



YOU ARE SPEED SKATING

Are you training and competing in hockey, ringette, volleyball, basketball, rowing, or any other high performance sport?

If you are then you are developing ideal athletic abilities for speed skating... in fact you are speed skating.

Speed skating is a sport that requires speed, strength, agility, balance, and tactics. These are the very same athletic abilities that you are developing in your current sport competition and training.

You just need an opportunity to put on a pair of speed skates to demonstrate the speed skating talent that you already have.

The Manitoba Speed Skating Association is offering YOU ARE SPEED SKATING, a four-session introduction to speed skating, for female athletes 14 to 17 years of age through the month of August.

The introduction to speed skating includes one dry-land session and three ice sessions introducing fundamental speed skating skills and techniques. Speed skates will be provided for the program. Participants are responsible for their own safety equipment (helmet, neck-guard, kneepads, and gloves).

YOU ARE SPEED SKATING schedule:

- Friday August 6 6:00pm – 7:30pm Dry-land session and skate fitting – Max Bell Arena
- Friday August 13 4:45pm – 5:45pm Ice session – Max Bell Arena
- Friday August 20 4:45pm – 5:45pm Ice session – Max Bell Arena
- Friday August 27 6:00pm – 7:00pm Ice session – Max Bell Arena



There is no charge for the YOU ARE SPEED SKATING, but a minimum of 8 participants is required to proceed with the sessions.

If you are interested in registering for YOU ARE SPEED SKATING or would like more information about the program please contact the Manitoba Speed Skating Association office at 204-925-5657 or mssa@shawbiz.ca by Thursday July 29, 2010.



After starting as a hockey player with the Gateway Community Club in Winnipeg, Cindy Klassen advanced to play as a member of Canada's National Junior Women's Hockey Team in 1996. But by the time she turned 18, Klassen decided to switch to speed skating, where she's excelled ever since.

Cindy Klassen won five medals during the 2006 Olympic Winter Games, a Canadian record. Combined with her bronze medal win in 2002, Klassen has won a total of six Olympic medals, making her Canada's most decorated Olympian. (Partridge, Jennifer. "Going for Gold." *Wave Magazine* January/February 2010: 12-17)