

GLEN ELLYN



SPEED SKATING CLUB

GESS Table of Contents

Welcome	2
History & Background	3
Safety	4
In Case Of an Emergency	5
Coaches & Board Members	6
Club Positions	7
Fundraising	8
Membership Fees	10
Skate Rental	11
Try It Sessions	11
Practice Schedule	12
Silver Skates	13
Equipment Sources	14
Ice Rinks	15
Awards & Banquets	16
Dry Land Training	18

Welcome

The Glen Ellyn Speedskating Club (GESS) welcomes you to one of the oldest and most respected speedskating organizations in the nation. GESS is a volunteer organization that depends on the active participation and assistance of all members, including skaters and parents. We need your help to keep GESS in existence and running smoothly. No experience or special skills are necessary. We can teach you what you need to know to help. The ongoing success and existence of GESS depends upon your willingness to volunteer for various administrative, physical, and practical jobs, including management, promotion, publicity, fundraising, meet direction, officiating, coaching, operations, and team spirit. Please consider where you would most enjoy contributing, and volunteer! Also, suggestions and questions are always welcome. This is your organization, and it should reflect your needs and preferences. The best way to ensure that the club meets those expectations is to get involved. A little effort by everyone really adds up to our success. GESS is an extraordinary group because of our members. Let's keep up the tradition!

History & Background

Founded in 1937, GESS has a proud tradition of introducing skaters from ages 4 to 74+ to the sport of speedskating. Whether your goal is fun and fitness or pursuing Olympic gold, GESS is the place to start! In-line skaters, hockey players, and cross-trainers from cycling, running, soccer, baseball, basketball, tennis and other sports are encouraged to try ice speedskating with GESS as it will also benefit you when playing other sports. Speedskating is a great fitness activity that a whole family can participate in at the same time.

With fifty-four Olympic medals, U.S. Speedskating is the most successful sport in U.S. Winter Olympic history. The U.S. Speedskating team is comprised of athletes that started their training at the local level. Local clubs are where skaters first learn the technique of speedskating and develop their skill to become world-class competitors.

The Glen Ellyn Speedskating Club is a local club that has sent two of its own Shana Sundstrom and Becky Sundstrom to the Winter Olympics. Eric Cepuran and Laura Johnson are two GESS skaters that have made the US National Team and are working hard to be Olympic Athletes.

GESS is a member of the Amateur Skating Association of Illinois (ASAI) and US Speedskating with certified Level 1 and 2 coaches. The Team draws members from Chicago to DeKalb and Long Grove to Joliet.

Practices are geared to develop our skaters for short track with the intent of meeting their peak performance/skills for up and coming short track meets. Our coaching staff works with all levels of skill; from those first learning speedskating to those more advanced. They work with our skaters to develop both their skills as a speedskater and the goals they have, be it making the Olympic team or as a recreational skater!

General Safety Comments

All skaters and parents of skaters should understand and adhere to the following common sense safety guidelines:

1. Small children may not attempt to cross the track without the direct assistance of an adult.
2. All persons stay off the track while others are skating laps.
3. All rests should be taken inside the track oval yet outside of the designated novice area. Please stay off the boards.
4. Do not dig, chop, or shave the ice with skate blades.
5. Slower skaters have the right of way. Faster skaters have the responsibility to pass slower skaters safely. Skaters being passed should maintain their track.
6. Skate under control. Please do not endanger others or yourself by skating in a reckless manner.

At the discretion of the coach, skaters participating in unsafe activities will be asked to leave the ice surface. No refunds will be given under these circumstances. We are all here to learn and to have a great time speedskating!

For safety purposes, all skaters are required to wear the following: helmet, gloves or mittens, long sleeved shirt, leg coverings, kneepads, neck guards and shin guards. Speedskates are preferred, but figure or hockey skates can be used temporarily.

Prior to joining GESS, skaters should be able to skate forward and crossover in a safe manner. A minimum competency level equal to the Alpha level in the Center Ice of DuPage Ice Skating School or approval of the coach is required.

