



May 2021 AGM Board Report

Board of Director & Staff 2020-2021 Season Reports

Alberta Amateur Speed Skating Association (AASSA)
Olympic Oval, 2500 University Drive NW
Calgary, AB T2N 1N4

May 27, 2021

Dear Members and Partners,

The 2020-2021 season was my second year as President of the Alberta Amateur Speed Skating Association (AASSA), and to state that it was one of the most challenging for our organization is an understatement. The COVID-19 pandemic had a significant impact on our members and their families, and our focus as an association remained the physical, emotional, and mental health of all those in our speed skating community. The pandemic impacted our operation, how we engaged as a community and prevented us running a provincial competition schedule.

Despite these challenges, the Board met shortly after the 2020 AGM and committed to the following priorities for the 2020-21 season:

- A safe return to sport
- A 2020-21 competition schedule
- Financial stability
- Review of our branding strategy
- Website refresh
- Officials' development
- Recruitment of a Technical Director
- Interpodia transition
- Governance review
- Introduction of Safe Sport

I'm satisfied with the work that the Board and staff members managed to accomplish throughout the 2020-21 season, despite the impacts of the pandemic. While we were unable to run a 2020-21 competition schedule due to the health and safety restrictions related to COVID-19, we accomplished a significant amount of work in most of the items listed above.

Throughout the season, we continued to monitor the ever-evolving situation with the COVID-19 pandemic with the health and safety of everyone in our Alberta speed skating community as our priority. Our first Return to Speed Skating document was released on July 31, 2021 and we've released four versions in total, adapting to the situation at hand. We've maintained an open line of communication ever since through various avenues.

You'll see from the Treasurer's report that we managed to secure funding to provide financial stability: something that wasn't clear at the end of last season, at the peak of the pandemic. We finished the season in a stronger financial position, thanks to successful grant applications and our ability to run a casino in the Fall of 2020. This season, just over \$12,000 was distributed in athlete subsidies and our financial position was such that we had the confidence to move forward with hiring a Technical Director.

During the AGM, we will share with you the outcome of our branding review. During this process we engaged club Presidents, members of the Skater Development Committee and most importantly, members of the Alberta Provincial team. I'm excited to share with you the work that was accomplished: I'm confident our branding will be something our skaters will be proud

to showcase. We also completed work on the website, so if you haven't already noticed, our website has a new look and feel. This is phase one of our website refresh and there'll be more to come.

In my April 2, 2021 update, I gave an overview of the process that led to our decision to hire Lorelei St. Rose as Technical Director. This was an extensive recruitment that began with the Skater Development Committee completing a gap analysis and concluded with a two-phased approach to interview process. Members of the hiring committee volunteered more than 80 combined hours during the month of March 2021 as part of this process. It was a pleasure to work with and engage with the following individuals as part of the hiring committee:

- AJ Lehndorf-Dimas, Skater Development Committee (SDC) member
- Shawn Pearman, SDC member
- Rachel Miller, AASSA Board consultant and member at large
- Marc Poulin, VP Skater Development

You'll see from our Technical Director's report that in a few short weeks, Lorelei has hit the ground running since early April.

Both Bob and Andrew have highlighted the work they've led in their areas which was part of our commitment towards governance review and official's development. While there is more to come, this showcases our ability to follow through on our commitments made at the start of the season, despite the challenges of a pandemic.

From the items listed above, there are two areas that we will need to focus on during the upcoming season: Interpodia transition and introducing Safe Sport. I can appreciate that Interpodia is the third membership system introduced in the past four years and it came at a time of so much uncertainty because of the pandemic. I want to thank the clubs that have embraced Interpodia and we'll look to support the remaining clubs in transitioning to Interpodia during the 2021-22 season. As a provincial association, our commitment remains to fully introduce this tool to all clubs as it ensures alignment across our province and provides us with the necessary real-time membership information to support our membership in addition to reporting to our partners and applying for various grants. Unfortunately, despite a call-out earlier this year, we were unable to fill the vacancy of VP – Club and Membership. As a Board, we agreed to maintain the role vacancy until this AGM. Wen-Shu, our Office Manager, did an excellent job in filling some of the gaps left by the role vacancy through quickly learning the membership system.

