

"The Inside Track"

EVERYTHING YOU EVER WANTED OR NEEDED TO KNOW ABOUT SPEEDSKATING WITH MIDWAY

WHAT EQUIPMENT SHOULD I BRING TO PRACTICE/MEETS?

Long Track practice and competition:

- Long track skates and skate guards
- Skating skins (practice or competition)(get from Midway with deposit)
- Skating bib for races (purchase from Midway)
- Long underwear top and bottom to wear under skins
- Neck warmer
- Hat
- Mouth warmer (mask etc)
- Gloves/ warm mittens
- Warm up pants - zip off type are best
- Water bottle (put name on your bottle)
- Warm socks (Non-cotton socks are best)
- Towel for drying skates
- Your assigned racing number for the season (attached to your bib)
- Running shoes for warm ups.
- Band-aids/tape/moleskin (for blisters)/hand warmers
- Vaseline to put on face for cold days for protection
- Glasses/goggles (especially helpful when it is snowing hard)
- Skate covers - optional but suggested for very cold days

Short Track practice and competition also need:

- Short track skates and skate guards
- Helmet - ISU approved - not a bicycle helmet
- Neck protector
- Short Track Skin (or long track skin + knee pads + shin pads) (from Midway with deposit)
- Short track gloves (baseball batting gloves work well)

WHAT SHOULD I WEAR TO PRACTICE/MEETS?

You will have a warm up session before practices and meets.

Wear loose fitting clothing appropriate to do warm ups in such as sweat pants, t shirt, etc.

Bring or wear running shoes.

Clothes not appropriate are jeans, long shirts, street shoes, flip-flops or boots.

HOW IS MY SKATER CLASSIFICATION DETERMINED?

Skater's classification is determined by skater's age on July 1;

| | |
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| Tiny Tot/Bantam | Age 6 and under |
| Pee Wee | Ages 7 and 8 |
| Pony | Ages 9 and 10 |
| Midget | Ages 11 and 12 |
| Junior C | Ages 13 and 14 (Juvenile) |
| Junior B | Ages 15 and 16 (Junior) |
| Junior A | Ages 17 and 18 (Intermediate) |
| Senior | Ages 19 and Above |
| Master Women | Ages 35 and Above |
| Master Men | Ages 40 and Above |
| Grand Master | Age 50 and Above |

WHERE DO I NEED TO BE AND WHEN?

You should be at the Oval 30 -45 minutes **before your ice time** for warm ups with your group. Your coach may give you more specific information about time to be at the oval for warm ups.

Typical Week of Practice

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| Monday | All Skaters | ice 5:30-7:00 PM |
| Tuesday | All Skaters | ice 7:30-9:00 PM |

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| Wednesday | All Skaters Except Peewee & Pony | ice 7:30-9:00 PM |
| Thursday | All Skaters | ice 7:00-8:30 PM |
| Saturday AM | All Skaters | Pack Meet - 8:30 AM (registration closes) - end approx. 12 PM |
| Sunday AM | Junior C (juvenile) and up | Metric Meet Races start 10 AM end approx 1 PM. |

PLEASE NOTE: An adult who will be responsible for the skater must stay at the Oval during practices and meets. Except for an emergency, coaches are not able to leave the ice if the skater needs assistance. Parents can partner with another parent during practice times to ensure someone is available for the skater(s).

IF THE WEATHER IS BAD HOW DO I KNOW IF THERE WILL BE SKATING?

If possible you should always check with your coach. To find out if the Oval is closed call the Oval weather closure line at: 651-792-7100 or 651-792-7007.

HOW OFTEN DO I NEED TO SHARPEN MY SKATES?

Skates should be sharpened at least once a week. Skates should be sharp for meets and you may need to do additional sharpening during the week for practice sessions. If your skates are slipping during skating this indicates that your skates need to be sharpened. To prevent damage to your blades always wear guards on your skates. Wipe down your blades with a rag after skating and do not store your skates with guards. Cloth covers (soakers) are helpful to cover your skates between practices. Skates may also need to be radiused. Consult with your coach regarding this.

HOW DO I GET MY SKATES SHARPENED?

This is a good time for you or your family to learn to sharpen your own skates. Equipment needed for skate sharpening are a jig, combination sharpening stone, burr stone, oil (or kerosene or water for water stones) and rags. Midway will host a session to teach skate sharpening during the season. There is also an article on sharpening speedskates on the Midway Website under the Equipment link. Your Midway Mentor or another Midway family may also be a good resource to learn skate sharpening. A list of Midway skaters who will sharpen skates for \$10/time is listed on the Midway website www.midwayspeedskating.org.

WHERE CAN I GET EQUIPMENT?

Uniforms are available through Midway.

Contact Michelle Kennedy Home (651) 765-0757; email: snowkennedys@comcast.net

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| Long Track practice skin and racing skin | \$50 deposit |
| Short Track skin (only issued to Midway Skaters competing in short track) | \$50 deposit |
| Bib for pack style racing | \$12.50 (purchase from Midway) |

Skates - First year skaters with Midway can rent skates for \$75 for the season.