All skaters or their parents must sign a hold harmless form prior to skating, which is kept on file by GESS. While GESS maintains safety as first priority at practices, speedskating is a dangerous sport.

All skaters skate at their own risk.

In Case Of an Emergency

Speedskating is a very fast sport and at times accidents do happen. We ask that you read and follow these procedures, when an accident happens.

Head Coach or whomever he designates will tend to the injured person

Assistant Coach will continue the work out or meet if possible

Others:

- ✓ Contact parents/emergency contact person
- ✓ Assist coach if he asks for help
- ✓ Call for help
- ✓ Run for first aid kit and AED
- ✓ Run for supplies
- ✓ Crowd control
- ✓ Keep the area safe
- ✓ Maintain privacy
- ✓ Transport to safe place

Coaches and Board Members

Coaching is provided by a large group of experienced, trained and certified coaches who represent a mix of former and current competitors at the National level, or former and current parents with many years of experience working with children. Our Coaches volunteer their services and are not paid. They are dedicated individuals to the sport of speedskating, its growth and our club. Please support them in their efforts and feel free to approach them with your questions or concerns.

2006-2007 Coaches

Head Coach: Carl Cepuran

Novice Coach: Carl Cepuran

Asst. Coaches: Elise Brinich
Erica Hamilton
Mike Papini
Steve Penland

Part-time Coach: Greta Hall

2006-2007 Board Members:

Managers: Linda and Roger Lukes

Treasurer: Ken Anderson

Operations: Roger Lukes

Publicity: Steve Penland

ASAI Registrar: Cecille Molenda

Glen Ellyn Speed Club Positions

Manager: Linda and Roger Lukes

Informs members of relevant business; handles contract with Center Ice; represents GESS at ASAI meetings; coordinates GESS Board.

Assistant Manager/Secretary: Vacant

Keeps minutes and maintains club records; obtains and copies meet forms.

Treasurer: Ken Anderson

Maintains checkbook and prepares and maintains working budget for GESS;

New Members/Parent Liaison: Vacant

Responds to calls on voice mail system; assists trial members and new members in filling out waivers and membership forms, answers questions and distributes speed skating information to trial members and new members.

Publicity: Steve Penland

Sends press releases to newspapers; coordinates and handles other publicity matters.

Fundraising: Vacant

Organizes and runs fundraising events.

Promotion: Vacant

Promotes GESS with primary emphasis on attracting new members.

Operations: Roger Lukes

Opens office, locker room and mat cage for practice; keeps inventory of mats, blocks, buckets, squeegees, and other GESS equipment; organizes mat repair during off-season.

Team Spirit: Vacant

Organizes holiday party, end of year banquet, GESS team picture, and clothing orders.

ASAI Representatives (2): Linda and Roger Lukes / Cecille Molenda

Attend ASAI meetings, vote on behalf of GESS, and inform membership of ASAI activities and issues.

ASAI Registrar: Cecille Molenda

Registers members with ASU/ASAI; maintains roster of current and old members

Please consider volunteering for one of the vacant positions or to assist one of the current board members!

Fundraising

Fundraising is essential to the financial health of GESS. Without significant participation in fundraising events members should expect significant dues increases in subsequent seasons. Current fees alone do not cover the cost of ice rental of approx. **\$335.00 per hour**, the Silver Skates meet, safety mats, rink equipment and administrative costs. Many administrative costs are donated and are not incorporated into the current budget. There is a mandatory \$75.00 per family per term fundraising fee, due before the end of the each term. Dates are to be determined.

GESS is in need of sponsors for the Silver Skates Meet. If you know of a company or community group that might be interested in sponsoring this tradition filled event this or any future year, please let the Board members know.

Mat sponsors are needed on a continual basis to replace deteriorated mats. Mats are custom decorated with the sponsor's logo or name for \$350.00. If you know of a friend or corporation who would be interested in this advertising opportunity, please contact one of the Board members.

Additional fundraising opportunities are dependent upon one of our members stepping up and volunteering for the position of fundraising coordinator.

