



CAMBRIDGE SPEED SKATING CLUB PARENT HANDBOOK

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Vision

To empower the Cambridge Speed Skating Club to provide an environment for youth to embrace sport through speed skating.

Mission Statement

To create a sustainable youth speed skating club by providing opportunities and programs that recruit and retain skaters, identify and advance coaches, honour present and past volunteers and collaborate with administrative and sport supportive organizations.

To create an environment where every youth, regardless of ability, are able to engage their mind, body and spirit in the pursuits of overall personal wellness through the sport of speed skating.

To create training opportunities that provide individualised programming, promote the spirit of sport and establish pathways based on skater goals, all in cooperation with Sport Canada's Long Term Athlete Development program.

Values

We believe every athlete is an individual and making time for each athlete to receive individual attention will enhance their ability to attain their goals. Providing athletes with opportunities that challenge them physically and mentally will maximize their potential to grow as skaters. Recognizing learning opportunities during training or competitions is an excellent method for skaters to learn, gain experience and broaden their understanding of speed skating and themselves.

We believe in leading by example. Leadership is an important part of motivating athletes to training and perform at their limits. Sanctifying an athlete's self-confidence will motivate them to consistently push beyond these limits. Mutual respect and consistent communication with your skaters will help create positive training and competition experiences. In addition to the serious side of training and competing, it is imperative to have fun and enjoy the company of the people you are with and the journey you are all on together.

For updates and ongoing activities, please check our website at www.cambridgespeedskating.ca

Administration Organization

Cambridge Speed Skating Club

Office and Ice: 640 Ellis Rd, Cambridge (Hespeler Memorial Arena)

Email: infocambridgessc@gmail.com

Board of Directors 2025-2026

Position	Name	Email
President	Mary-Anne Paiement	csscpresident1@gmail.com
Vice President	Vacant	infocambridgessc@gmail.com
Finance	Jenna Northover	
Secretary	Melana Nam	
Registrar	Anne Dahlin	
Equipment*	Sebastian Paiement	
Facilities*	Lindsy Brain	

Equipment and Facilities Shadow: Gheri Bailey-Bartley

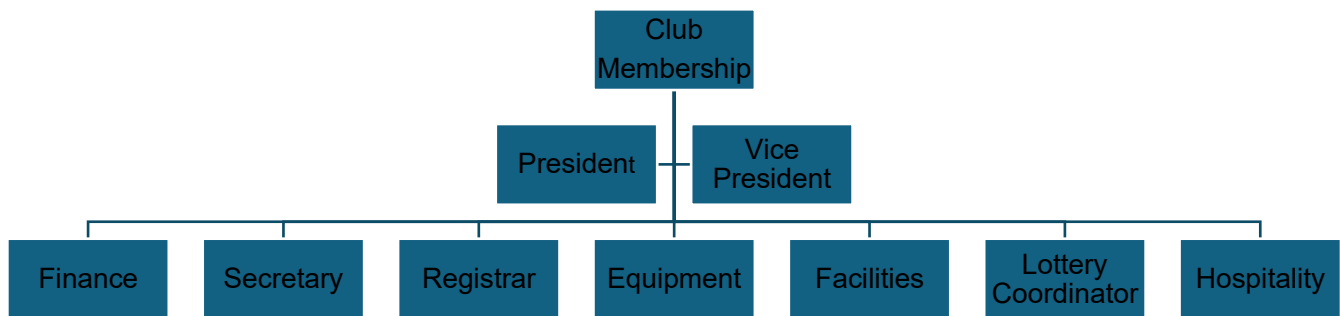
Officers 2025-2026

Position	Name	Email
Lottery Coordinator	Amber Gentile	bingocssc@gmail.com
Hospitality	Nha and Linh Quach	infocambridgessc@gmail.com
Communications	Vacant	
Administrative Assistant	Angie McKenna	

The Cambridge Speed Skating Club is a member of the Ontario Speed Skating Association

www.ontariospeedskating.ca

Club Organization: 2025-2026



Welcome to the Cambridge Speed Skating Club

We are excited to work with you and your family during the coming season! We are committed to creating an atmosphere of good sport, done in an engaging way to help your child grow their potential.

