



## **ALASKA SPEEDSKATING CLUB 2017 – 2018 MEMBER GUIDE**

*- Welcome to Alaska Speedskating!  
This member guide should answer most questions you may  
have about our programs -*



### **VISION STATEMENT**

*We strive to provide ice speed skating for all Alaskans in a safe, encouraging and fun environment.*

*We pledge to treat each other with honor and respect.*

*We aim to provide the resources so that all members can reach their potential as athletes and competitors.*

# ALASKA SPEEDSKATING CLUB MEMBERSHIP

Your membership with the Alaska Speedskating Club allows you to participate in all speed skating activities sponsored by the club. This includes all race events. **Your membership fees provide some of the necessary funds for our club to put on short and long track races and training, purchase insurance for our activities, buy and maintain our equipment, provide training for our volunteer coaches and board members, and reach out to new skaters in our community.**

ALASKA SPEEDSKATING CLUB is a 501(c)(3) IRS registered organization and most donations are tax deductible. Our Federal Tax ID number is 57-1232509.

## Alaska Speedskating Club Membership Fees

Individual - \$40

Family - \$80

## U.S. Speedskating Membership

Some ALASKA SPEEDSKATING CLUB members may become members of U.S. Speedskating, particularly if they wish to compete in national or international level speed skating events. **You need not be a USS member** in order to skate with ALASKA SPEEDSKATING CLUB or **to participate in Arctic Winter Games as a member of Team Alaska.**

Skaters who wish to join USS must submit online applications on the U.S. Speedskating website at: <https://www.teamusa.org/US-Speedskating> and fill out an application

## BOARD OF DIRECTORS

**2017 – 2018**

PRESIDENT:	Chuck Hansell
VICE PRESIDENT	Chuck Gilbert
SECRETARY:	Donna Davidson
TREASURER:	Nancy Hiney
RACING:	Short Track Long Track
	Vacant Chuck Gilbert
FUNDRAISING:	Vacant
PUBLIC RELATIONS:	Vacant
MEMBERS-AT-LARGE:	Linda Cerniglia, Game McGimsey

WEBSITE:	<a href="http://www.alaskaspeedskating.com">http://www.alaskaspeedskating.com</a>
EMAIL:	<a href="mailto:alaskaspeedskating@gmail.com">alaskaspeedskating@gmail.com</a>
WEBSITE COORDINATOR:	Peter Haeussler ispeedskate@gmail.com

# Long Track Speed Skating

Long Track speedskating happens at the Cuddy Family Midtown Park Speedskating Oval, one of only 6 long track speedskating facilities in the US. It is located in Midtown Anchorage just east of C St. and 40<sup>th</sup> Ave., parking is available both on 40<sup>th</sup> Ave., and in the Loussac Library lots on the opposite side of the park.

## ICE FEES

There are currently no **mandatory** ice fees to skate at the Midtown Park Oval but the Alaska Speedskating Club sells an annual "OVAL pin" to help fund the cost of maintaining the ice. The cost of the pin is \$15 and the Alaska Speedskating Club strongly encourages you to purchase one or more. They may be purchased from any board member or coach, and also at Alaska Mountaineering & Hiking, 2633 Spenard Rd.

## SKATE RENTAL OR PURCHASE

Long Track speed skate rentals are available at AMH, located at 2633 Spenard Rd. They carry both rental long track speed skates and "Nordic blades", which are similar to long track speed skate blades, but attach directly to XC ski boots. There are a number of other companies that sell skates and a list of these is available on our website.

## PRACTICE SESSIONS

Practice sessions for long track take place at the Oval in Cuddy Family Midtown Park. There is no cost to the skater but all skaters are encouraged to purchase an Oval Pin to support the continuation of winter ice at the Oval. Volunteer coaches attend practices and will vary the practice details according to the ability of the skaters. Please check with coaches to confirm practices – occasional cancellations do occur for a variety of reasons.

Sundays 1-3 pm  
Thursdays 6-7 pm

## LONG TRACK RACES

Races take place on many **Sunday afternoons** with registration at 1:00 PM and races at 1:30 PM, and **Thursday evenings** with registration at 5:30 PM and races at 6 PM. We are always looking for volunteers to help run the races, which usually last between 1 and 2 hours. We train all volunteers! Examples of volunteer jobs include setting up blocks, registration, timing, recording and starting.

Adult Per Race fee: Club Members = \$10 Non-members = \$15  
Adult Season Series: Club Members = \$75 Non-members = \$95  
Special Kid Race Pricing! = \$5/race or \$20 for the series!