The second area of focus that we'll need to focus on in the upcoming season is the introduction of Safe Sport. As a Board, we had initial discussions about this important topic throughout the past season and also during our recent strategic plan review sessions. AASSA will work closely with Speed Skating Canada to ensure the introduction of Safe Sport is aligned within our speed skating community.

Speaking of the strategic plan, the Board held two virtual sessions in March 2021 to review the plan that we presented at the 2020 AGM. Remember that our previous strategic plan review was completed in February 2020, just prior to the COVID-19 pandemic having a significant impact on the world. The Board agreed during our discussions in March 2021 that despite the

current environment with COVID-19, the initiatives that we had identified were very much still relevant for our organization. We will continue to focus on the following five areas:

- System alignment
- Financial sustainability
- Sport development
- Program delivery
- Organizational capacity

In the coming months, we'll put together key performance targets for each initiative, and determine how some of these initiatives will build upon each other over the next three years. During our planning sessions, we did identify a few areas that we want to focus on in the upcoming season. These are:

- Diversity and inclusion working group
- Membership committee comprised on club registrars
- Greater engagement of our athlete representations in Board meetings

Through these focus areas, we see opportunities to engage further members across our speed skating community in Alberta.

Despite the challenges of the past season, we remain focused on what's ahead and the opportunities that lie ahead. I hope to have the privilege of serving as your president for a second term. We have a strong Board and the directors work very well together.

I want to thank all my fellow Board members who, over the course of the 2020-21 season, remained engaged and focused on the priorities we set at the start of the season. Thank you as well to our clubs, athletes, coaches, officials, volunteers, and community members for keeping our sport safe during a pandemic.

On behalf of the Board of Directors,

Antonio Faiola

Antonio Faiola

President / Président

Alberta Amateur Speed Skating Association (AASSA)

E: president@aassa.ca

M: +1.403.701.0940

W: www.albertaspeedskating.ca

Board member: Antonio Faiola

Club membership: Ichi-Ban Speed Skating Club

Secretary-Treasurer

Board member: Michelle Chabot

Club membership: Edmonton Speed Skating Association

2020-2021 Report for the AGM

The following financial documents will be made available as part of the AGM information package:

- Balance Sheet YE 2021
- Profit and Loss YE 2021
- Draft Budget 2021-22 (Proposed)

Balance at the beginning of the period

Our season and fiscal year began within days of the worldwide Covid-19 shutdowns and future financial uncertainty. AASSA had \$42,567 on the books and no clear indication of upcoming provincial funds. It would be a year of difficult budgeting and austere spending.

Income for the period

A thank you to the Government of Alberta through the Ministry of Culture, Multiculturalism, and Status of Women - Sport, Physical Activity and Recreation (SPAR) for their ongoing support and funding even during these uncertain times. I want to give great thanks to Marvin Dobish, our liaison with the Government, who guides us through the applications and required reports.

AASSA was lucky enough to receive casino dates that fell in between casino mandatory closures and we were able to bring in \$53,304. These funds were distributed to AASSA late in the season.

Membership Income was \$10,916 collected within the IceReg system. Another \$32,580 (the sum of AASSA, SSC, Club and IceReg fees) invoiced to the clubs between March 1 and May 15th, 2021. This shows a decrease in membership income, but this was to be expected.

Expenses for the period

With the COVID-19 imposed restrictions, most of the planned competitions, training, meetings, camps, and clinics were cancelled. AASSA's expenses were minimal in comparison with other years.

We had only one employee this season and AASSA was able to qualify for the Canada Emergency Wage Subsidy. The payroll expenses were then offset by this subsidy. Athlete subsidies of \$12,460 were distributed in March 2021, representing half of the previously budgeted amounts.

Balance at the end of the period

AASSA had begun this past fiscal year in good standing, regarding GST & Payroll reporting, Annual Society Return, Casino and Grant Funding reports to the Alberta Government, and continues to do so. Balances for the fiscal year end of March 31, 2021 are as follows:

- General Account: \$139,795
- Casino Account: \$62,584

Planned upcoming expenses

The proposed 2021-2022 Budget will be available as part of the AGM information package.

Personal thanks

I would also like to thank the current board, who continued to pull together and who worked towards the future for our skaters, parents, officials, and coaches, even during a time of shutdowns and uncertain competition dates. We have become a strong board with thoughtful discussions and productive steps moving forward.