We offer various skater programs depending on their current skill level:

Program	Description
FUNDamentals	This group consists of our youngest skaters. They learn the fundamentals of speed skating. We focus on movement skills including agility, balance, coordination and speed. The kids in this group have a lot of fun learning the fundamentals of speed skating, as many of the skills are learned through games with their teammates.
Development	This group continues learning the fundamentals of speed skating, while also learning how to train for athletic development. They learn more complex skills that build on what they have already mastered.
Elite	This group includes our older and more experienced skaters. They are fine-tuning their technique and conditioning, and they are learning to train and compete. Most of the skaters in this group compete at regional and provincial meets with kids from across Ontario.
Summer Program	Our Developmental and Elite skaters have the opportunity to enroll in our summer program. This program is designed to intensify their training, offering both dry land and ice training experiences. We draw over 30 kids to this program every summer with noticeable milestones translating into their winter program.

Through this handbook you'll find details about how speed skating works, information about our club and how you can get involved. The success of this club depends on parental involvement. We are a not-for-profit organization and therefore rely on volunteers to run the organization and events.

Please take time to review the handbook as well as the OSSA Website available here: [ONTARIO SPEED SKATING ASSOCIATION](#). Should you have any questions, contact our Board of Directors for further support.

Cambridge Speed Skating Club
Hespeler Memorial Arena – Rink #2
640 Ellis Rd, Cambridge
infocambridgesccs@gmail.com

Our Philosophy

The Cambridge Speed Skating Club is a not-for-profit organization that was formed by a dedicated group of individuals who wanted to see children participate in and eventually become competitive in the sport of speed skating. Our club develops youth 5 years of age and older.

We adhere to the Long Term Participant and Athlete Development Model (LTPAD). For details about this see pg. 12.

Thanks to our outstanding volunteer coaches and well established program, together with all of our parents and enthusiastic young athletes, we have been able to produce many world class skaters, including:

- Derrick Campbell (1998 Olympic Gold Medalist)

- Kevin Crockett (1998 Olympic Bronze Medalist)
- Cindy Overland (1998 & 2002 Olympian)
- Amanda Overland (2006 Olympic Silver Medalist)
- Mike Ireland (1994, 2002, 2006, 2010 Olympian)
- Richard Shoebridge (2014 Olympian)
- Keri Morrison (2018 Olympian)

When Is the Skating Season?

Our regular skating season runs from the first week of school in September through to the end of March. It's a great way to keep your child active all winter! Competitions are offered throughout the province during this time and typically occur on weekends.

We also offer a summer program to our Developmental and Elite skaters which involves dry land and ice training. We draw kids from all over the province by offering a one-of-a-kind intensive training experience. This program runs from early May through to the end of August.

How You Can Support Your Child

Our club cannot run without the help of our families. There are a few ways you can help keep things running smoothly:

SAFETY MATS

You'll notice the ice rink is lined with protective mats which keep the kids safe as they skate. As kids progress through their speed skating skills, their speed increases. Sometimes, skaters may fall and hit these mats, rather than the boards. As such, they play a vital role in your child's safety.

First Hour Program (5:30–7 pm)

- If your child is registered in the first hour program (Fundamentals and Development programs), we need your help getting these **mats out of storage and to the ice surface**. They are stored near the Zamboni entrance to the ice. The mats are stored on trollies with wheels allowing them to be easily moved. Parents need to wheel the mats out to the side of the rink, passing them to coaches who will properly place them into the rink surface. Parents are not permitted on the ice surface.
- We also need **water buckets** filled up near the same area as mat storage. Please see your child's coach for further instructions on how to help.

Second Hour Program (7-8:30 pm)

- If your child is registered in the second hour program (Elite), we need your help removing the safety mats back off the ice and into storage after the session is done. Helping to get the mats on and off the ice saves valuable ice time for the skaters.

