

# ALASKA SPEEDSKATING CLUB

**2011 – 2012 SEASON**

Welcome!

We hope this informational packet will answer basic questions you have about our Speedskating program.

***Need more info? [www.alaskaspeedskating.com](http://www.alaskaspeedskating.com)  
or Coach Peter Haeussler 688-6585  
Coach Katie Black 632-1849  
or President Nancy Hiney 522-2838***



# VISION STATEMENT

*We strive to provide ice speedskating for all Alaskans in a safe, encouraging and fun environment. We pledge to treat each other with honor and respect. We aim to provide the resources so that all members can reach their potential as athletes and competitors.*



## ALASKA SPEEDSKATING CLUB MEMBERSHIP

Membership with the Alaska Speedskating Club allows you to participate in any speedskating activities sponsored by the club. Since races are a club activity your membership is necessary to participate in races. Your support provides the necessary funds for our club to sponsor short and long track races, purchase equipment and supplies, provide training for our volunteer coaches, provide clinics for skaters, **AND most importantly provides the insurance necessary to participate in Alaska Speedskating activities.**

### Alaska Speedskating Club Dues

Individual - \$35

Family - \$75

### U.S. Speedskating Membership

Some members will choose to also become members of U.S. Speedskating if they wish to compete in national or international speedskating events. You do not have to be a USS member in order to skate with ASC or to participate in

Arctic Winter Games as a member of the ASC team.

Skaters who wish to join USS must submit online applications on the U.S. Speedskating website

Log-on to <http://www.usspeedskating.org> and fill out an application

## BOARD OF DIRECTORS

**2011 – 2012**

PRESIDENT:	Nancy Hiney
VICE PRESIDENT	Greg Morris
SECRETARY:	Wendy Arnett
TREASURER:	Caroline Bajsarowicz
RACING:	Short Track
	Long Track
	Katie Black
	Chuck Gilbert
FUNDRAISING:	<b><i>Open</i></b>
PUBLIC RELATIONS:	Tom Burke
MEMBER-AT-LARGE:	Game McGimsey

WEBSITE:	<a href="http://www.alaskaspeedskating.com">http://www.alaskaspeedskating.com</a>	
EMAIL:	<a href="mailto:alaskaspeedskating@gmail.com">alaskaspeedskating@gmail.com</a>	
WEBSITE COORDINATOR:	Peter Haeussler	ispeedskate@gmail.com

# **LONG TRACK SKATING**

## **ICE FEES**

There are no mandatory ice fees to skate at the Midtown Park Oval but the Alaska Speedskating Club sells an annual "oval" pin to help defray the high cost of the ice maintenance contract. The cost of the pin is \$15. They may be purchased from any ASC board member, coach, or at AMH (Alaska Mountaineering & Hiking, Spenard Rd).

Alaska Oval pin= \$15 individual

## **SKATE RENTAL OR PURCHASE**

Skate rentals are available at AMH here in Anchorage on Spenard Rd. They carry both long track speedskates and the Nordic blades which attach to the xc ski boot binding. Nordic blades are also available for purchase at AMH. There are other companies that sell skates and a list of these is available on our website.

## **PRACTICE SESSIONS**

Practice sessions for long track take place at the Oval in Cuddy Family Midtown Park. There is no cost to the skater but all skaters are encouraged to purchase an Oval pin to support the continuation of winter ice at the Oval. Volunteer coaches try to attend practices and vary the practice according to the ability of the skaters.

Masters- Monday noon-1pm

Tuesday & Thursday 5:30-7:00pm

## **RACES**

Races take place on **Sunday afternoons** with registration at 12:30pm and races at 1:00pm. We are always looking for volunteers to help with our races which last about 2 hours. We will happily train all volunteers. Volunteer jobs include timing, starting, set-up and take-down.

Race fee- Club Members = \$10 Non-members = \$20

## **TENTATIVE SPEEDSKATING RACE SCHEDULE**

Sunday, November 27th, Long Track Races

Sunday, December 18th, Long Track Races

Sunday, January 8th - Long Track Duathlon

Sunday, January 22nd - Long Track Races

Sunday, February 12th - Markis Marathon

Sunday, February 26th - Long track Races

## **OTHER EVENTS at THE LONG TRACK OVAL**

Thursday, December 22nd - Solstice Skating Party - Fun Family Anchorage Skates event

Wednesday, February 14th - Valentines Day Family Skating Party- (looking for sponsor)

# SHORT TRACK SKATING

## **SKATE RENTAL**

Seasonal skate rental is available to members in good standing, at \$100 per pair, **plus** a \$100 deposit, deposit to be refunded upon return of skates in good condition.

