



# ***Skate like a Girl***

## ***Girl's Only Weekend, Olympic Oval Calgary Alberta***

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If you're a female speed skater between the ages of 8 and 18, please join us at the Olympic Oval in Calgary August 27<sup>th</sup> – 29<sup>th</sup> for a rewarding weekend of speed skating and informative sessions on managing the challenges related to women in sport.

This event is designed to bring together female coaches, athletes and parents to learn about the issues involved with female participation and competition in speed skating, and to identify key opportunities for improving recruitment, retention and performance of our female athletes. The goal of the weekend is to create a supportive community within speed skating for developing female skaters by building connections with other athletes and coaches including Olympians, national and provincial team skaters and coaches. This network will provide female skaters in Alberta with camaraderie, information and support.

## **August 27<sup>th</sup> – 29<sup>th</sup> Olympic Oval Calgary Alberta**

### **Schedule of Events**

#### **Friday August 27<sup>th</sup>**

- 3:00 pm – 7:00 pm check-in and social (location TBD)

#### **Saturday August 28<sup>th</sup>**

- 8:30 am – 5:00 pm Short Track focus (dryland, on ice sessions, presentations for athletes/coaches\*)
- 5:30 am – 9:00 "Girl's Night Out" pizza dinner, presentations, discussions and activities

#### **Sunday August 29<sup>th</sup>**

- 8:30 am – 3:00 pm Long Track focus (dryland, on ice sessions, presentations for athletes/coaches\*)

## SPECIAL GUESTS:



**Xiuli Wang:** a former World 1500-metres champion, she skated on China's national team from 1983 to 1992. She competed in long track speed skating for 17 years. She has been a national team coach, based at Calgary's Olympic Oval, since 2002, and has enjoyed considerable success. Xiuli was named to the 2006 Most Influential Women in Sport and Physical Activity in Canada list by the Canadian Association for the Advancement of Women and Sport and Physical Activity.



**Kristina Groves:** Canada's most decorated skater in the World Single Distances Championships with 13 career medals in this event. She won four Olympic medals: two silver medals at the 2006 Winter Olympics in Turin, in the 1,500 meters and team pursuit and the Silver Medal in the Ladies' 1500 m and the Bronze Medal in the Ladies' 3000 m events at the Vancouver 2010 Winter Olympics. Kristina is an Athlete Ambassador for Right to Play and an athlete rep for Clean Air Champions.



**Jessica Gregg:** the 1<sup>st</sup> Alberta Short Track Team skater to be a member of the 2010 Canadian Olympic Short Track Team. Jessica won her first ever World Cup gold medal in 500 m short track in February 2009. She won two bronze medals in the 500 metres and women's 3000 m relay during the 2009 World Short Track Championships. At the 2010 Olympics Jessica placed 4th in the 500 m and won a silver medal in the 3,000 m relay.



**Crystal Phillips:** is a competitive long track speed skater, natural nutritionist, and lives with multiple sclerosis. She finished 3rd at the Canadian Short Track Junior Trials, which qualified her to represent Canada at the Junior Worlds in 2003. She won a bronze medal at the Canada Winter Games in the 1000m for Short Track-2003 and was the Canadian and North American Age class champion from 1996-2000. She was the Alberta Skater of the Year in 2001-2003. Crystal is the team captain and founder of the largest and top fundraising team in the Calgary MS Bike Tour and one of the largest and top fundraising teams in North America, raising over \$150 000 in the years 2006-2008.