MEETS & CLUB EVENTS

Meets are racing competitions for the skaters. These happen at various levels as explained further in the Competitions in Ontario section (pg. 11). Each year, the Cambridge Speed Skating Club hosts at least one meet per season. We need volunteers to make this event run smoothly and successfully. This is a great opportunity for other family members to get involved such as youth completing their volunteer hours for Highschool graduation

requirements.

Our Meet Coordinator will email families ahead of the meets letting you know volunteer positions and where we need help. Whether it's for a few hours, a day or the weekend, we appreciate any time you can give.

Our club hosts numerous events throughout the season as well (Christmas Party, Annual General Meeting Banquet). You will see announcements about these events and opportunities to become involved here as well.

Thank you to all the coaches, parents and other club members who continue to take on various jobs on and off the ice to make this club run! Thank you for your consideration in helping. Your efforts will enhance your child's enjoyment in our sport. We are excited to have new members learn and get involved each season. You are all a vital part of our club.

Without volunteers, Speed Skating in Ontario does not exist!

Club Fundraising Opportunities

The Cambridge Speed Skating Club (CSSC) is granted permission to participate in the BINGO fundraising program through the City of Cambridge and the Ontario Lottery and Gaming Corporation (OLG). We are offered dates where we can fundraise for our club throughout the entire calendar year – not just during the skating season. For each date we complete, the club receives funds from OLG. These funds contribute toward ice rental fees which make up the largest expense to the club. By using these funds, we will help keep registration costs lower for you.

Each assigned Bingo date requires 2 (two) volunteers from our club. It is important to always have enough volunteers at these events. If we fail to do so, we lose the proceeds of the day and can be penalized by OLG financially. We can also run the risk of having our permit to participate with OLG revoked.

You will receive email notifications from our Bingo Coordinator requesting one parent/guardian to sign up for **2 (two) Bingo dates per year per child registered with the club**. This means that if you have more than one child in the club, one parent/guardian must complete 2 (two) dates per child. An additional fee of \$600 will be charged to a family if 2 Bingo Dates are not completed. Please note Bingo is held at the Cambridge Bingo and Gaming Centre – 255 Elgin St. N, Cambridge. Volunteers must complete a short online training prior to starting any Bingos. Our coordinator can help get you set up.

If you are not able to fulfill your scheduled commitment, please arrange for somebody else to take your place and notify the Bingo Coordinator - bingocssc@gmail.com

Equipment & Safety

SKATES

Our club has speed skate boot and blade rentals as well as skate sharpening as outlined below:

Boots and Blades	\$150 per season per skater
Boots only	\$80
Blades only	\$80

Skate sharpening	<ul style="list-style-type: none">• First sharpening of season included in rental fee• Additional sharpening \$4/sharpening
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The equipment rental must be paid by the first date of the season and can be done as part of the registration process and added to the total fees. Failure to pay the rental fees may mean your child cannot enter the ice on that date. The Try B4U join program fees include equipment rentals.

Payment can be made when registering through IceReg or sent via etransfer to infocambridgessc@gmail.com. Please place your child's name and reason for money in the message when using etransfer (i.e., Sam Smith skate rental).

If your child needs a different size during the season, please let us know, and we will be happy to exchange the skates. Alternatively, there is a selection of new and used skates available on the market for purchase by you.

When skates need sharpening, please let your coach know. The coach or an older skater will take care of this. With normal use, for skaters in the first hours, skates need to be sharpened about once a month. If the skater is planning to compete, have your coach check your skates to see if sharpening is needed before the competition.

After practices and races, please dry off the skates. **DO NOT** put the skate guards back on until they are dry. You can wrap the skates in a towel, or you can purchase skate socks to cover the blades. If the skate guards are put on when they are wet, the blades will rust.

