



Striders Newsletter

27th season - no. 2

International Masters Speed Skating Games

submitted by Stephen Arnold

Striders morning skater Tony Zegers dominated his 80-84 male age class at the 20th Masters' International Speed Games. The games were held February 24-27 at the Calgary Olympic Oval.

Competing with one other Canadian skater in the games' most senior age class, Zegers placed first in each of the 500m, 1000m, 1500m and 3000m long track events. He also received a gold medal award for his overall standing at the concluding award ceremony.

Also participating at the Masters' Games were Striders skaters Dave Donovan and Stephen Arnold. Each skater successfully completed 500m, 1000m and 1500m events in the male 55-59 and male 65-69 age classes, respectively.

Bend the Ankle

...a training tip from Sue Ellis



We know that the largest and strongest muscles used in the push are the ones around the hips and the

quads, however **the ankle** is a very important and often forgotten joint. It is the last joint to extend in the push and even though the muscle groups around the ankle are smaller they are the ones to deliver the final power in a push.

In order to have power in your push you need to have **maximum pressure** in to the ice. However, to have maximum pressure you need to have the weight behind the push. This is referred to as the weight

transfer in skating. The weight needs to fall **forward, down, and to the side** and you feel pressure under the back part of the ball of the foot before pushing. This movement is initiated with an **ankle bend forward**. The more you can compress the ankle, the more muscles you will be recruiting in the lower leg ankle and foot that can now be used to exert pressure into the ice. The push starts with an opening of the hip and knee and finishes with an extension of the ankle. Pressure is **maintained through the ball of the foot** until the end of the extension. The result is **more force** exerted into the ice over the entire push and an increase in the time the force is applied, resulting in faster speeds.



Youth Short Track Competition Season Comes to an End

Throughout the year, Kingston Striders have been active in competition both at the regional and provincial levels. Here is a wrap-up of the competition season, along with the names of Kingston competitors participating:



October 23-24 2010 Eastern Regional #1 (Ottawa)

Sarah Ball, Aliya Howard (silver medal) and Jeremy Lavallee

November 13 2010 Eastern Regional #2 (Kingston, ladder meet)

Ryan Frost-Garant, Jeremy Lavallee, William Petznick, Daniel Sargeant, Mathieu Symons, Nicholas Symons, Thomas Watson, Sarah Ball, Aliya Howard and Paul Sturgeon

December 3 2010 Eastern Regional #3 (Markham)

Alexander Arellano (bronze medal) and Jeremy Lavallee

January 8, 2011

Eastern Regional #4 (Clarington)

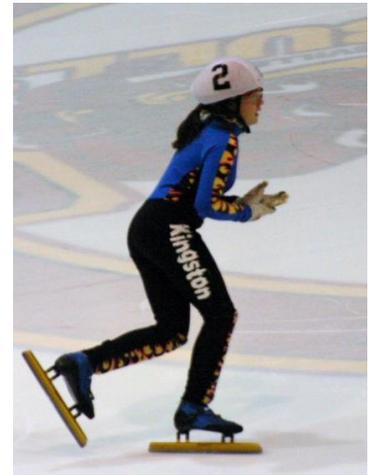
Alexander Arellano, Aliya Howard, Jeremy Lavallee and William Petznick

January 29 2011 Eastern Regional #5 (St Lawrence)

Sarah Ball, Aliya Howard, Brennoch Keiley (bronze medal), Seamus Keiley, Jeremy Lavallee, Eric Sturgeon and Paul Sturgeon

February 26 2011 Eastern Regional #6 (Gloucester)

Alexander Arellano, Jeremy Lavallee, Eric Sturgeon, Paul Sturgeon, Mathieu Symons, Nicholas Symons (bronze medal) and Alexandre Therrien



Provincial level skaters (Ontario Cup series) are Laura Ball, Aliya Howard, and Sarah Ball. As of February 1, 2011, Laura was ranked 16th and Aliya 13th among midget girls, while Sarah was ranked 7th among juvenile women. The rankings list is based on time, age and gender, and is what selects skaters for participation in the Ontario Cup series leading up to provincial championships. At Provincial Championships in London on March 5 and 6, 2011, Laura finished __ and Sarah finished __ in their respective age groupings. Aliya did not skate.

