



UCB SpeedSkating Club Open House

**Saturday, 05June2021, 5:00 - 6:00 pm; 12June2021, 4:30 - 5:30pm
& 19June2021 1:00pm - 2:00pm at Rockville Ice Arena
(50 Southlawn Ct, Rockville, MD 20850)**

Contact: Hank Wang (President), Cell: (410) 207-7723 & Daisy Song (VP), Cell: (703) 201-3598

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(<http://www.ucbspeedskating.org>)

The United Capital Blades Speedskating Club is a non-profit corporation organized and operated exclusively for charitable and educational purposes. The mission of the United Capital Blades Speedskating Club is to provide an opportunity to participate in recreational and competitive speedskating and to foster an atmosphere of diversity, inclusiveness, flexibility, competitiveness, excellence, and fun, while promoting the growth of short-track speedskating in the greater Washington, D.C. metropolitan area through:

- 1. Providing coaching and instruction to Club members of all ages and abilities for the purpose of recreational and competitive short-track speedskating**
- 2. Participation of skaters in local, regional and national speedskating events**
- 3. Organizing meets to support the United States Speedskating Association to further the development of short-track speedskating**
- 4. Supporting and developing amateur athletes and Special Olympians and help each member achieve his or her highest level of personal athletic competence.**
- 5. Supporting the training and licensing of the coaching staff.**



Coach Chris Callis:

Started short track speedskating and after graduating high school, moved to Lake Placid to train with the Regional Development team. This was in 1998, the year of the Olympic trails, and placed 11th overall in his first attempt. At the time, he skated first 43.9 in the 500m. His last big competition of the year was Nationals, where he finished 1st, breaking many national records.

After he retired, he was coaching two operational teams and coached privately. He had an opportunity to coach Mame Binay and Conner McDermont in their younger years at DCICE.

His biggest reward is watching skaters setting goals and achieving them.



Practice & Competition

UCB Club practice at Wheaton and Rockville Ice Arena regularly. UCB Club also have Summer Training Camp (two weeks) and Winter Training Camp (one week) which also attracting many east or west coast skaters to join each year. The practice includes Dryland and Ice, around 3 hours including a break. Dryland helps coordination, speed, endurance and power. Ice practice more focus on technique, determination and insistence training. UCB have learn to skate program (LTS) for bignner. The LTS program provide 10 try out sessions for one on one ice traing. After the try out sessions complete, UCB coach will evaluate the skaters if they are ready for next level training. UCB orgnize our skaters to participate in regional and national competitions each year.

Dryland

Ice

