



CAMBRIDGE SPEED SKATING CLUB

Welcome to the 2012/2013 Speed Skating Season!

Another summer is blistering by and we find ourselves fast approaching the 2012/2013 speed skating season. To get a jump start on the season, many of our athletes participated in summer ice and dryland training. I know others have kept active in other ways, including Blake's mountain bike training. For those who attended the "Overland and On-The-Ice" camp, you'll bring some polished techniques to the ice early in the season. All of this has been made possible thanks to the tireless efforts of our coaches, support people, the many generous volunteers and the Board of Directors. As a club, our accomplishments are also a reflection of the tremendous effort our athletes put into this sport.

Over the years our club has been credited with being one of the leading clubs in Ontario. CSSC demonstrated this in the 2011/2012 season by being the first speed skating club in Ontario to implement a concussion policy. Lead by Vince Carruthers, a concussion presentation was delivered at this year's Ontario Speed Skating Association's (OSSA) annual general meeting. OSSA was so impressed by this presentation that they nominated Vince to take the lead role in their safety committee. Congratulations Vince!

This season we will continue with our concussion testing, starting with a re-baseline test for all athletes over the age of 10yrs (the minimum age that the test is effective). There will also be some exciting changes seen at our club and across the province. Thanks to the Ontario Trillium Foundation, we have received grant funding that will allow us to purchase new mats that will meet the just released Speed Skating Canada (SSC) specs. These mats will provide far greater protection to the athlete and are we are working to have them in time for this year's O'Cup. Another change that many will be speaking about is the change to the competition format. Details can be found at <http://ontariospeedskating.ca/technical-bulletins/TB20121-1.pdf>.

Last year was a great season and I'm sure this year will be equally as exciting. A big thanks our coaches (including Vytas Jasinskis who works hard to keep the club skates in fine form), off-ice support, VPs & Directors, the many volunteers and those who have stepped up to take on key roles in the club.

Fundraising

BINGO

As with many sports, speed skating can be expensive. The greatest expense for the club is the ice time. Most of your registration fee is to cover the cost of ice time. In order to limit the costs that are transferred to the parents/athletes (via registration cost), CSSC holds fundraising activities throughout the season. Our largest contributor to our fundraising efforts is BINGO. With the BINGO funds we are able to reduce the registration fees by about \$200 per athlete. We earn these BINGO funds by volunteering at the BINGO nights.

As you might guess, receiving BINGO funds is highly sought after. In fact, it is more of a privilege than a right and we don't want to lose this privilege. Please help maintain the BINGO funds by signing up as a volunteer. We ask for only 2 nights per athlete.

Janice Grinberg is the Chair of BINGO. Please contact Janice if you have questions concerning BINGO. For further information on BINGO, please check out the website under Volunteer Info. **PLEASE COME PREPARED TO SIGN UP FOR YOUR BINGO NIGHTS!**

Have a great season and see you at the arena!!

Mark Miyasaki
President
Cambridge Speed Skating Club