

THE PITTSBURGH SHORT TRACKER

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Special points of interest:

- For all equipment needs you can have confidence in Dimon Sports (518) 523-1729 or Mario DiBarolo @ 1-800-266-9285
- Always check with the coach before ordering equipment.
- Special thanks to our incredible web master, John Watton, for the thoroughness of his work. Our website can be counted on for its accuracy and reliability!
- Mark your calendars the annual summer BBQ will be held on July 16th
- Blades should be sharpened regularly. Ask Coach K to check your blades to see if they need sharpened.

THAT'S COACH WITH A "K"

Many years from now we will all look back and recognize that Saturday April 29, 2006 was a very significant day in the continuing history of the Pittsburgh Speedskating Club. For this was the date that our team met

Kwang-Jae Lee for the first time. The speedskating team in Pittsburgh has a lot to be proud of already, but with the help of our new competitive coach the sky is the limit. Our new coach "K" is 31 years old and skated on the 2nd National Team in Seoul Korea. After his competitive skating career ended he coached youth teams in Korea. He moved to the United States about 9 years ago and has lived in New York ever since.

That is until now!

We are so thankful to Coach Jang for finding K and bringing him to us! All of you who participated in the weekend clinics with Coach Jang and Coach K know that we are in good hands and on the track to building a dynasty of a speedskating team. Whether you are a beginner or a national competitor Coach K has a vision for where he wants this team to go. This summer is going to be such a wonderful time of learning and developing the technique that our skaters will need to build speed and become better skaters. Coach K will be living in Mt. Lebanon. His favorite color is blue and his favorite distance to race was the 3000! Welcome K we are so happy to have you here!



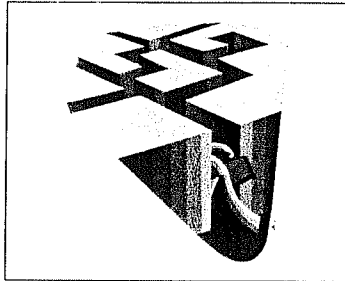
Coach K brings with him the experience and technique that is key to our club's success!

WANTED: GOOD ICE! BY JOHN WATTON

In a quest to find out what makes great speedskating ice I interviewed Tom Healy, also known as Mr. Ice, who has been supervising the making of ice for big events like Nationals and Worlds for 30 years. Mr. Ice's first priority is safe ice. He says that if you have safe ice and talented skaters you will have the speed and the records will fall. So what makes safe and fast ice? According to Mr. Ice the major factors are ice temperature, air temperature, ice depth and water quality. Ice temperature on the surface should be 19 degrees which is fairly easy to measure and control. The second big factor is air temperature. The air temperature should be quite high, up to 60 degrees if possible. When it comes to ice depth Mr. Ice likes 1 inch at the start of a meet so that the ice can be dry cut often to keep the surface smooth and fresh. The two factors in water quality are deionized water and the use of a wetting agent. Deionized water is overrated but, he recommends the wetting agent (a chemical additive) that changes the water to decrease surface tension. When frozen it makes hard ice great for speedskating. The water in the Zamboni should be treated with this agent for 3 to 5 weeks before a big event. So there you have it- all of Mr. Ice's secrets reduced to one handy paragraph!. Voila!

WHERE DID WE COME FROM? BY BOB HALDEN

What do speedskating and grocery shopping have in common? If you answered "not much", you are technically correct. However, the Pittsburgh Speedskating Club was conceived in 1991 in the parking lot of a Shop & Save in Monroeville. Two women, Shoshana Halden and Barbara Mays, met and somehow the conversation turned to speedskating. Barbara had two special needs sons who wanted to become speedskaters with the Special Olympics. Shoshanna's husband, Bob, had been involved in speedskating in many capacities, including coaching since 1965. Shoshana offered Bob's assistance. Then in order for the speedskating program to further progress it was necessary to obtain private ice for the following season. That next season everyone who wanted to skate had to subscribe to one hour of ice time as their membership dues! Over the years the club has skated at many rinks and has hosted many regional meets. Pittsburgh hosted the 2002 National Short Track Championships. Since those early days our club has never forgotten it's roots with the special needs skaters, but our club has extended it's focus to include many competitive skaters. Our club had 6 skaters this season with times that qualified them for Nationals. Our current members include the 2005 Pony Boy National Champion and the 2006 North American Men's Champion. WOW! We've come a long way!