Thanks, and virtual hugs to Kristine Pederson, Sue Steckle and Wen-Shu Huang, our AASSA admin staff. It was their personal touch that made all the difference with the skaters, officials, families, and vendors when it came to receiving and making payments, organizing orders, signing cheques and paying bills. This is something I was not able to do from Edmonton and I very much appreciated having them in Calgary in the AASSA office. Kristine, Sue, and Wen-Shu are all wonderful to work with. We worked hard, texted and emailed constantly, and still had a great time doing so!

Thanks to Rachel Miller, who has offered to put her name forward as Treasurer for this next term and has participated in our monthly AASSA board meetings as part of the financial team. Her knowledge and expertise are welcome and will bring AASSA more financial maturity.

Respectfully submitted,

Michelle Chabot
Secretary/Treasurer
Alberta Amateur Speed Skating Association

VP – Skater Development

Board member: Marc Poulin

Club membership: Calgary Grizzlies Speed Skating Club

2020-2021 Report for the AGM

Thank you for all the committee members for their hard work and contributions this year:

- Banff / Canmore: Ryan Hickman
- Calgary Grizzlies (CGSSC): Gordon Farquharson
- Calgary Speed Skating Association: Sam Pollock
- Edmonton Speed Skating Association: AJ Dumas-Lehndorf, Jason Thomas
- Grand Prairie Peace Wapiti: John MacLennan
- Ichiban SSC / Olympic Oval: not assigned
- Lethbridge: Terri Kremenik
- Lloydminster: Bill Stephens
- Medicine Hat: Dallas Duncan
- Peace River Northern Lites: Owen Cook
- Red Deer: Nick Schultz, Shawna Pearman
- Rocky Mountain House: Lorne Barnett, Fiona Bennet
- AASSA Technical Director: Lorelei St. Rose

The committee convened twelve times via Zoom videoconference, usually from 8-9pm on the first Wednesday of each month. Activities of the committee included:

- **Noteworthy:**
 1. The SDC undertook the important task of developing a gap analysis, as well as the process of outlining focus areas for the Technical Director (TD) role in the months leading to the recruitment process for a new TD. This was a significant task and the outcomes of this analysis were submitted to the Board of Directors. The SDC was fully engaged in this process and we thank members of the SDC for their important work, which was considered for the TD job profile. In April 2021, AASSA welcomed its new TD on board, and the SDC look forward to working with Lorelei St Rose as our new TD going forward!
 2. **AB Team Training and Selection grant:** The SDC was actively engaged in shaping Team Training and Selection grant that we applied for, and received from, the AB Government. We received \$63,800 to help prepare the skaters and coaches for the next Canada Winter Games, to be held in Prince Edward Island in 2023 (note the speed skating events will be held in Halifax Nova Scotia). We have put together a comprehensive program that will benefit all skaters who are age-eligible for the 2023 and 2027 CWGs. Look out for more news on this from Lorelei in the months ahead.

Other activities of the Skater Development Committee included:

- **Club Representation on the SDC**

Every club other than Ichiban/Oval was represented during the 2020-2021 season.

- **Speed Skating Canada Cutting Edge Pin Program**
Several clubs are using the SSC Pin Program to help evaluate their younger skaters. As described by Speed Skating Canada, the focus of the program is to test, in a fun environment, the skill level of speed skaters. The program ensures that all skaters are taught the proper skills that will assist them develop as speed skaters. Successful completion of the Cutting-Edge Pin Program will provide young athletes with the necessary skills for high performance development.
- **AASSA Badge Program for Long Track and Short Track**
The AASSA Badge Program continued to be administered and several clubs have been distributing badges to their skaters. From all accounts, the program is very successful. More badges need to be ordered to keep the program alive and well.
- **Cancellation of competitions due to the COVID-19 pandemic**
The Following competitions were cancelled:
 - **Canadian Youth Long Track (CYLT) Championships.** Coaches who were selected for this competition will be invited to carry their names forward for the 2022 championships.
 - **Canada Youth Short Track (CYST) - West Championships.** The 2022 competition will be held in Selkirk, Manitoba. Coaches who were selected for this competition will be invited to carry their names forward for the 2022 championships.
 - **Canadian Junior ST Championships**
 - **Canadian ST Championships**
 - **Canadian Junior LT Championships**
 - **Canadian LT Championships**
 - **ISU World Cup Events.** Our Alberta-based speed skaters performed extremely well in the Heerenveen competition bubble in February 2021! Congratulations to Ted-Jan Bloeman, Gilmore Junio, Connor Howe and Kaylin Irvine.
 - **Personal Best Performances**
 - **Canmore Training Camp**
- **Ongoing discussion on the retention and recruitment of T2T level skaters**
A Google Doc was setup for this topic. SDC members have used this shared document to collectively contribute to the development of skater retention and recruitment document and this has been discussed on an ongoing basis throughout the year.
- **Coach Development and Capacity**
Our new TD, Lorelei St. Rose has reached out to our coaches from across the province to encourage them to complete additional coaching certifications. About eight to 10 coaches are currently completing their Introduction to Competition course and