Coaches for the weekend include:

**Short Track**

Beth Whitmee	CSSA Coach, Canadian National Team Member
Jessica Gregg	Canadian Olympic/National Team
Maggie Qi	CSSA Coach, China National Team Member
Jill Gilday	NWT, Oval Program
Gillian Richmond	Alberta, Oval Program
Ana Pacanins	Alberta, Oval Program

**Long Track**

Xiuli Wang	Canadian Olympic/National Team Coach
Kristina Groves	Canadian Olympic/ National Team
Abby Ennis	Alberta Oval Program Coach
Aletta de Rooij	CSSA Coach, Netherlands
Kim Bates	CSSA Coach, Link Program
Kaylin Irvine	Alberta, LT Canadian Talent Squad
Keara Maquire	British Columbia, Oval Program

Opportunities are available for coaches/individuals to assist as "Role Models" and be mentored by the coaches working with the skaters (availability will depend on the number of skaters registered). The Skate like a Girl Event is open to any girl or young woman, between the ages of 8 – 18, currently registered in an Alberta Speed Skating Club. Out of province skaters will be considered depending upon enrolment by Alberta skaters in the event. There is a \$35.00 fee for Alberta skaters and \$50.00 fee for out of Alberta participants for the weekend. Registration forms will be accepted between July 6<sup>th</sup> and August 6<sup>th</sup> 2010 (no late entries) for Alberta skaters. Registration by out of province skaters will be accepted August 6<sup>th</sup> – 10<sup>th</sup> (no late entries).

For inquiries please contact the Calgary Speed Skating Club at 403-220-4417 or send an email to: [skatelikeagirl.alberta@gmail.com](mailto:skatelikeagirl.alberta@gmail.com)

Hope to see you there!!!

**Billeting opportunities are available for girls registered in the program with skaters from the CSSA**

**or**

The Quality Inn University is offering for the **August 27 & 28<sup>th</sup>, 2010 (15 Rooms) your choice of, Nonsmoking Traditional King or Queen Room \$99.00 + taxes.**

Rooms come with **Complimentary Continental Deluxe Breakfast**

2359 Banff Trail Northwest

Calgary, AB T2M 4L2

(403) 289-1973

[www.qualityinnuofc.com](http://www.qualityinnuofc.com)

Rooms will be held between July 6<sup>th</sup> to July 31<sup>st</sup> so book early.

Join us on facebook; "Skate like a Girl Group"



Click on the facebook icon to join!!

Special Thanks to Our Sponsors:



Government  
of Alberta ■





# Skate like a Girl Event

Name of Skater (last, first) \_\_\_\_\_

Gender: Female Date of Birth (Month/Day/Year) \_\_\_\_\_

Address \_\_\_\_\_

Contact Phone Number(s) \_\_\_\_\_

Club \_\_\_\_\_ Health Care Number \_\_\_\_\_ SSC# \_\_\_\_\_

Other interests: \_\_\_\_\_

In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims including claims for damages I may have against the Olympic Oval, University of Calgary, Calgary Speed Skating Association, Alberta Amateur Speed Skating Association, their employees, Agents, Officers, volunteers or members, for any and all injuries suffered by me including those caused by negligence at said event to be held August 27<sup>th</sup> – 29<sup>th</sup> 2010, at the Olympic Oval, Calgary, Alberta.

In witness whereof, I have signed this waiver \_\_\_\_\_, 2010.

Skater's Signature \_\_\_\_\_

Parent/Guardian if skater is under 18 years of age \_\_\_\_\_

## Photo Release

I hereby give the Skate like a Girl event permission to use photographs and video images of me for coaching, training, marketing and communication purposes, such as, but not limited to, training athletes, training coaches, advertising, promotions, displays, websites, magazine covers, newsletters, awards. This includes the right to share such images with the Alberta Amateur Speed Skating Association, Speed Skating Canada, other Alberta Speed Skating Clubs, Canadian Olympic Development Association, and the Olympic Oval. The collection and use of this information may be subject to the Personal Information Protection Act and the Freedom of Information and Protection of Privacy Act, in which case this Photo Release, and its consent, will apply under that legislation.

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

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

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

Date: \_\_\_\_\_

Signature: \_\_\_\_\_ *\*parent/guardian must sign for all competitors under the age of 18 years*