



US SPEEDSKATING



CORNERSTONE

SPEEDSKATING

2018-2019 Season Registration &
Information Package

Our Club

This is the Cornerstone Speedskating Club's 16th season as a USSpeedskating member club. We have been fortunate to have had many special skaters, coaches, and families involved over those years, people who have helped us grow and evolve into a dynamic club that is open to skaters of all ages and levels, and that offers its members the chance to skate for fun, for fitness, or to pursue competitive goals and dreams. Cornerstone has had many skaters successfully compete at the National level, but you can do this sport in your own way, with your own commitment level. We are simply here to promote the ice sport that we love: short track speedskating. We are also here to learn, encourage, and support each other, on and off of the ice.

Come be a part of something special...

Join speedskating!



PROGRAM FEES & CLUB MEMBERSHIP

The Cornerstone Speed Skating Club has three nights of practice available; two of which are open to skaters of all levels, one which is partially restricted to our speedier skaters for safety purposes.

Sunday Club Speed Skating Practice

Starts: Sunday, October 14th, 2018

Ends: Sunday, March 17th, 2019

For all levels of skaters

Time: 6:15 - 7:35 p.m.

\$285.00 for complete season

Tuesday Club Practice

Starts: Tuesday, September 11th, 2018

Ends: Tuesday, March 19th, 2019

For all levels of skaters

Time: 6:45 - 7:50 p.m.

\$250.00 for complete season

Friday Advanced Practice

Starts: Friday, September 14th, 2018

Ends: Friday, March 15th, 2019

Full 2 Hour Practice (Advanced skaters)

4-5:50 pm - **\$370.00** for complete season

1 Hour Practice (Open to all skaters)

4-4:50 pm - **\$220.00** for complete season

Please note that with respect to Friday practices the first hour is open to skaters of all ages and levels. The second hour is restricted to advanced skaters who have 500m times of less than 1 minute, or at the discretion of the head coach. Also, there are a few variations in the practice times on Fridays, and also some Sunday, Tuesday & Friday nights that we do not have speedskating, so please always follow the practice calendar that you received at registration and



that is also posted on our rink website:
www.cornerstoneicecenter.org/speedskating.

NEW SKATERS - INTRO PROGRAM

For new skaters, who have not skated in a previous session or season, the first night of practice is free, but you must contact the head coach, Shannon Holmes, at shannyh@hotmail.com to set up skate fittings and go through the list of necessary safety equipment prior to attending. For those who choose to continue to skate with us we offer a 6 week Intro program at the rate of \$60 for 6 weeks, choosing between Tuesday night practices or Sunday nights. (However we highly recommend Sunday nights for new skaters over Tuesday nights.) Skate rental will be

included in the cost of the program for that 6 weeks. When the 6 weeks is up we will give you prorated registration and skate rental fees for the rest of the season.

FAMILY DISCOUNT

First two family members pay full fee, third (and smallest) registration within that immediate family, registration is free.

ASSOCIATION & USSPEEDSKATING MEMBERSHIPS

All members of Cornerstone Speedskating are required to register with the WSA & U.S.Speedskating, with the exception of those starting the 6 week Introductory membership. However, even Introductory skaters must become members of both organizations in order to take part in any sanctioned meet, such as our Cornerstone Cheese Cup in March.

Wisconsin Speedskating Association (WSA): The WSA provides support to all registered clubs and skaters within the state. One way in which they support our skaters is by paying their first meet entry fee. They also help new clubs afford safety mats, provide officials for local meets, etc. We will hand out and collect WSA fees and forms at the time of registration. Cost of WSA Membership: **\$10 per skater or \$25 per family**

U.S.Speedskating: U.S.Speedskating is the governing body of Olympic-style speedskating. There are different levels of membership which apply to different categories of skaters, including lower fees for new members. Registration for U.S.Speedskating must be done online. Please go directly to the U.S.Speedskating website at the following link to register yourself or your skater:

<http://www.teamusa.org/US-Speedskating/Members-and-Clubs/Membership/Membership-Registration>

Once you have registered and have received a membership number please send that number to Shannon by email at shannyh@hotmail.com. All Cornerstone members, with the exception of the 6-week Introductory members, must have this process completed and submit their membership numbers to us by October 30th. These numbers are also required when registering for any local or national meets and the meet organizing committees do check each skater to make sure their membership is active.



SAFETY EQUIPMENT

Skaters are required to wear the following equipment at each and every practice session: helmet, shin guards, knee pads, neck protector, gloves, long-sleeved shirt and long pants (preferably not too loose).

We also have 60 safety pads that must be placed along the inside of the hockey boards during practice to prevent skater injuries from falls. Parents are required to help in putting these pads in place at the beginning of each practice and to replace them on the carts before the ice re-surface at the end of each session. So please plan on arriving a few minutes early for practice and being there well before the skaters leave the ice to assist us. This is for the safety of all of our skaters!

MEETS

Cornerstone will be hosting our Cheese Cup Ability Short Track Meet on March 10th, 2019. Mark your calendars! Additional meets, camps and clinics are listed on the schedule on the U.S.Speedskating website and the forms and registration info is also posted there. Here is the link:

<http://www.teamusa.org/US-Speedskating/Events>

Do check out this website frequently in planning your competitive season. The club is not responsible for getting out this information to you. Some of the meet dates have been added to the club calendars as reminders, but it is not a complete list. Please let the coach's know if you have any questions about the meets or require a seed time to enter yourself or your skater. Seed times can be taken at a practice session, providing we have advance notice.

FUNDRAISING & FAMILY PARTICIPATION

This is a sport and a club that requires full family participation. We do not have any form of mandatory fundraising, but are in need of funds at this time to cover our ice fees and support our meets. If you are interested in helping us with some fundraising ideas, grant writing, or by heading up a committee, we would welcome that support. We also do need many volunteers to help make our Cheese Cup Meet a success, and at that time we also ask families to pitch in. The more involved each family is, the better the club and our events will be, which benefits the sport and our skaters.

CONTACT US

If you have questions or require further information please contact Shannon Holmes at shannyh@hotmail.com, or by phone at (920) 983-6614. And check out our website at <http://www.cornerstoneicecenter.org/speedskating>. Thank you for your interest in our program!

See you on the ice!