WATER

During practice, your child is encouraged to have a water bottle on the ice. Please fill this bottle with water only and do not fill it with juice or a sports drink, these liquids are sticky when spilled on the ice and pose a safety hazard.

SUITS

If you are just learning to speed skate or just skating for the thrill of it, speed skating suits are not necessary. If you wish to compete, a speed skating suit is desirable, the built in knee pads and shin guards make it more comfortable to skate.

If the skater is competing in the Elite Circuit Meets, a club suit is mandatory.

Used suits often become available as athletes grow, so pursue this avenue first when you need a suit.

HELMET COVERS

To compete, each skater requires a helmet cover with a number. The skater will keep this number for as long as he/she competes in Ontario. Please contact our Meet Coordinator to obtain a helmet cover.

The cost for the first cover is \$10.00. If you lose your helmet cover and need a replacement, the cost will be \$25.00.

SAFETY EQUIPMENT

On registration forms, a reference is made to the Speed Skating Canada (SSC) rule D3-100 for protective equipment needed to train and compete in short track speed skating.

For protective equipment needed to train or compete in long track speed skating, please refer to SSC rule D3-200 and D3-300.

Club suits have some of the necessary protection built in. If you are not sure where to get some of the protective equipment, please ask somebody in the office at the Arena.

D3-100 Short Track

The following equipment is required for short track training and competition:

- ***Ankle Protection***

Intent: Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride

Minimum Requirement: When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10cm above the tops of the boots.

Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better

- ***Eye Protection***

Intent: Prevent eye injuries resulting from ice chips or a collision with a blade or other object

Minimum Requirement: Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap

Guidance: Clear lenses are mandatory

- ***Hand Protection***

Intent: Prevent cut and puncture wounds on the hands from blades.

Minimum Requirement: For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn.

Guidance: The more cut and puncture resistance of the gloves, the better

- ***Head Protection***

Intent: Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads

Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.

For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNdamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified

- ***Knee Protection***

Intent: Prevent puncture and blunt force impact wounds to the knees

Minimum Requirement: Full frontal knee coverage providing complete coverage of the patella. Made of puncture resistant (e.g. Kevlar or Dyneema) and impact absorbing (e.g. high density foam) material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.

Guidance: The more puncture resistance and blunt impact energy absorption, the better

- *Neck Protection*

Intent: Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries. Minimum Requirement: All skaters must wear neck protection covering the lower half of the full circumference of the neck and covering all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body. Neck protection must be made of Kevlar, Dyneema, or ballistic nylon. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn it must be fastened securely.

Guidance: The more cut and puncture resistance and the greater the extent of neck coverage, the better

- *Rest of Body Protection*

Intent: Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment.

Minimum Requirement: All skin below the mid-line of the neck must not be bare. Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU.

Guidance: Minimum requirement "rest of body protection" is recommended for all other activities (e.g. training) where skaters are performing at a level similar to the lowest level of SSC Championships. The more cut and puncture resistance, the better

- *Shin Protection*

Intent: Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies.

Minimum Requirement: When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage is from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/under a skater's skin suit or it can be integrated in the suit.

Guidance: The more cut and puncture resistance and impact protection of the shins, the better

- *Skate blades*

Intent: Reduce the puncture making capacity of the blades.

Minimum Requirement: The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.

Guidance: The rounder the tips, the better.

Competitions in Ontario

Complete rules, regulations and set up of short track and long track competitions in Ontario can be found on the Ontario Speed Skating website: ontariospeedskating.ca

Click on 'Competitions' at the top and then click on 'Technical Bulletins' from the drop-down menu or visit [TECHNICAL BULLETINS](#)

For the calendar of racing events, visit [OSSA CALENDAR](#)

Long Track

Weather permitting, there is usually at least one long track competition in Ontario, held in Ottawa in January. The Ottawa Pacers hosts the Provincial Championship on an outdoor oval. There are two styles of competition, the 'mass start' and 'Olympic style.'

The results of the Provincial Championship will determine who qualifies for Team Ontario into the Canadian Age Class Championships.

