



US SPEEDSKATING



CORNERSTONE

SPEEDSKATING

2022-2023 Season Registration &
Information Package

Our Club

This is the Cornerstone Speed Skating Club's 20th 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 two practices per week. You may register for one night or both. They are priced individually, as listed below.

Sunday Club Practice

Starts: Sunday, October 9th, 2022

Ends: Sunday, March 5th, 2023

For all levels of skaters

Time: 5:30 - 6:50 p.m.

\$375 per skater for complete season

See info on family cap and intro program for exceptions.

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 prior to attending.** For those who choose to continue to skate with us we offer a 4 week Intro program at the rate of **\$50 for 4 weeks**. Skate rental will be included in the cost of the program for that 4 weeks. When the 4 weeks is up we will give you prorated registration and skate rental fees for the rest of the season.

FAMILY CAP

\$800 for 3 or more registered skaters within the same immediate family.



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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 4-week Introductory membership.

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:

<https://webpoint.usspeedskating.org/wp/Memberships/Join.wp>

RENTAL SKATES

Cornerstone has rental speed skates available at \$50 per pair for the season, \$100 family cap. We highly recommend you rent for at least the first season, as quality speed skates are quite expensive to buy, approximately \$300 for an entry level pair. You are responsible for arranging periodic sharpening through one of the coaches or longtime members. We ask that you pay the person who performs the sharpening \$10 per pair to offset the cost of replacement, of the sharpening stones.

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 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 put these pads in place at the beginning of each practice and to return them to their carts before the ice re-surface at the end of each session. So parents, please plan on arriving at least 20 minutes early for practice to put them up, and be there 15 minutes before the skaters leave the ice to take them down. This is for the safety of all of 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) 366-7428. And check out our website at <http://www.cornerstoneicecenter.org/speedskating>. Thank you for your interest in our program!

CHEESE CUP MEET

We will be hosting a meet on **Sunday, March 12th**...more info to come later in the season. It'll be a blast - a great opportunity for our skaters!

See you on the ice!