associated modules. They are on a fast track to complete their theoretical and practical work, as well as an evaluation component, before the end of 2021.

- **Eighteen-week Virtual Dry Land Training (May-July 2020)**

Many representatives on the SDC indicated that a virtual dry land training program would be helpful to keep their club skaters active during interruptions in regular training due to COVID-19. This feedback was taken back to the AASSA BOD and with its support, an 18-week virtual dry land training program was launched. The response was great, with 9 registrations at the L2T level (5 from Edmonton SSC, 3 from Calgary Grizzlies SSC, 1 from Banff Canmore SSC), and 33 registrations at the T2T-Jr levels (13 from Edmonton SSC, 7 from Yellowknife SSC, 5 from Calgary SSC, 5 from Calgary Grizzlies SSC, 1 from Red Deer SSC, 1 from Lethbridge SSC, and 1 from Northern Lites SSC). The L2T group was provided with weekly programming and 1 Zoom session/week with Coach Tonny de Jong, while the T2T-Jr group was provided with weekly programming and 3 Zoom sessions/week with coach Tonny. Team Snap is the platform used for communication among the skaters, Coach Tonny, and the AASSA virtual programming team.

A virtual program will be offered again in the summer of 2021, so look out on our social media for more information.

- **Year-end face to face meeting**

A Year-end face-to-face meeting is normally held at the AASSA AGM to discuss several items and planning for next season. Unfortunately, with COVID-19, this meeting was not possible.

- **Alberta ST and LT Team Selection Criteria and Funding**

The SDC has been working hard to revamp the Alberta ST and LT Team Selection Criteria and mechanism for funding. The new guidelines will be published in June 2021. Stay tuned for more news in the weeks ahead.

Well done to skaters, coaches, volunteers, parents, officials, and everyone who contributed to this very successful season of speed skating in Alberta.

I appreciate all the hard work and dedication by our committee members to ensure that we have the best possible speed skating programs and competitions for our skaters in Alberta.

Respectfully submitted,

Marc Poulin
VP – Skater Development
Alberta Amateur Speed Skating Association

VP – Officials Development

Board member: Andrew Cross

Club membership: Calgary Speed Skating Association

2020-2021 Report for the AGM

As a new board member and a new member to the ODC, 2020/21 was an interesting year to take over as VP of Officials. My term started by interviewing all of the clubs and determining the needs for the upcoming season. Our goals for the season revolved around the following three topics:

1. Official Development
2. Management of Officials for Each Club
3. Volunteer and Official Development

As the pandemic progressed, our focus became shared communication and hosting a virtual level 1 clinic. The collaboration amongst the clubs was excellent. The attendance at all six meetings was remarkable. The ODC also assisted with the first virtual Intro to Speed Skating Regulation & Meets which resulted in 30 new Level 1 officials.

With the anticipation that the upcoming season will include meets, the ODC has agreed that all new officials will be given a “sneak peek” at opportunities to officiate and refresh the skills that they learnt online. This online clinic will be repeated to ensure that all clubs have access to developing their officials. This will eventually build into our “Volunteer and Official Development” goal and potentially form a mentoring program for new officials.

I am very proud of the work that the ODC completed in a season that didn’t require officials. I am looking forward to welcoming some new ODC members next season as we can hopefully continue to focus on the goals that were set last season.

Thanks,

Andrew Cross
VP Officials Development
Alberta Amateur Speed Skating Association

VP – Communications

Board member: Kristine Smalcel Pederson

Club membership: Banff/Canmore Speed Skating Club

2020-2020 Report for the AGM

As part of the Board of Directors, I was pleased to observe how well AASSA, the Alberta Clubs and our individual members and partners navigated through this unique past season. Well done, everyone!

