



From the President

The 2013-2014 Season is shaping up to be great!! This season marks our 30th season in Kingston, and with the Sochi Olympics around the corner, we hope to bring back the spotlight on the "long blades"! I would like to personally welcome our new members, and welcome back to our returning skaters. We are pleased to have you join us! The Executive and I hope to keep you up to date on all of the activities we have planned this year. Most of the information will be posted in the Proshop located in the lobby at the Cataraqui Community Centre, and on our website. We have been able to update many of the information on our website, and are continuing to do so thanks to the valuable help of James Fraser. You can keep in touch with key information by periodically visiting: www.speedskatingkingston.ca. I look forward to seeing you throughout the season.
Sincerely, Pierre Lavallee

The Coach's Corner

We are happy to welcome two new coaches to the Kingston Striders this year – Hayley Roberts, is from the Cambridge Speed Skating Club, and Sydney Cook, coming to us from the KW Club. Both are studying at Queens. We are also excited to welcome back many of our previous coaches –Marcelle Boulanger, Jillian Coolidge, Andrew Goss, Jack Henderson, Maxime Kuntz, Pierre Lavallee and Graham Lodge. Racing has started, so don't forget to register by the deadline Registration Forms can be found online - <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.

Coach Kelly



Hayley Roberts



Sydney Cook

CONGRATULATION IAN RAMSEY ON BREAKING THE ONE MINUTE MARK FOR THE 500M AT THE REGIONAL #1 IN OTTAWA!! (CHECK THE KSSSC WEBSITE FOR MORE RESULTS ON THIS MEET.)

CLUB ACTIVITIES

- *Spirit Wear Order due Thurs. Oct. 17
- *Bottle Drive Fundraiser – Saturday, October 26 10AM-12PM – We hope you can assist us! More details to follow shortly.

UPCOMING RACES

- *Regional #2 – Gloucester – November 2 (Registration due Oct. 22)
- *Ladder Meet – Kingston – November 9 (Registration due Oct. 29)
- *Regional #3 – Quinte – December 8 (Registration due Nov. 26)



OFFICIAL PROGRAM PARTNER





Long Blade Maintenance 101

A few tips to keep blades in good condition:

- *Ensure your skate guards are clean and free of debris
- *Wear the guards at all time when not on the ice
- *Be mindful of NOT stepping on the raised plastic between the box and the ice
- *Dry the blades after coming off the ice
- *Leave guards **off** the blades when storing your skates

****For more information on maintaining your skates and equipment, visit the *Equipment* page on our website.**

Fundraising

Just like any other club, we rely on our sponsor for their financial support. Sponsorships ensures we can continue updating and maintaining our equipment and mats, and assist us with all other costs required for running the club.

Throughout the year, we will provide some opportunities for members to get involved in fundraisers. Fundraisers can be quite time consuming, and for this reason we would like to keep them minimal so as to not take too much of your time. For this season, we have come up with an alternative, which is to request corporate sponsors using our Sponsorship Proposal.

How it works??

Any member can forward the proposal to potential sponsors so that they can consider supporting the Kingston Striders. Once the organization has reviewed the information, they can contact the Fundraising Chair directly with questions or to arrange for sponsorship.

How can Kingston Striders members help??

If you think some of the organizations you do business with could assist us (i.e. insurance agent, physiotherapist, car maintenance providers, etc) please feel free to forward them the [Sponsorship Proposal](#) (also available on our website). It's minimal work on your part, with potential for great return for all of us!!

Thank you in advance for your help!
Melanie De Wys, Fundraising Chair

Questions or Suggestions for future KSSSC Newsletter:

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

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