## 17-18 LONG TRACK RACE SCHEDULE

**Registration opens 30 minutes before scheduled races!**

Thursday evenings (races begin at 6 pm!): Dec. 14, Jan. 11, Feb. 1, Feb. 13.  
Sunday afternoons (races begin at 1:30 p.m.): Dec. 31, Jan. 21, Feb. 4 (LT Marathon), Feb. 25.

## SPECIAL EVENTS AT THE OVAL

Thursday, December 21st – Solstice Festival – Fun Family event organized by the Municipality of Anchorage and other groups, such as Alaska Speedskating.

# Short Track Speed Skating

## SKATE RENTAL

Seasonal skate rental is available to members in good standing, at \$50 per pair, **plus** a \$200 deposit in the form of a post dated check. The deposit check is returned at the end of the season when skates are returned in good condition. See coaches for the forms.

## REQUIRED SAFETY EQUIPMENT

**All Skaters are required to wear the following equipment: Helmet, bib-type neck guard, cut-proof gloves, knee pads & shin guards. A bicycle type or snow/ski/skateboard type helmet may be worn. Eye protection is strongly encouraged.**

**New skaters may borrow equipment from our supply, but we ask skaters to provide their own if they skate regularly with the club.. If you skate regularly with the club, we encourage you to purchase your own skates as well.**

**If you borrow club equipment, return it at the end of each practice in the boxes in the dressing room, or by returning it to the ALASKA SPEEDSKATING CLUB equipment cabinet.**

Remember, you are responsible for maintaining your skates – please arrive with them sharpened and ready to go. If you need help with learning to sharpen, the club runs sharpening clinics on a regular basis. We suggest that you sharpen skates at the end of your practice so you are ready to go for the next practice. If you need to use a jig or stone from the club, please be responsible and return the jig or stone to the storage lockers.

## PRACTICE SESSIONS

All short track practice sessions take place at the Subway Sports Center, 11111 O'Malley Center Drive (near the intersection of Old Seward Highway and O'Malley) in Anchorage.

Tuesday 7:00-8:00pm      Saturday 8:15-9:45 am  
(note these are ON-ICE Times)

For **all practices** it is expected that skaters will **arrive at least 30 minutes prior** to ice time in order to do a dryland warm-up and be geared up and ready to take the ice as the Zamboni leaves the ice. We try to be standing at the door as the Zamboni leaves the ice so we use our ice time effectively. Mats must be placed around the boards before practice can begin. Mats are on rolling carts that are moved onto the ice after the Zamboni leaves the ice. Please note that the rink's insurance policy **does not allow volunteers** to walk on the ice surface – once the carts are on the ice the skaters will place the mats as quickly as possible. At the end of

each practice, skaters will line up the pads and place them on the carts. (all facing the same way for easy placement at the next practice).

## **RACES**

### **Short Track Race Dates:**

**November 18, December 16 (AWG Selection), January 27, February 24, March 20**

## **2017-18 Speedskating Club Short Track Ice Fees**

*[Current Ice fees and Discounts are available on  
https://www.alaskaspeedskating.com/](https://www.alaskaspeedskating.com/)*

## **NON-SKATERS & FAMILY**

### **Each practice requires support staff!**

Before and after every short track practice, we need your help to put the safety mats on and off the ice. We do this through the Zamboni doors at the far end of the rink. This is important, because the more efficiently we do this, the more time everyone can spend skating.

### **During races, we need all hands on deck!**

Each race event requires the following: Timers, lap counters, results compilation/awards & heat box helpers. If you are unsure of what each job requires, we will happily provide on-the-job-training! Our numbers are limited, and we simply could not hold races if every non-skater were a spectator. We also have numerous other volunteer opportunities including, newsletter, equipment, publicity, fundraising, awards, photography, membership, and races. Talk to the club president for information on how you can volunteer for a job.

## **ARCTIC WINTER GAMES**

Biannually (every even year) the youth of the Arctic countries gather in March to participate in the Arctic Winter Games. Speedskaters are split into two categories-

Juvenile (age 11-15) and Junior (age 16-18)

The age is determined as of July 1st of the prior year.

Speedskaters chosen to represent Alaska may be selected from anywhere in the state. AWG speedskaters must meet criteria as established by the AWG coaches. If you are interested in participating in this activity you should contact the coach listed on the front of this packet. He/she can tell you what is expected and the cost of participating. Selection races usually take place in the month of December prior to the Arctic Winter Games.

## **CLUB AWARDS**

At our end-of-the-year party we give out three awards to members of the club.