2006 - 2007

Glen Ellyn Speed Skating Club Fundraisers

Listed below are those fundraising activities planned and their scheduled month to better prepare you in your efforts to obtain additional funds for the club. Additional information will be forthcoming.

October

Little Caesars

November

Planter's Palette - poinsettia and holiday greens

December

Eli's Cheesecake

January

February

March

Planter's Palette gift certificates

April

A person is needed to fill the position of Fundraising Coordinator. This is an important position within our Club as the dollars we raise from our fundraising activities provide us with new skates, mats, equipment and help in offsetting the cost of the Silver Skates Meet.

2006 - 2007

Glen Ellyn Speed Skating Club Payment Plan

Fall Session

September 19 – December 7 (18 sessions) = \$325.00
½ Fall Session (9 sessions) = \$162.50

Winter Session

December 14 - March 15 (19 sessions) = \$325.00
½ Winter Session (9 sessions) = \$162.50

Family Discount

2nd Member = \$225 per Session

3rd Member = \$125 per Session

Note:

Mandatory \$75.00 Fundraiser per Skater

Try-it

3 Nights \$50

Walk On / Another Club

\$20

In addition to all GESS fees, members should register with ASAI and the national governing body for the sport of speedskating and pay the appropriate registration fees.

ASAI Amateur Skating Association of Illinois

In order to be eligible to score ASAI points for the end of season awards, skaters must be registered with ASAI.

<http://www.illinoisspeedskating.org>

US Speedskating

The national governing body for the sport of speedskating

<http://www.usspeedskating.org/index.html>

Skate Rental

Speedskates are available for rental from the club. Please contact a coach or one of the managers to make arrangements to rent a pair of skates.

\$200 refundable deposit at the time of rental

*Your deposit will be returned to you at the end of the year upon return of skates

*A non-refundable rental fee of \$25 per session

Try It Sessions

To encourage and promote the sport of speedskating the Glen Ellyn Speedskating club offers, “**Try It**” sessions. Many of you who are now with the club have started out taking advantage of this promotion and we encourage you to tell your friends about this great opportunity to try speedskating!

We offer, “**Try It**” **sessions at a cost of \$50 for three sessions any time** through out the year on the days we skate. Our club has speedskates in various sizes that are available for use during these sessions. Please tell your friends to come earlier than the 7:40 p.m. starting time so that we can fit them for a pair of speedskates or have them bring their own.

A “Hold Harmless and Release Agreement” must be read and signed before any participant is permitted participation in practices, activities and speedskating races conducted or organized by GESS.

Practice Schedule

GESS practices on most Tuesday and Thursday evenings from **7:40 p.m. to 9:00 p.m.** A locker room is available approximately thirty minutes prior to scheduled ice time to put on equipment. Check at the front desk to find out which locker room GESS is assigned that evening.

1st Term:

Mid September till the first week of December
See calendar for actual dates

2nd Term:

Second week of December till mid March
See calendar for actual dates

When necessary, adult skaters should reset blocks and groom the ice as required. Buckets of water, a hose along with squeegees used to remove the excess water are located at the far end of track.

Please note, it is essential that the end of the hose remain in a bucket at all times when not actively attended by a person. Otherwise, resulting damage to the ice surface may be assessed to GESS.

Those not skating should help with moving the safety mats on and off the ice to maximize the amount of time our skates have on the ice.

Other Important Dates to Remember

Silver Skates Meet:

Saturday October 28, 2006

GESS Picture Day: TBD

Wear your team colors (red, black and white)

GESS Annual Banquet: TBD (April)

ASAI Annual Banquet: TBD (April)

Silver Skates Meet

The “Silver Skates” meet has long tradition with the GESS speedskating club. This is our meet. GESS membership participation is essential to its success. Please plan to attend either to skate or to assist. Speedskating meets are hosted and sponsored by various organizations like GESS. Let’s hold up our part of the competition schedule by hosting the best meet this season.

Listed below are a just a few of the officials and volunteer positions that will be needed to run this meet.