Skates are often available at the used equipment sale at the Annual Fall Kick Off

Other options:

Midway Website - skate exchange webpage at www.midwayspeedskating.org

Adams In Line 3112 38th Ave S, Mpls, MN 55406 612-817-4930

Pierce Skate and Ski-208 W 98th Street, Bloomington, MN 55420 952-884-1990

See Equipment link on the Midway Website for additional resources

WHAT DO I NEED TO KNOW ABOUT COMPETITIONS?

Competitions are an important part of your development as a speedskater and you are encouraged to participate in all eligible meets.

LOCAL COMPETITIONS - LONG TRACK

Pack style races (skating as a group against skaters in your same skater class) are held on Saturday mornings. **All Midway skaters should participate.** You need to register/sign in for pack racing at the Oval on the day of the meet.

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You will have warm up and practice ice before competition starts. Your coach will tell you what time you should be at the Oval. Registration usually closes by 8:30AM the morning of the race. At registration you will be given an assigned number. You will keep this number for all GMSA pack races for the year. Be sure not to lose it. The number should be pinned on the back center of your bib (not the racing skin) for pack racing. This is important so that the official can determine your finishing position in your race. Once the list of skaters is completed a schedule is posted. You will skate in various length races depending on your skater class. Races usually finish by 12:00PM. Once the schedule is posted you will have an approximate idea of when your races are. Your group will be called to the heat box prior to your event. The "heat box" is a designated area at the Oval where skaters go just before their races to check in for that specific race. **It is very important that the skater/parent pay attention to the race schedule and be sure that the skater is in the heat box, with appropriate equipment (hat, gloves, racing bib with number) when they are called.** In the heat box you will be given your starting positions. Number one starts on the inside. As soon as you cross the finish line, stand up so the judges can see your number. If you do not stand up you could be disqualified. If you have any questions or concerns regarding a decision made on the ice, please discuss it with your coach. Your coach will handle the matter with the referee. You should also bring healthy snacks to have available between races.

Metric style races (two skaters at a time skating against the clock in separate lanes) are held on Sunday mornings at the Oval for skaters **Junior C (juvenile) and above** unless otherwise specified. All Midway skaters can participate in a super sprint metric event at the end of the year. You need to sign up for metric races in advance and the sign up list is posted several days ahead of time on the Speedskating information board at the Oval. A schedule is posted on Sunday morning after pairings are done. (Pairings is a mechanism used to try to match skaters of relatively similar skating ability for metric meets). **It is very important that the skater/parent pay attention to the race schedule and be sure that the skater is on the ice for warm up before the start of their race. There is no Heat Box in Metric racing.**

Parent involvement is extremely important. Parent volunteers are integral to the running of meets and you may be asked to help with judging and timing of races.

OTHER LOCAL COMPETITIONS - LONG TRACK

GMSA also sponsors several major competitions during the year at the Oval in which skaters from Wisconsin, Canada and other states will also compete. The events vary from year to year however, the John Rose Competition is held annually in December at the Oval. This is a 2 day pack style meet and all midway skaters can participate. Your coach will tell you which of the other in town competitions you should participate in.

At the end of the year GMSA sponsors the Rose Cup Event. This is a race open to all GMSA (including Midway) skaters. Skaters (and parents) are encouraged to dress in costumes and there are fun and wacky speedskating events.

OUT OF TOWN COMPETITIONS - LONG TRACK

There are a number of out of town Midway sanctioned meets, primarily in Milwaukee, Salt Lake City, Duluth or Calgary. Some of these meets have time standard requirements. The attached flyer indicates what skater class is eligible for each of these competitions. Your coach will also let you know which meets you should attend. Midway Speedskating Club reimburses you for registration fees for meets. Other than the Annual Midway Club Trip, travel arrangements are made on your own, however the club will often reserve a block of rooms (at a lower rate) for out of town competitions and emails will be sent to you regarding this before each meet. Skaters in the second year and beyond with Midway are also eligible for Travel Reimbursement for out of town competitions. Please see attached info regarding Travel Reimbursement rates.

WHAT ABOUT SHORT TRACK SKATING?

Short track skating is done on a 111-meter track on a standard ice hockey rink. Because of the short track and the sharp turns, the walls are padded for safety. Short Track skating utilizes different boots and blades than Long Track skating. Short track skates are reinforced at the ankle and the blades are offset and bent to assist in leaning. Short track races vary in length from 500 meters to 3000 meters. Short track skaters race against each other "pack style" with up to six skaters on the ice at one time. Helmets, neck pads, goggles and padded competitions skins are required for short track skating.

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Midway offers the opportunity for both short track training and competitions. Short track practice ice is held at either the indoor rink in Highland Park or the Schwan Center in Blaine depending upon availability. Most of the short track competitions are out of town competitions. Please talk with your coach or mentor if you want to learn more about short track skating. See included info for approved Short Track meet schedule for dates and skater class qualifications.

WHAT IS EXPECTED OF ME?