Gloucester Eastern Regional *submitted by Pierre Lavallee*

Seven Striders participated in the Gloucester meet and every single one of them achieved PB's in their respective distances. After everyone had a chance to race 2 regular distances we were introduced to new races like the Slalom for the Pee Wee age category, the 111m Pursuit for the Bantam /Midget age groups and the 2 Person 10 Minute Relay for the racers 12 and older. All of our skaters performed very well. Coach Steve and Kelly can be very proud of their skaters and we parents would like

to take this opportunity to thank them for their dedication to the club, coaching skills and overall positive impact they have on our skaters.

At the end of the day, we celebrated our skaters' achievements by having dinner together at the restaurant. Thanks to the parents for helping out throughout the day and making this meet enjoyable for everyone and most certainly my best so far.

**The Strider
Sideliner asks....
WHAT DO YOU
LIKE MOST
ABOUT SPEED
SKATING?**



"Racing and competitions!"

Mathieu, age 9



"Crossovers."

William, age 6



"Maybe....skating long distances?"

Seamus, age 6



"It's very fun and enjoyable and you get to meet new friends."

Chloe, age 9



"I like to do crossovers because it feels kinda cool."

Brennoch, age 8



"Everything!"

Julia, age 8

Special Olympics Ontario Winter Games

Darren Dykstra travelled to Thunder Bay in late January to represent Kingston at the Special Olympics Ontario Winter games. Darren enjoyed his trip and was a pleasure to travel with, according to his SO coach John Murphy. Darren had a strong showing in all of his events, earning two silver medals for his efforts. He is shown here receiving his medal in the Master's 1000m event from former NHLer Brian Burke.



Kingston Striders do Portland

(and other Morning Skater news) *submitted by Dave Marcassa*

The last weekend in January saw a strong contingent of Striders gathering in Portland to take part in the 7th annual Skate the Lake day of racing. For those of you that have never been there the town of Portland out does itself, preparing a 1 km natural oval on the bay, providing all kinds of food and prizes and generally going over board to host an event with just the right mix of fun and competition.



David Marcassa and Ellen Mooney, old timers from the morning group, combined with amazing newcomers Luanne Halerwich, Lorraine Ferrel, and Steve Overvelde to occupy 5 of the top 15 spots in the 5 km race. Tess Overvelde proudly represented Kingston in the children's 5 km. The Kuntz family showed up later in the morning to bring fresh legs and energy to the 10 km. Ray and Max joined Ellen and David to again bring a strong

Kingston presence to the race. Ron Boyd, an ex Kingston strider came out of retirement to grind out a heroic 10 km effort considering he had not been on skates all year.

Graham Lodge then joined the Kingston contingent to create a 5 person relay team that finished a close second to the Belleville crew in what is becoming a good natured annual grudge match.

The indefatigable Mr. Lodge then went on to skate the final race of the day finishing 13th in the 25 km main event. Not bad for a guy in his 70's.

The morning group continues to put in the laps. Pierre Lavallee has returned from the injury list with open arms although it takes the combined forces of the entire crew to stop him from handling the mats. Our two Queen's students have sadly replaced him on the injury list (skiing and rugby injuries, speed skating, naturally remains blameless) but will hopefully return soon.

Hope to see everyone out at the skate-a-thon on March 8th.

In accordance with Article 6 of the Constitution of the Kingston Striders Speed Skating Club

The Striders' Annual General Meeting

shall be held after the completion of the skating season and prior to the AGM of OSSA.

The AGM shall be part of our

End-of-the-year Banquet and Awards Ceremony



Location: Our Lady of Lourdes Catholic School
20 Cranbrook St. Kingston K7M 4M9

Date: Friday, April 15th, 2011

Time: 6:30pm - 9:30pm

Menu: Potluck

Please plan to attend to
help celebrate our skaters
and all club members!

Intro Skaters and friends
are most welcome.

END OF SEASON PHOTOS!

Join us on **Tuesday March 22nd** at
6:30-7:30 pm to have your photos taken by
professional photographer and long-time
Strider Jane Spencer. Jane will take photos of
you in your racing gear/Striders t-shirt and can
create a variety of packages available for
purchase. All profits from the photo sessions will
go back to the Striders thanks to Jane's
generous donation of time and talent.