



From the Executive Committee

It's been a great month for the Striders! Everyone is proudly wearing their club wear - it's great to see the spirit. It's been a busy month with some regional and provincial meets, as well as our first local meet - The Janet Henderson Memorial Ladder Meet. We have much more going on before the end of 2013 - our club activities are outlined in the banner.

We have been adding some items to the ProShop to showcase our club. If you have any idea on how to continue improve this space, please let us know. Don't forget to visit the ProShop and our Website frequently for the most up-to-date information.

Sincerely,

James, Jenni, Kelly, Melanie, Mike, Patrick, Pierre and Steve

Notes from the Coach

Thank you once again to all who helped make The Janet Henderson Memorial Ladder Meet a success! We couldn't have done it without our volunteers. We had a good showing of just over 50 skaters during the meet. The Kingston Striders were in great form with many members achieving new Personal Best.

400M

Dylan B.	Seamus K.	Ian R.
Ethan D.	Brennoch K.	Kahlil S-G.
Genevieve D.	Liam M.	Ibrahim T.
Chloe G.	Alexander P.	Zana P.

500M

Sarah B	Aliya H.
Darren D.	Graham L.

Congratulations!!

The next meet is the Regional #3 in Belleville. Registration is due next week. Forms are available in the ProShop or online at <http://ontariospeedskating.ca/regional-series/>. Please make sure the completed registration form and payment are put in on time to Kelly or Mike (Equipment Mgr) to ensure your registration.

Thank You, Coach Kelly

CONGRATULATIONS TO OUR STRIDERS!!!

Provincial #1-Cambridge

*Sarah Ball – Silver Medal
(Open Women)

Regional #2-Gloucester

*Genevieve D. – Gold Medal
(Hotel Group)
*Chloe Goss – Bronze Medal
(Delta Group)
*Ian Ramzy – 5th Place
(Charlie Group)
*Kahlil Seguin-Gervais – Gold Medal
(Delta Group)

CLUB ACTIVITIES

*Frontenac Game and Demo
– Sunday, Nov. 24

*Skate-a-Thon and Holiday Celebration 2013 – Thursday, Dec. 19, 2013

5:30-7:30PM

(Full details available on our website at the ProShop)

UPCOMING RACES

*Regional #3 – Belleville
December 8 – Deadline to register is Wednesday, November 27, 2013.

LONG TRACK CAMP

January 3-4, 2014

Ottawa, Ontario

Present at the camp will be

Kristina Grove, Ontario

Olympic Long Track Medalist

Congratulations to everyone who's been competing since October. Many of our Striders are ranked top 5 in their age class. To find the full results, go to:

<http://ontariospeedskating.ca/ranking-lists/>



OFFICIAL PROGRAM PARTNER



PROkids
Kingston
where everyone plays



Long Blade Maintenance

We are lucky to have a dedicated Equipment Manager for our Club. While he might not always be at the arena during practice times, because of his job, Mike spends many hours maintaining our equipment at other times during the week. This can explain how the skate you left in your basket are nice and sharpened at your next practice or before a meet. If you notice that your blade needs sharpening, let Mike know – if possible give him some notice (i.e. don't wait until 5 minutes before you need to get on the ice). Skates left in the baskets in the ProShop are verified on a regular basis, and sharpened as needed.

If you wish to learn how to sharpen blades, don't hesitate to ask Mike - he will be more than happy to show you. ☺

**Kindly note that KSSSC charges \$5.00 for the sharpening of non-club skates and blades. Sharpening kits can also be signed out.
**Reminder: skates should be stored without guards on.*

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Fundraising Activities

We would like to thank two (2) new sponsors:

Striders Families and Friends - \$250 Sponsorship

- *Carynne and Stephen Arnold
- *Blanchette & Lam Optometrists

Our sponsors and other fundraising activities assist us in keeping our membership costs low. If you want to know how you can help raise money for the club, please contact Melanie De Wys, Fundraising Chair at: mgdw88@gmail.com.

Skate-a-Thon 2013

We are excited to announce our Skate-a-thon Fundraiser! All the money raised will go towards paying for ice time. SKATERS, PLEASE BRING SOMEONE WITH YOU TO COUNT YOUR LAPS! How many laps can you do? How many laps can we do as a whole club? 9 laps equals 1km.

Pledge Sheets: Athletes, coaches and families are encouraged to collect pledges/donations prior to the event. You can be pledged for a fixed amount or per lap. We are not able to offer tax receipts for donations. Please ask that all cheques are made out to "Kingston Striders Speed Skating Club". Use the attached pledge form and hand it in on the night of the Skate-a-thon.

Pledge Forms are available on our website and in the ProShop.

If you have any questions, please feel free to contact Arawn Therrien at arawn_therrien@hotmail.com.

Questions or Suggestions for future KSSSC Newsletter:

Do not hesitate to email our president at president@speedskatingkingston.ca



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