Skater expectations for meets, camps and practices are:

- Arrive 30 minutes prior to scheduled time to allow for attendance or registration to be completed and warm up.
- Communicate with your coach. You should stay in close contact with your coach. They can advise you of any change in starting times or meet locations. Check with them periodically. On practice nights if you have to leave the ice for some reason speak with your coach first.
- Participate in the entire meet, unless excused by your coach. Failure to fully participate could result in a decision to deny travel reimbursement.
- Participate in a minimum of 75% of scheduled practices for your age.

WHO DO I CONTACT AT MIDWAY IF I HAVE QUESTIONS?

Coaching:

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| Paul Dyrud | C 414-350-1215 | Dyrud015@umn.edu |
| Annette Ristau | H.651-699-2488/C. 651-343-6770 | earistaufamily@msn.com |
| Nancy Blumel | H.651-702-9934/C. 651-253-0555 | blumels@comcast.net |
| Amy Peck (Consulting Coach) | H.518-695-6308/C. 651-271-0743 | amypeterson@aol.com |
| Paul Gangl | H.651-644-7112 | gangl5.5@usfamily.net |

Uniform:

| | | |
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| Michelle Kennedy | H. (651) 765-0757 | snowkennedys@comcast.net |
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WHAT IS THE ORGANIZATIONAL STRUCTURE OF SPEEDSKATING AND MIDWAY SPEEDSKATING CLUB?

US Speedskating is the national organization for speedskating. All Midway skaters must belong to US Speedskating. You can register online at www.usspeedskating.org. The website also contains information about the sport, including news updates, schedules etc.

GMSA - Greater Midwest Speedskating Organization (www.mnspeedskating.org) is the regional organization for speedskating and encompasses all of the clubs in Minnesota including Midway Speedskating Club. All Midway Speedskating Club skaters must also belong to GMSA. Dues for GMSA are paid on your behalf by Midway. GMSA pays for the practice ice on Tues, Wed and Thursday at the Mn John Rose Oval as well as ice time for meets on Saturday and Sunday. (Ice on Monday nights is paid for by the Midway Speedskating Club for exclusive use by Midway members.) GMSA is also responsible for organizing and running all competitions at the MN John Rose Oval.

Midway Speedskating Club www.midwayspeedskating.org is a non-profit parent run organization. Midway receives significant financial support from Bingo at the Roseville Bingo Hall www.rosevillebingo.com. Midway's board of directors consists of 9 elected members and a coach representative. Board members are elected for 3 year terms and 3 new members are elected at the Annual Meeting in April each year. The board meets the 3rd Monday of the month at 6PM at the MN John Rose Oval. All midway members are invited to attend.

WHAT IS EXPECTED OF MY PARENTS?

Parents are expected to ensure that their skaters arrive on time for practices and meets with all necessary equipment.

Parents need to ensure that an adult who will be responsible for the skater is present for all practices and meets to attend to their skaters needs (snacks, tying laces, injuries etc).

Midway Speedskating Club is a parent run organization and is dependent on volunteers to run the club. Volunteering not only allows the club to function but allows skaters and their families to more quickly integrate into the club. Volunteer needs include, timing, judging, announcing at meets, clerking, lap counter/bell ringing for final laps, heat box, starter, referee, ice maintenance, hospitality, setting up mats at short track etc. In addition there are several

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formal groups that support Midway that parents are encouraged to join. These are the Hospitality Group, Membership/Development Group, Equipment Group, and serving as a member of the Board of Directors.

DO I QUALIFY FOR ANY FUNDING FOR SKATING FROM MIDWAY?

All skaters qualify for reimbursement of **registration fees** for Midway approved meets. In most cases, skaters will be asked to process their own registrations online at the US Speedskating website. (www.uspspeedskating.org). Members who qualify for the meet will be reimbursed for their registration fee by the club. Late registration fees will not be reimbursed.

Skaters in their second year of continuous membership with Midway, who have joined the club before age 19, and participate in 75% of practices for their age group will qualify for **travel reimbursement** to Midway approved meets. Skaters must participate in all official events for a competition to get reimbursement. Exceptions to this require board approval. Skaters wear Midway Speedskating Club skins for all competitions. Skaters who have earned a U.S. Speedskating skin can and should wear their earned skin for competitions but must have a Midway Logo also. Dollar amounts and approved meets are determined annually. See separate flyer for current dollar amounts and approved meets.

Skaters who achieve category 1 status (Junior C or older) through US Speedskating and do not qualify for the Advanced Skater Grant program may receive additional funding to help offset skating expenses. Amount of funding is determined annually.

Skaters who qualify for the Advanced Skater Training Grant (2nd year Junior A skater or older) can apply for additional funding to help offset skating expenses. Amount of funding is determined annually. See Midway Handbook for complete qualifications and requirements.

WHERE CAN I GET ADDITIONAL INFORMATION?

The Midway website (www.midwayspeedskating.org) has additional excellent and helpful information including photos, videos, competition schedules, resources, etc. please be sure to check out.



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