010 season. The \$150 cheque will be returned at the end of the fiscal year if you reach the \$150 commitment plus a cheque for the split, if applicable.

Here is the schedule for the Try before you join program:

Start Date	Finish Date
October 5	October 28
November 2	November 25
November 30	December 23
January 4	January 27
February 1	February 24

If you know of any interested families or skaters please contact the club at skateforgold@live.ca or 613-824-2522

Skin Suits

We are lucky to have a seamstress who makes Concordes suits. She can also make any customized skin suits.



Please contact Lynne Morison at dl.morrison@rogers.com if you wish to order a new suit.

Links of Interest

- Ontario Speed Skating Association: <http://www.speedskatingontario.org/>
- Speed Skating Canada: <http://www.speedskating.ca/>
- Vancouver 2010 Winter Olympics: <http://www.vancouver2010.com/>