**Sportsmanship Award**- Chosen by those involved in coaching and leadership within the club for someone who exhibits the qualities that make him/her a good sport. Some of these qualities might involve helping and complimenting other skaters, always being on the ice on time, prepared and a good listener, helping out the club in an extraordinary way, volunteering to lead skaters and/or club members.

**Male Skater and Female Skater**- Awarded to the male and female club skater who collects the most points during ALASKA SPEEDSKATING CLUB sponsored races and based on the following criteria-

1. One point awarded for each race completed throughout the skating season in both short and long track.
2. One point awarded for each personal best time acquired throughout the skating season in both short and long track.
3. Three points awarded for skating in the longer distances in short track (3000 meters) and long track (Duathlon distance and Marathon).
4. 3 points awarded for any race completed without disqualification throughout the skating season in the distances of 4K-20K (ie. Duathlon/ Marathon).
5. 4 points awarded for any race completed without disqualification throughout the skating season in the distance of 25K (ie. Marathon).
6. 5 points awarded for any race completed without disqualification throughout the skating season in the distance of 50K (ie. Marathon).



**Alaska Speedskating Club— 2017-18 Membership Form**  
**Please send completed form to: Alaska Speedskating Club**  
**8042 Queen Victoria Dr, Anchorage, AK 99518**



Skater's Name	Date of Birth	Age	Classification (see below)

Non-skating Parents' Names \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone Home \_\_\_\_\_ Cell \_\_\_\_\_ Cell \_\_\_\_\_

Email Address \_\_\_\_\_

Your names and email address will be included in our club directory unless specified on this form.  I do not give permission.

**Membership Fees:** **All fees collected below are tax deductible and a letter of receipt will be sent to you.**

Individual Membership - \$40 \_\_\_\_\_

Family Membership - \$80 \_\_\_\_\_ (Insurance coverage is included in membership fee)

Oval Pin - \$15 \_\_\_\_\_ **To help defray the cost of ice maintenance on the Cuddy Family Midtown Park Oval.**  
Pins will be delivered at a later date.

Donations \_\_\_\_\_ *DONATIONS? – Your tax deductible donation will be used for such items as coordinating and holding speed skating races, equipment, paying for short track ice time, and training.*

Total Amount Enclosed \_\_\_\_\_

***The Alaska Speed Skating Club is a nonprofit organization qualified under Section 501(c)(3) of the Internal Revenue Code.***

Alaska Speedskating Club Skater Classifications <b>as of July 1, 2014</b>	
Special Olympics	All Ages
Tiny Tots	6 years & under
Peewee	7 to 8 years
Pony	9 to 10 years
Midget	11 to 12 years
Juvenile	13 to 14 years
Junior	15 to 16 years
Intermediate	17 to 18 years
Senior	19 and over
Master	30, 40, 50, 60, 70 & up


**These are ALASKA SPEEDSKATING CLUB classifications used for club races only. → They are not used for USS or Arctic Winter Games**

**EMERGENCY CONTACT AND CONSENT TO TREAT**

PRINT CLEARLY

Skater's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Skater's Birthdate: \_\_\_\_\_

IN AN EMERGENCY NOTIFY:

Name: \_\_\_\_\_

Relationship to Skater: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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Name: \_\_\_\_\_

Relationship to Skater: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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Name of Family Physician: \_\_\_\_\_

Usual Hospital: \_\_\_\_\_

Insurance: \_\_\_\_\_

Group Number: \_\_\_\_\_

**Medical Information(Confidential):**

Allergies of ANY kind: \_\_\_\_\_

List of Medications Taken(daily or weekly): \_\_\_\_\_

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Chronic or recurring illnesses: (Circle all that apply)

Asthma    Diabetes    Seizures    Hepatitis    Musculoskeletal disorder    Heart problem

Bleeding or clotting disorder    Autism    ADD/ADHD

Please elaborate about other or checked medical condition: \_\_\_\_\_

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Immunization History: \_\_\_\_\_

Are skater's immunizations up to date? \_\_\_\_\_ Date of last tetanus shot \_\_\_\_\_



CONSENT TO TREAT: In the event of an emergency, every effort will be made to contact the emergency contact listed above. If no contact can be made, I hereby give authorization to the Alaska Speed Skating Club to seek treatment for me by a licensed physician or authorized medical personnel. I understand that costs incurred by the emergency will be borne by me and/or my insurance.

\_\_\_\_\_  
Signature of Skater or Parent (if under 18 yrs old)

\_\_\_\_\_  
Date

Printed Name \_\_\_\_\_

