



SKATER GROUPS AND PRACTICE TIME

INTRODUCTION TO SKATING

TUESDAY: 7:00-7:30PM

FUNDAMENTALS

TUESDAY: 7:00-7:45PM

SATURDAY: 6:30- 7:20PM

SHORT BLADES

TUESDAY: 7:30-8:30PM

SATURDAY: 6:30- 7:20PM

LONG BLADES

TUESDAY: 7:45-8:50PM

SATURDAY: 7:20- 8:10PM

ADVANCED/HP

TUESDAY: 8:30-9:40PM

SATURDAY: 7:20- 8:10PM

Hello HRSSC Families,

We are wrapping up the first month of our speed skating season - WOW!

It has been a fun and busy start. Lots of skills and drills being practiced. Lots of smiles and chuckles on and off the ice. And a lot of THANK YOUs to share.

We appreciate all of the hard work and efforts of our coaches CJ, Phoebe, and Anne.

Thanks also to our Advanced group skaters: Ella, Maceo, and Mathieu for helping out each week off and on the ice assisting our new skaters and families, along with Jasmine and Sophie who joined in to assist with our newest Intro skaters. Brave first tries on the ice and soon to be zooming along too.

Please take a few minutes to review the important notes below:

- HRSSC Season Dates
- HRSSC Citadel Cup returns in November
- Regional events
- HRSSC skinsuits, warm up jackets and pants



SPEED SKATE MAINTENANCE

PLEASE FOLLOW A FEW KEY MAINTENANCE TIPS:

PACK A SMALL TOWEL to dry skate blades.

SKATE GUARDS go on in the dressing room when ready to put on skates.

SKATE GUARDS are worn to leave the dressing room and are removed at the ice entry gate. Younger skaters can be assisted.

SKATES GUARDS go back on once off the ice at the gate or bench.

Skates are removed in the dressing room, **BLADES are thoroughly dried with a towel.** CAREFUL THEY ARE SHARP.

Cover blades with **SOAKERS** until next practice.

Store your skates, with **DRY BLADES**, between practices with **SOAKERS ON.**

Best to remove skates from your skating bag too if possible.

SKATE SHARPENING

Skates are sharpened with equipment specific to speed skating- a jig and sharpening stones. **Please do not take your speed skates to a regular skate sharpening location.** Our

Advanced skaters sharpen skates for \$10/pair. We will be hosting sharpening demos soon. Check with Paula with any questions.

HRSSC 2021-22 CALENDAR

SHORT TRACK FALL SEASON

Tuesday 28 September - Saturday 18 December 2021

NO PRACTICES ON: Saturday 27 November

Saturday 4 December

HRSSC CITADEL CUP *Saturday 27 November *

We are very excited to share that the HRSSC CITADEL CUP will be returning this season on Saturday 27 November. This will be a full day event for all skater levels and abilities. It will be open to skaters across Nova Scotia and we look forward to welcoming back our friends from our provincial clubs.

A lot of volunteer time and effort goes into making this event a success and a great opportunity for our skaters to enjoy a great day of races. Work behind the scenes is in progress and more details to follow soon. Please be ready to join along!

SAVE THE DATE and the tentative time from 7:30am-3:00pm.

REGIONAL EVENTS

Atlantic Cup Speed Skate PEI 13-14 November

Harold Joyce Fredericton Speed Skating 27-28 November

More details to share once made available. With the gradual return to competitions this season, there are changes between individual club and regional scheduling.

HRSSC APPAREL - CLUB ORDER

After a number of inquiries into HRRSC apparel, we will be placing an order for skinsuits, warm up jackets and pants. A separate email will follow with all of the details - design images, sizing charts, and costs.

Please review the email notes carefully and do not hesitate to contact Anne and Paula, via email and in person at practice.

ORDERS ARE DUE WEDNESDAY 27 OCTOBER AT 9AM