Officials/ Volunteers

Chief Referee	Lap Counter
Assistant Referee	
	Announcer
Chief Starter	Heat Box Attendant
Assistant Starter	Door Keeper
Chief Steward	Block Chasers
Steward Assistant:	1st Block Chaser
	2nd Block Chaser
Runners:	
1st Runner	Ice Groomers
2nd Runner	1st Ice Groomer
	2nd Ice Groomer
Registration:	
Check-in Clerk	Awards
Helmet Cover Clerk	Pick Up
	Hand Out
Judges	
Chief Judge	Mat Transportation
1st Place Judge	Mat Set Up
2nd Place Judge	
3rd Place Judge	Awards
4th Place Judge	
	Hospitality
Timers	1st Server
1st Place Timer	2nd Server
2nd Place Timer	
3rd Place Timer	National Anthem
4th Place Timer	

Equipment Sources

Used equipment is often sold at meets by posted signs and word of mouth. Equipment can be purchased new from the following suppliers.

Dimon Sports

1 Wilmington Rd.
Lake Placid, NY 12946
(518) 523-1729

Many GESS members have been very satisfied with the information, service and equipment received from the Dimons, long distance phone calls and delivery charges notwithstanding.

Rainbo Sports

Pettit National Ice Center
500 S. 84th Street, Milwaukee, WI 53214
(414) 443-1000

RAMskate

The local distributor is Carl Cepuran, who can be found on the ice or in the stands during GESS practice times, or by calling him at (630) 790-0360

Young Originals

PO Box 28, 89 Perch Lake, Somerset Center, MI 49282
(517) 688-4860
Free catalog: (800) 470-3359

Young Originals makes custom skins and other skating apparel, including the GESS skin in red black and white, our traditional colors. Young Originals offers discounts if minimum numbers are purchased at a time. Consider organizing a group purchase. Catalogs are available in the office

Other sources for equipment may be found by reviewing the advertisements in **The Racing Blade**, US Speedskating and searching the web.

<http://www.usspeedskating.org/index.html> US Speedskating Web Site

Direction to Ice Rinks

Armory Ice Rink: Fourth Street and Armory, University of Illinois, Champaign-Urbana. I-57 south (to Champaign) to I-74, east to Lincoln Ave, south to Green Street, west to 4th Street, south to Armory.

Center Ice of DuPage: 1 N 450 Highland Ave., Glen Ellyn, IL (630) 790-9696. I-355 to North Ave, west to Main Street-Glen Ellyn, south to Poss, west to Highland, north to Center Ice.

Evanston Robert Crown Center: 1701 Main Street, Evanston (847) 328-9401. I-294 to Dempster, east to Dodge, south to Main, east to rink.

Franklin Park: 9711 Waveland, Franklin Park (708) 671-4268. 83 to Irving Park Road, east to Ruby (25th Ave.), south 1/2 mile to Waveland, west to rink.

Hartmeyer Ice Arena: 1834 Commercial Ave., Madison, WI (608) 266-4426. I-90 (to Madison) to HWY 30, west to US 151, south to Aberg, left on Packers Ave., right on Commercial.

Iceland Ice Arena: 8435 W. Ballard Rd., Niles, IL I-294 to Dempster east a little over a mile to Greenwood, north to Ballard, east to rink.

Lake Ellyn, Glen Ellyn, IL

North Avenue to Main Street-Glen Ellyn, south to Linden Ave., east to Lake Ellyn.

McFetridge Sports Arena. 3845 N. California, Chicago. (312) 478-0210. Irving Park east to California, south to rink.

Northbrook Meadowhill Park: Northbrook, IL (847) 564-9524. I-294 to Willow Road, east to Waukegan Road, north to Maple Ave., west to park.

Northbrook Sports Center: 1730 Pfingsten Road (847) 291-2993. I-294 to Willow Road, east to Pfingsten Road, north to rink.

Oakton Sports Complex: 2800 Oakton, Park Ridge (847) 692-3357. Touhy, east to Talcott, north to Oakton, east to rink.

