



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,

Welcome back to a new week of speed skating.

Thank You to all of our volunteers, families, and skaters who made our 2021 Citadel Cup a great event. Extra Thanks to our coaches, CJ and Phoebe for sharing their time, energy, and skills with our skaters.

We welcomed skaters from Annapolis Valley, Dartmouth Crossing, and DC Special Olympics members joined us for a full day of action packed races. Lots of brave first time skaters out there too with big smiles and up for new challenges.

FUN FACTS:

- REGISTERED SKATERS - 63
- HRSSC MEMBERS- 25
- OFFICIALS AND VOLUNTEERS - 50
- COACHES - 7
- BRAVE FIRST TRIES - *too many to count!*
- TUMBLES and TRY AGAIN - *quite a few!!*
- BIG SMILES and PROUD MOMENTS - *even more!!!*
- BEHIND THE SCENES VOLUNTEER PREP HOURS - *worth every minute 😊*

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.

FINAL RESULTS

Final results will be posted on our webpage here:

<http://www.hfxspeedskate.com/>

PHOTO GALLERY

We were fortunate to have a local photographer, Jim Neale, join us at the Citadel Cup for part of the day. As an ex-athlete and active community member, Jim gives back to sport by volunteering his time and skills to support amateur sport organizations with access to quality images.

Here is a sneak peek to his file. Still a work in progress. *Please do not contact Jim directly for files at this time as we are working with him to make these accessible while respecting online privacy. Thanks for your patience.

<https://www.flickr.com/photos/jimneale/albums/72157720188442466>

REMINDER PRACTICE SCHEDULE - UPDATE

NO PRACTICE ON: SATURDAY 4 DECEMBER
(reserved for a ringette event)

FALL SHORT TRACK SEASON DATES

HRSSC PRACTICE: Tuesday 7 & 14 December
Saturday 11 & 18 December

DARTMOUTH CROSSING INTER-CLUB MINI MEET
SATURDAY 11 DECEMBER - MORNING
(time to be confirmed)

WINTER SEASON DATES and DETAILS COMING SOON

INCLUDING: Short Track; Long Track; Special Event Dates

HAVE A GREAT WEEK!!