Please refer to the [Long Track Technical Bulletin on the OSSA](#) website for more information.

Short Track

Helmet cover: if you lose your helmet cover prior to a meet, please obtain a new one from our club office. Your new number needs to be registered with the Provincial Registrar. If you come to a meet and have forgotten your helmet cover, please contact your coach so he/she can get a temporary one from the host club for a fee of \$15.00. Sharing of helmet covers is not permitted during a meet.

Here is a link to the OSSA technical bulletin for more detailed information: [Short Track Technical Bulletin 2024-2025](#)

For Short Track there is a 3-tier competition set up:

1. Ontario Regional Racing Program
2. Ontario Provincial Circuit Meets
3. Ontario Elite Circuit Meets

For more Details About Short Track Completion, see Appendix A.

You will need a registration form for every competition.

Meet Entry Forms can be found on the Ontario Speed Skating website: click on 'Competitions' at the top and look for the specific racing series from the drop-down menu. You will find a list of competitions, look for the Meet Announcement and Entry Form and print these off.

If a meet entry form with payment is not handed in to the club office by the due date, the skater will not be registered for the competition.

Long Term Participant and Athlete Development Model (LTPAD)

This program can be described as:

- A framework for decision making with regards to athlete development, it is not a training program.
- Anchored in the belief that each participant is different, with individual needs and rates of development
- Athlete focused and concerned with the holistic development of all participants.

LTPAD recognizes that:

- children are not miniature adults
- the stages of development overlap and are unique to each individual
- the accumulation of deliberate practice and training age is linear, the development of key capacities is non-linear and individualized

The goal of the LTPAD:

- Enhanced quality of programs adapted to the specific needs of participants
- More participants involved in speed skating through increased accessibility and retention rate.
- Provide a systematic and methodical pathway leading to the pursuit of international excellence and lifelong participation in sport.

Speed Skating's Stages of Development:

Fundamental Movement Skills (agility, balance, coordination, speed), Fundamental Sport Skills, Building Physical, Mental and Social Capabilities, High Performance Sport

	Boys ages	Girls ages
Active Start	0-6	0-6
Fundamentals	6-9	6-8
Learning to Train	9-12	8-11
Training to Train	12-16	11-15
Learning to Compete	16-18	15-17
Training to Compete	18-21	17-21
Learning to Win	Short track 21-23	Long Track 21-25
Training to Win	Short Track 23+	Long Track 25+
Active for Life	Masters, Coaches, Officials, Volunteerism	

The program calls for two sizes of oval tracks, 100 m. and 111 m. The races are set up for short distances for sprinting development and long distances for stamina development.

Appendix A: Short Track Competition Explanation

Ontario Regional Racing Program

- Racing is held in 3 regions (+ flex region) across the province for skaters aged 4-8 and new racers of any age for a list of regions visit [REGIONAL MEETS](#)
- Skaters experience local racing with skaters from nearby clubs
- 2-4 hour meets in the evenings and weekends
- Simple structured meets run by clubs using the Ontario Regional Racing Program guidelines
- Introduction to competition formats and racing skills with the focus on fun
- Times are recorded for development purposes only on OSSA's Season's Best List, not formal ranking

Skaters from the host region have priority in registration. For out of region meet participation, skaters who have registered will be added to a waiting list.

If the one-day Regional Series competition has fewer than 120 registrants from the host region, the Provincial Registrar will then add waitlisted skaters based on the proximity to the host club.

Cradle classes (children under 6) may be run at the discretion of the host club.

Regional Series meets are one day meets except for the two-day Provincial Championships.

For more details about Regional Meets and any Meeting Announcements see the Regional Racing Program – Meet guidelines see [REGIONAL RACING PROGRAM](#) and [OSSA CALENDAR](#)

Provincial Circuit Meets

The Provincial Series meets are Province-wide 2 Day meets.

At the start of the racing season, a minimum of 148 skaters will be invited to race in the Provincial Circuit Meets based on their position on the final ranking list at the end of the previous season.