Pettit Olympic Training Center: 84th Street, State Fair Park, West Allis, WI (414) 266-0100. I-94 (to Milwaukee) to I-894 bypass, to I-94, east to 84th Street, south to Pettit.

<http://www.arenamaps.com/>

Ice Arena and Rink Directory An online directory of maps and directions to ice arenas and ice rinks throughout North America. Also includes information about the facility.

Awards & Banquets

The GESS club has a proud tradition of recognizing our skaters. Our skaters work hard to achieve their goals and recognition of this achievement is a very important part of their development as a SpeedSkater. At the end of the season the coaches and officers of the club meet to review the progress of our skaters and determine the best club skater for each of the four awards. These awards are then presented to the skaters at our annual end of the year banquet.

Awards are given in (4) categories

- The McChesney Award
- The All Around Award
- The Rookie of the Year Award
- The Most Improved Skater Award

The McChesney Award shall be granted annually to the boy and girl, regardless of class, pony included, earning the highest total of points meeting the following conditions:

1. The skater must be a Class A registered member of GESS.
2. Points are to be scored on the following basis on final events only:
 - 5 points for First Place
 - 3 points for Second place
 - 2 points for Third Place
 - 1 point for Fourth Place

Points shall only be counted in those events which the ASAI includes in its computation of points to determine the official point standing of each skater in the State of Illinois for both long and short track events, including the National Short Track and Long Track Meets, and the North American Short Track and Long Track Meets. Any points scored at the National or North American Meets in classes not recognized by USISA (commonly known as relay and exhibition classes) shall not be counted.

Awards & Banquets (continued)

The All Around Award

1. Awarded annually to one male and one female competitor, regardless of class (A or B) and of racing group (i.e. Pony, Midget)
2. The skater must demonstrate the highest level of commitment in training and competition compared to their peers
3. The skater must demonstrate good sportsmanship: be supportive toward their peers; respectful of the coaching staff and all club members; be gracious in both winning and not winning; have a positive attitude.
4. The skater must make beneficial contributions to the club: help with mats, water and blocks at practice; share information; participate in fundraisers; not be disruptive at practices.

The Rookie of the Year Award

1. Awarded annually to one male and one female competitor, or, if insufficient rookies of one gender, may be awarded to two skaters of the same gender.
2. Skater must be a racing member who has competed in ASA1 point scoring meets.
3. Skater must have been a skating club member for 3 or fewer semesters.
4. Consideration shall be given to the following in this award:
 - Level of improvement achieved during “rookiedom” should be among the highest of all rookies
 - Skating skill should be among the highest of all rookies
 - Racing skill should be among the highest of all rookies
 - Commitment to racing should be among the highest of all rookies
 - The number of points scored, as a B competitor should be among the highest of all rookies. If the skater advanced to A, the number of points scored as an A should be given additional weight, due to the additional competition they had relative to peers who remained B competitors.

Awards & Banquets (continued)

The Most Improved Skater Award

1. Awarded annually to one male and one female competitor, or, if insufficient competitors of one gender, may be awarded to two skaters of the same gender.
2. Skater must be a racing member who has competed in ASAI point scoring meets.
3. The skater can not qualify as a rookie (if they were a rookie, then they should be considered for rookie of the year award instead)
4. Consideration shall be given to the following to determine the winner:
 - Level of improvement in skating technique
 - Level of improvement in skating speed
 - Level of improvement in racing
 - Level of improvement in attitude

Dry Land Training

During the off-season in the summer we also offer a dry land training program. The program is developed for skaters to increase their endurance along with providing an opportunity to stay fit over the summer. We usually meet two days a week at Glenbard West High School at the gate to the running track/football stadium, which is at the south end of Lake Ellyn, between the lake and the school. We also participate in 5K runs and practice on the long track ice at the Pettit Olympic Training Center in Milwaukee, Wisconsin.

Important Web Sites

Glen Ellyn Speed Skating Club

<http://home.earthlink.net/~ralukes/gess/index.html>

Amateur Skating Association of Illinois

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

The national governing body for the sport of speedskating

<http://www.usspeedskating.org/index.html>

