



Glen Ellyn Speed Skating Club, Inc.

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<http://www.glenellynspeedskating.org/>

LTS Program

Addison Ice Rink

475 South Grace Street

Addison, IL 60101-4396

(630) 543-9200

Learn to Speed Skate Program

Learn to Speed Skate - A new skating class from Glen Ellyn Speed Skating, Inc. (GESS) held at Addison Ice Rink. There are three scheduled sessions, each being (8) weeks in length. It is a comprehensive program that provides the opportunity for each skater to experience and develop the skills necessary for speed skating. The program is for all ages and skills. No prior skating experience is necessary. Classes are taught by Glen Ellyn Coaches - focusing on the basic principles of speed skating. Practice races will be performed in these sessions to give skaters a chance to compete with other novice skaters.

2011 - 2012 Class Sessions

Session I: 9/11/11 – 10/30/11

Session II: 11/6/11 – 1/15/12 (No Classes; 11/27, 2/25, 1/1)

Session III: 1/22/12 – 3/11/12

Cost is \$120 per session without Speed Skate Rental for skaters who are in the first or White level and are age 10 or under. These skaters will leave the ice after one hour until they achieve their Red level.

Cost is \$160 per session without Speed Skate Rental for skaters who are in the Red (2nd), Yellow (3rd) and Green (4th) levels, or, White (1st) level skaters age 11 and up.

Classes are one day a week on Sundays; Off-ice warm up from 4:30pm – 4:50pm; Ice-time from 5:00pm – 6:25pm

No refunds will be given for missed classes

Equipment

Skates:

Speed skating is best done on speed skates. If you do not have access to speed skates, then hockey skates are a better choice than figure skates. Figure skates should not be used to simulate speed skating, as the toe pick and shape of the blade are not compatible with speed-skating technique. Bring a small hand towel to dry your skates and blades after the session.

Skate Rental Available through GESS - \$20 per (8) week session

Clothing:

For skating, you will need warm, yet flexible clothing. Wear exercise clothing that is comfortable, non-restrictive, and water repellent. Lycra running tights are a good choice. They can be covered by nylon wind pants. Wearing blue jeans or sweat pants are acceptable but remember they will get wet. A long sleeved t-shirt, covered by a sweatshirt and/or a nylon-running jacket is a good choice.

Helmet/Neck Protector:

A helmet is required. A hard shell type, similar to bicycle, skateboarding or inline style helmet is allowed. Neck protector ITECH N-22 Kevlar or ITECH N-8 Soft Bib Style or Any Hockey Style Neck Protector.

Kneepads:

Kneepads are required for short track competition, and are highly recommended for training. Inline or volleyball style pads are acceptable. The most popular model is made by "Trace". They have an open back behind the knee, and are machine washable.

Gloves:

Gloves are required for short track competition and training. The most popular gloves are lightweight, similar to a baseball batting glove. For a little more warmth, something like a competitive cross country ski glove is worn.

Water Bottle or Sports Drink

Please arrive 30 minutes earlier than the 4:30pm starting time - to fill out few forms and be fitted for a pair of speed skates.

Learn to Speedskate Program

The 4 levels and 24 objectives of the Novice Speed Skating Program:

White -

Know the basic safety rules

Know how to fall and how to get up properly

Know the four basic stops and show you can use one of them properly.

Know the starts commands and be able to use them with proper form to start.

Be able to walk from "heel to ball" to develop pressure along the blade

Be able to transfer weight from right to left and back using the penguin waddle.

Red -

Be able to demonstrate good basic position form in static mode.

Be able to demonstrate good basic position form gliding blue line to blue line.

Be able to do ankle compressions gliding on two feet blue line to blue line.

Be able to do one turn in a two foot glide in good position using the bucket.

Be able to do one turn in a one foot glide with each foot using a bucket.

Be able to do one crossover with good form using the bucket.

Yellow -

Be able to slalom on two legs in basic position through 6 cones using all edges.

Be able to glide from red line to blue line on one leg in good basic position.

Be able to consistently bring legs together at the end of the recovery phase.

Be able to finish the glide phase and begin push while "hooking" blade back in.

Be able to perform crossovers throughout the whole turn.

Be able to get on outside left edge when crossing over to the left in the turns.

Green -

Be able to listen attentively to the coaches.

Be able to consistently skate safely and under control.

Participate in one flying lap time trial.

Participate in one novice pack racing meet.

Be able to skate a flying lap in 17 seconds or less.

Be able to skate three laps in 0:57 seconds (or 1:00 from a standing start)