It has been a difficult path, but the Pittsburgh Club made it!

YOU CAN LEAD A HORSE TO WATER BUT YOU CAN'T MAKE HIM DO DRYLAND!

John Watton has said many times to me in the past, "Oh please give it a break", but I guess it is just my stubborn German heritage that keeps me coming back to things that are really important. Make no mistake about it Dryland is really important! Over my sons' skating careers I have seen first hand the positive or negative impact dryland or the lack of dryland can have on skaters. I have also heard every excuse in the book for why skaters are not participating in dryland activities and to be blunt that's all they are - excuses. Here is one of my favorites! Excuse #1 "I just want to speedskate for fun, I don't want to be a competitor". This excuse is like saying I want to drive a car on the highway, but I don't want to learn the rules of the road or keep the car mechanically sound in order that other drivers are safe when I'm on the road with them. Dryland training keeps your fellow teammates safe from you! How? Achieving speed and maintaining the form to keep that speed under control are two totally different things. Only real dryland training can create the form, muscle, and technique necessary to achieve reliable control." Ask Rene' Opeka about Samoan Bowling Balls if you don't believe me! Every newsletter in the future will have a favorite dryland excuse, maybe you'll see yours!

No matter what anyone tells you, there is no such thing as Speedskating without dryland.

Sorry!

2006 PITTSBURGH HOLIDAY OPEN

Mark your calendars now! Your skater will not want to miss this meet. The date has been confirmed and is set on the U.S. Speedskating Event Calendar. Saturday December 30, 2006 is the day of the meet. Skaters of all levels and abilities will be eligible to compete. The Mt. Lebanon Recreation Center is looking forward to holding it's first speedskating meet! More information will be forthcoming. We will be have a volunteer meeting sometime in late September to explain in detail the different jobs involved in running a meet! Don't worry! This is so much fun, no pressure just fun! The meet will run from 7:00AM to about 4:00PM with awards at about 4:30PM. This is the perfect time for relatives and friends to come cheer on the skaters.

Admission is free to all spectators.



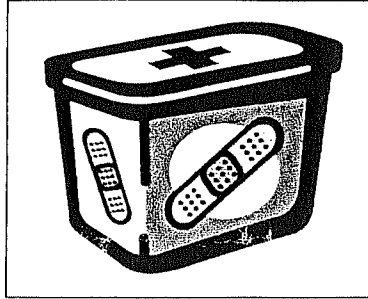
Hey! Mark your calendars now so you don't miss it!

NO MORE BOOBOOS!

August 1st we will be kicking of this seasons'

Safety Pad Fundraising Campaign. This year's theme will be "No More Booboos". In the beginning of August we will be asking each speedskating family to make a pledge to either raise or donate the funds to buy a percentage of a safety pad.

For example: \$25.00 is 12% of a pad. \$50.00 is 25% of a pad. \$100.00 is 50% of a pad. \$150.00 is 75% of a pad. Families wishing to pledge 100% of a pad for \$200.00 will be able to create their own insert for the pad. Cost of the inserts will vary depending upon lettering, colors and complexity. For questions about pad inserts see Gibby Bozevich. Get your boss to purchase a pad and insert. This is the cheapest advertising in town and a great cause as well! You even get to pick the rink where you want your pad to go. Buy a pad to cheer your skater on with a message like: Go Johnny Go! Love, Mom and Dad! Our goal this season is to purchase 14 new pads by December 1st. As our club grows it is important that we keep ourselves focused on safety as well as speed. More information is on the way, but if you have any questions now please see Heidi or Bryan Krueger.