- Racing is held in 2 regions across the province for:
 - skaters aged 9-12
 - Special Olympic skaters
 - Skaters aged 13+ who do not meet the Ontario Elite Circuit time standard or who choose not to race in the Elite Circuit
- Recommended time standard of 1:08.00 in the 400m for skaters aged 9-12
- Development of speed and racing skills
- Introduction to all-points racing where skaters advance through rounds of heats and finals
- Introduction to relay racing for skaters aged 10-13
- Skaters aged 9-13 race together on the 100m track

For more information, registration links and meet announcements see [PROVINCIAL MEET INFORMATION](#) and [OSSA CALENDAR](#)

Ontario Elite Circuit Meets

- Province-wide racing for skaters aged 13-29 who meet a time standard
- Refinement of racing skills and decision making at high speeds
- Development of relay racing skills
- 13-year-old skaters will be offered 100m track racing intermittently to prepare for Canadian Youth Short Track

Championships

- For more details on the Elite program, view the technical bulletin here: [OSSA Technical Bulletin](#)

At the end of the season, skaters competing in the Ontario Elite Circuit are invited to participate in the Provincial A Championships. This competition will be used to select skaters for the Canada East Short Track Championships and to name the Ontario Open Provincial Champions.

For upcoming meets and registration view here: [ELITE MEET INFORMATION](#) and [OSSA CALENDAR](#)

Ontario Time Trials

- Province-wide racing for skaters aged 13-29 who meet a time standard
- Opportunity to set seed times. For dates, see [OSSA CALENDAR](#)

Ontario Masters Meets

- Province-wide racing for skaters aged 30+ and senior skaters aged 19-29 who opt to race with Masters
- These meets will be run in conjunction with Provincial Circuit meets on the 111m track

Ontario Speed Skating Association Racing Circuit Overview

	Regional Racing Program	Ontario Provincial Circuit	Ontario Elite Circuit
Division	3 Regions, plus Flex Region	2 Regions, plus Flex Region	Province-wide
Clubs	<u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha <u>Central:</u> Durham, Markham, Newmarket, Barrie, Toronto, Brampton <u>West:</u> Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London <u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay	<u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor <u>West:</u> Newmarket, Barrie, Brampton, Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London <u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay	Province-wide
Number of regular season meets	Approximately 4 meets per Region	4 meets per Region + Mid-Season Provincial Meet in December	4 meets throughout Ontario
Eligibility	Skaters aged 4-8 Clubs can add racing for appropriate Novice, Special Olympic or Masters skaters.	Skaters aged 9-12 Skaters aged 13-29 that do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit. Recommended time standard of 1:08.00 in the 400m for skaters aged 9-12. Special Olympic skaters Masters Skaters	Skaters aged 13-29 who meet the Elite time standard on the SSO Ranking List since August 1, 2023 and choose to race in Elite meets. 500m: M: 1:00.00; F: 1:05.00 400m: M: 0:48.98; F: 0:53.06
Duration	2-4 hours	1 day (Mid-Season Meet and Championships are 2 days)	2 days
Track	100m for skaters aged 4-8 111m for appropriate Novice, Special Olympic and Masters skaters	100m for skaters aged 9-13 111m for skaters aged 14-29 and Special Olympic skaters	111m Exhibition super final for 13 year olds on the 100m track (400m or 1500m)
Advancements	Super Finals only. No advancements.	X + Y where Y is based on time only.	X + Y where Y is based on place, then time.
Format	Determined by host club with consideration of the Regional Racing Guidelines.	Ability seeding. Mixed gender racing. Relays for 10-13 year olds.	Ability seeding. Gender-specific racing. Relays for 13 year olds (and more if possible).
Championship	1-day celebration event Please see the Regional Racing Championship Celebration bulletin for additional information.	2-day Provincial Championships Please see the Provincial Championship Bulletin for additional information	2-day Elite Championships Please see the Provincial Championship Bulletin for additional information