## **REQUIRED SAFETY EQUIPMENT!**

### ***Helmet, neck guard, cut-proof gloves, knee pads & shin guards***

*Skaters are asked to borrow equipment only on the first few times they skate. If you decide to skate regularly with the club you are asked to buy your own equipment. If you choose to borrow the club's equipment, you **must leave it at the end of each practice** by returning it to the ASC equipment cabinet next to the locker room. Good bike helmets may be worn on the ice. The website has a good list of speedskating vendors.*

## **PRACTICE SESSIONS**

Wednesday 7:45-8:45 pm & Saturday 8:45-10:15 am

For every practice it is expected that skaters will arrive 30 minutes prior to ice time in order to do a dryland warm-up and get-on gear ready to take the ice as the Zamboni leaves the ice. We try to be standing at the door as the Zam leaves the ice so we don't waste any of our ice time. Mats must be placed around the boards before practice can begin.

You are responsible for maintaining your skates – please arrive with them sharpened and ready to go. It is best to sharpen skates at the end of your practice so you are ready to go for the next practice. If you need to borrow a jig or stone from the club or another skater, please be responsible and return the jig or stone to its storage or proper owner.

If you skate regularly you are expected to pull mats from the storage building **prior** to each ice session on a rotating schedule. This means that you should plan to be at the rink 45 min before we take the ice in order to get mats pulled. If you cannot make the date for which you are assigned it is up to you to find a replacement for that date. Two families are assigned to each practice.

## **NON-SKATERS & FAMILY**

### **Each practice requires support staff!**

Before and after every practice, we need you to help wrestle the blue safety mats to/from the Zamboni doors at the far end of the rink. It only takes about 5-10 minutes each time. After practice mats must be put back into the storage building. All parents of skaters help with this.

### **During races, we need all hands on deck!**

Each race requires the following: Timers, lap counters, results compilation/awards & heat box helpers. If you are unsure of what each job requires, we will happily provide on-the-job-training! Our numbers are limited, and we simply could not hold races if every non-skater were a

spectator. We also have numerous other volunteer opportunities including, newsletter, equipment, publicity, fundraising, awards, photography, membership, and races. Talk to the club president for information on how you can volunteer for a job.

## ARCTIC WINTER GAMES ATHLETES

Biannually (every other year) the youth of Alaska and Canada gather in March to participate in the Arctic Winter Games. Speedskaters are split into two categories- Juvenile (age 11-15) and Junior (age 16-18)

The age is determined as of July 1st of the prior year.

Speedskaters chosen to represent Alaska may be selected from anywhere in the state but presently all come from our club as we are presently the only club in the state. AWG speedskaters must meet criterion as specified by the coaches. If you are interested in participating in this activity you should contact one of the coaches listed on the front of this packet. They can tell you what is expected and the cost of participating. Tryouts usually take place in December of the AWG season. Good luck!

## ICE FEES

### 2011-12 Speedskating Club Short Track Ice Fees

<b>Fall Session</b>	<b>Winter Session</b>
September 10, 2011 thru November 30, 2011	December 3, 2011 thru February 29, 2012
23 Sessions      11 Wednesdays 12 Saturdays	22 Sessions      11 Wednesdays 11 Saturdays
<b>Fall Ice Cost</b>	<b>Winter Ice Cost</b>
Wednesdays      \$2,530	Wednesdays      \$2,530
Saturdays          \$4,140	Saturdays          \$3,795
TOTAL                \$6,670	TOTAL                \$6,325
<b>Total 2010/11 Ice Cost = \$12,995</b>	

### Standard Fees

<b>Daily Skate Fees</b>				<b>Club Membership</b>	
Individual	<b>\$15</b>	College Student	<b>\$10</b>	Individual	<b>\$35</b>
Family	<b>\$25</b>	Special O.	<b>\$10</b>	Family	<b>\$75</b>

**SKATERS DO NOT NEED TO BE MEMBERS OF THE CLUB TO RACE BUT AN ADDITIONAL \$10 WILL BE ADDED TO EACH NON-MEMBER'S SKATE FEES ON RACE DAYS.**

(EXAMPLE- AN INDIVIDUAL WILL PAY \$25 TO RACE (SHORT TRACK) & A FAMILY WILL PAY \$25 PLUS AN ADDITIONAL \$10 FOR EACH SKATER ON RACE DAYS.)