Safety First!

SUMMER CAMP(S) ANNOUNCED

Our club is so pleased to announce that we will be holding an intensive speedskating summer camp at the Mt. Lebanon Recreation Center From August 7, 2006 through August 11, 2006. Applications explaining scheduling and rates are now available. This camp is for all abilities and ages. Coach K feels that is important for our skaters to get in some solid training before the school year starts. Please don't miss this! You will not believe the improvement and fun your skater will experience.

In Addition, Coach K has set up 2 additional Dryland Camps the weeks of July 17th and August 14th to be held everyday at the Mt. Lebanon Recreation Center from 10:00AM to 11:00AM. Please note that these sessions are a gift from Coach K and will be FREE! We will still have the regularly scheduled sessions both on-ice and off during those weeks at the regular coaching rates. Please understand it is Coach K's desire to help everyone get better and be prepared for the upcoming season. Don't stay home, change your schedules, do what it takes. You won't be sorry!

*Summer Camp is for
everyone!*

THIS YEARS MEET SCHEDULE

Below are the dates of the meets the Pittsburgh Club plans on attending this season:

Rochester October 28th and 29th

Ohio Invitational* November 19th

Junior Championships** December 16th and 17th

Pittsburgh Holiday Open* December 30th

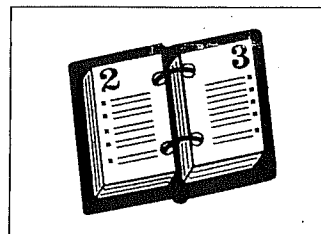
Americas Cup Final** January 20th and 21st

National Capitol Open TBA (Probably February 10th)

U.S. Speedskating Nationals** February 22nd through 25th

Arnold Schwarznegger Classic* March 4th

* Denotes meets good for first time competitors ** Denotes meets with age and time restrictions



2006 Meet Schedule

Pittsburgh Speedskating Club
800 Cedar Blvd.
Mt. Lebanon, PA 15228
412-561-4363

We are on the web!
www.pittsburghspeedskating.org



ANOTHER NEW FACE!

Our club's new face is someone that only our family has met in person. It's a very long and wonderful story full of faith, prayer and encouragement. Our new face is Mrs. Shirley Carr a.k.a. Aunt Shirley. Shirley became acquainted with our family and club when Nationals was held 2 years ago at the Petit Center in Wisconsin. Through some very unusual circumstances, that I can only attribute to destiny, Shirley and I began talking in the stands. Shirley told me she used to speedskate long ago and was drawn to come watch the Nationals in her home state of Wisconsin. Since our first meeting Shirley continued to follow and pray for Cole and John-Henry's speedskating endeavors. This past

Nationals Shirley and our family unexpectedly crossed paths again. Again she was drawn to Nationals as a spectator but her affection for my boys caused her to specifically seek us out. We had a wonderful but brief conversation in which we packed 2 years of life into 10 minutes. Her love and concern for Cole, John-Henry, and the future of the Pittsburgh Club led her to commit to praying for us all and our need to find a competitive coach. Imagine how pleased I was to call her in May, not 2 months after we ran into each other, to tell her our good news about Coach K. She has asked to be on our e-mail list so she can feel a part of what's going on in Pittsburgh. She laughed when I asked if she would be our honorary skating Aunt. So the next time you are on our website checking a practice schedule keep in mind that Aunt Shirley will be at practice too (in thought and spirit). If you get a chance, drop Aunt Shirley an e-mail introducing yourself. Maybe someday she'll be able to come for a visit, but until then it's cool to know that the Pittsburgh Speedskating Club has one GREAT fan! We love you Shirley!

surelycarr@yahoo.com



Who is Aunt Shirley ?