## THE FOLLOWING PACKAGES ARE AVAILABLE TO CLUB MEMBERS

**Individual Yearly Pass** **\$600**  
 45 sessions, (56.5 hrs), Sept. thru  
 Feb  
*(\$75 savings)*

**Family Yearly Pass (2 or more)** **\$1,025**  
 45 sessions, (56.5 hrs), Sept. thru Feb  
*(\$100 savings)*

**Individual Fall Pass** **\$315**  
 23 sessions, (29 hrs), Sept. thru  
 Nov.  
*(\$30 savings)*

**Family Fall Pass (2 or more)** **\$535**  
 23 sessions, (29 hrs), Sept. thru Nov.  
*(\$40 savings)*

**Individual Fall Pass (Sat. Only)** **\$160**  
 12 sessions, (18 hrs), Sept. thru  
 Nov.  
*(\$20 savings)*

**Family Fall Pass (2 or more) (Sat. Only)** **\$270**  
 12 sessions, (18 hrs), Sept. thru Nov.  
*(\$30 savings)*

**Individual Winter Pass** **\$300**  
 22 sessions (27.5 hrs), Dec thru  
 Feb.  
*(\$30 savings)*

**Family Winter Pass** **\$510**  
 22 sessions (27.5 hrs), Dec thru Feb  
*(\$40 savings)*

**Individual Winter Pass (Sat. Only)** **\$145**  
 11 sessions, (16.5 hrs), Dec thru  
 Feb  
*(\$20 savings)*

**Family Winter Pass (2 or more) (Sat. Only)** **\$245**  
 11 sessions (16.5 hrs), Dec thru Feb  
*(\$30 savings)*

**College Student Yearly Pass** **\$380**  
 45 sessions, (56.5 hrs) Sept thru Feb  
*(\$70 savings)*

**College Student Fall Pass** **\$200**  
 23 sessions, (29 hrs), Sept. thru Nov.  
*(\$30 savings)*

**College Student Fall Pass, Sat. Only** **\$105**  
 12 sessions (18 hrs), Sept. thru Nov.  
*(Save \$15)*

**College Student Winter Pass** **\$190**  
 22 sessions (27.5 hrs), Dec thru Feb.  
*(Save \$30)*

**College Student Winter Pass, Sat. Only** **\$95**  
 11 sessions (16.5 hrs), Dec. thru Feb.  
*(Save \$15)*

## SPEEDSKATING SHORT-TRACK SCHEDULE for 2011 - 2012

Harry J. McDonald Center, Eagle River

9/10	Sat.	8:45 – 10:15 AM	
9/14	Wed.	7:45 – 8:45 PM	
9/17	Sat.	8:45 – 10:15 AM	
9/21	Wed.	7:45 – 8:45 PM	
9/24	Sat.	8:45 – 10:15 AM	
9/28	Wed.	7:45 – 8:45 PM	
10/1	Sat.	8:45 – 10:15 AM	
10/5	Wed.	7:45 – 8:45 PM	
10/8	Sat.	8:45 – 10:15 AM	
10/12	Wed.	7:45 – 8:45 PM	
10/15	Sat.	8:45 – 10:15 AM	<b>RACES</b>
10/19	Wed.	7:45 – 8:45 PM	
10/22	Sat.	8:45 – 10:15 AM	
10/26	Wed.	7:45 – 8:45 PM	
10/29	Sat.	8:45 – 10:15 AM	
11/2	Wed.	7:45 – 8:45 PM	
11/5	Sat.	8:45 – 10:15 AM	
11/9	Wed.	7:45 – 8:45 PM	
11/12	Sat.	8:45 – 10:15 AM	<b>RACES</b>
11/16	Wed.	7:45 – 8:45 PM	
11/19	Sat.	8:45 – 10:15 AM	
11/26	Sat.	8:45 – 10:15 AM	
11/30	Wed.	7:45 – 8:45 PM	
12/3	Sat.	8:45 – 10:15 AM	
12/7	Wed.	7:45 – 8:45 PM	
12/10	Sat.	8:45 – 10:15 AM	<b>Clinic with Beth Bedford</b>
12/14	Wed.	7:45 – 8:45 PM	
12/17	Sat.	8:45 – 10:15 AM	<b>RACES</b>
<b>12/28</b>	<b>Wed.</b>	<b>7:45 – 8:45 PM</b>	<b>CANCELED</b>
<b>12/31</b>	<b>Sat.</b>	<b>8:45 – 10:15 AM</b>	<b>CANCELED</b>
1/4	Wed.	7:45 – 8:45 PM	
1/7	Sat.	8:45 – 10:15 AM	
1/11	Wed.	7:45 – 8:45 PM	
1/14	Sat.	8:45 – 10:15 AM	<b>RACES</b>
1/18	Wed.	7:45 – 8:45 PM	
1/21	Sat.	8:45 – 10:15 AM	
1/25	Wed.	7:45 – 8:45 PM	
1/28	Sat.	8:45 – 10:15 AM	
2/1	Wed.	7:45 – 8:45 PM	
2/4	Sat.	8:45 – 10:15 AM	
2/8	Wed.	7:45 – 8:45 PM	
2/11	Sat.	8:45 – 10:15 AM	
2/15	Wed.	7:45 – 8:45 PM	
2/18	Sat.	8:45 – 10:15 AM	
2/22	Wed.	7:45 – 8:45 PM	
2/25	Sat.	8:45 – 10:15 AM	<b>RACES</b>
2/29	Wed.	7:45 – 8:45 PM	

## '11-'12 Volunteer Sign-ups

At the end-of-year party in Spring '11 these folks signed up for these jobs. We thank them for their efforts. If you wish to volunteer for something please feel free to contact one of these folks and ask them how you can help them.

Mayor's Marathon-takes place in June each year

Caroline Bajsarowicz-Borg

Corbetts

Nancy Hiney 8-2pm

Fitzpatrick's 8-2pm

Davidson's 8-2pm

Fireweed 400 Bike Ride-takes place in July each year

Dean Davidson

Nancy Hiney

Bajsarowicz-Borg Family

Budget-done during the summer

Caroline Bajsarowicz-Borg

Nancy Hiney

Equipment & Rentals-especially busy during the start of the year

Donna Davidson

Mats-creates a master schedule at the beginning of the short track season

NEED VOLUNTEER

Holiday Party-takes place before the school holiday in December

Ann Corbett

Chris Bajsarowicz-Borg

Caroline Corbett

Caitlin Corbett

Julie Blackley

End-of-Year Party-takes place in the spring each year

Julie Blackley

End-of-Year Awards-needed for the party

Julie Blackley

# 2011– 2012 Alaska Speedskating Club Membership Application

Send to: ASC PO Box 203052 Anchorage, AK 99520-3052

**Skater's Name** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **Age** \_\_\_\_\_ **Classification (see below)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Non-skating Parents' Names** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**Phone (Home)** \_\_\_\_\_ **(Cell)** \_\_\_\_\_ **(Work)** \_\_\_\_\_

**Email Address** \_\_\_\_\_

\_\_\_\_\_ \$35 Individual Membership

OR \_\_\_\_\_ \$75 Family Membership

\_\_\_\_\_ \* **Donations** *Donations will be used for such things as coordinating and holding speed skate races, and paying for ice time for training. The Alaska Speed Skating Club is a nonprofit organization as qualified under Section 501(c)(3) of the Internal Revenue Code.*

\_\_\_\_\_ **TOTAL AMOUNT ENCLOSED**

### Skater ASC Classifications (age as of July 1<sup>st</sup>, 2011)

	Special Olympic	All Ages
	Tiny Tots	6 years & under
	Pee Wee	7 to 8 years
	Pony	9 to 10 years
	Midget	11 to 12 years
	Juvenile	13 to 14 years
	Junior	15 to 16 years
	Intermediate	17 to 18 years
	Senior	19 and over
	Master	30,40,50,60,70 & up

**These are \*ASC classifications ONLY -not \*\*USS or \*\*\*AWG classifications.**

**\*Alaska Speedskating Club**

**\*\*US Speedskating**

**\*\*\*Arctic Winter Games**

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## VOLUNTEER JOBS

**PLEASE CHOOSE AT LEAST ONE! THANKS.**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Race Help- LT<br><input type="checkbox"/> Race Help- ST<br><input type="checkbox"/> Gear Maintenance<br><input type="checkbox"/> Mayor's Marathon | <input type="checkbox"/> Poster Posting<br><input type="checkbox"/> Equipment Room<br><input type="checkbox"/> Photography for Website<br><input type="checkbox"/> Fireweed 400 | <input type="checkbox"/> Organize Refreshments for after Races<br><input type="checkbox"/> Organize End of Year Party<br><input type="checkbox"/> Organize Elections in the Spring<br><input type="checkbox"/> Organize Holiday Party |
|--|---|---|