Some 2020-2021 “season” highlights for me included contributing to and supporting AASSA initiatives such as:

- The Virtual Summer Dryland Program
- Successful Alberta nominations for Speed Skating Canada Board appointments and awards
- Website transition and the development of fresh marketing plans
- A successful Casino fundraising initiative, supported by our members from across the province, and despite pandemic restrictions
- Administrative process development, grant applications, policy development and strategic planning

Specific communications portfolio focus included:

- Daily social media monitoring, interactions, and content development – made particularly challenging with a lack of events and social distancing restrictions.
 - It was a lot of fun to promote and celebrate the resiliency of our community, though, from home-based dryland training to outdoor practices and virtual officials’ clinics – well done everyone!
- We continued to utilize Facebook, Instagram, and Twitter as our main communication tools, and you will see some refreshing approaches in these areas along with our upcoming marketing plans for 2021-2022.
 - A notable item for the past year is a 22% growth in Instagram followers, with an increasing number of parents, coaches and officials using this medium, in addition to the core skater-following we have had in that medium.
- The web site has been challenging to use the past few years, so I was pleased to work with Thomas Dudley, VP Marketing, on transitioning to a new (interim) web site this spring; this new tool will be much easier for staff and volunteers to use and it will be an enhanced information and promotional tool for the organization.

Challenges were numerous, indeed, this past year, but I am also pleased to have helped with COVID-19 pandemic communication and plans along with meaningful Board and staff renewal and development.

My favourite part of the VP - Communications role for the past five years has been celebrating and supporting speed skating athletes of all levels, ages and abilities, as well as coaches, officials, other volunteers and partners. Thank you for the opportunity and privilege to be part of this community.

I hope to reconnect with many of you ice-side in 2021-2022!

Kristine Smalcel Pederson
VP – Communications
Alberta Amateur Speed Skating Association

VP - Marketing

Board member: Thomas Dudley

Club membership: N/A

2020-21 Report for the AGM

This was my first year on the Board and my experience of a Board of Directors. Given the priorities outlined at the start of the season, I focused on the following initiatives:

- Develop a rebranding proposal for the organization, including new logo and merchandising opportunities. As part of this process, I engaged members of the skater representatives and the logo proposals were submitted to provincial team members for voting.
- Lead the refresh and revamp of AASSA's website. I worked closely with our VP – Communications and our Office Manager as part of this initiative.
- Create a marketing campaign for the start of the 2021-22 season, to leverage the pre-Olympic year and encourage a return to speed skating to current/former members and attract new members to the sport.
- Create a sponsorship package that can be made available to our provincial team athletes. The intent is to provide tools for team members to promote themselves. I'll be working with our Technical Director to look for opportunities to incorporate this information as part of an onboarding package to the team for athletes.

I look forward to continuing my involvement with AASSA.

Respectfully submitted,

Thomas Dudley
VP - Marketing
Alberta Amateur Speed Skating Association

Director at Large

Board member: Robert Fenton

Club membership: Calgary Speed Skating Association

2020-21 Report for the AGM:

This was my first year on the AASSA Board and it has been a busy one. Safe Sport is becoming a massive priority for everyone involved in the sports sector. This year, I was involved in structuring the entity that will be involved in accepting, investigating, and adjudicating complaints under the UCCMS which was shared with the sport community for the first time in 2019. The organization who will be administering this structure will be selected by Sport Canada shortly. This safe sport structure will affect everyone in the sport of speed skating from the nation down to the club level.

I have also been working on developing codes of conduct in anticipation of the adoption of safe sport. The codes for coaches and skaters have been reviewed by the relevant committees and feedback is still being collected. The reality though is that we need to bring much more structure around behavioural expectations for every group involved in our organization since there could be significant civil liabilities for both the organization and any individuals involved if we do not manage inappropriate behaviour effectively.

I spent considerable time this year reviewing and providing feedback the selection manual for Alberta provincial team members. The Skater Development Committee (SDC) has worked hard putting this revised document together. Hopefully it brings more certainty and clarity around member selection decisions for everyone involved.

I have begun exploring possible sources for officers and directors insurance. With the onset of COVID-19, some of the major organizations involved in providing coverage in this space no longer do so. This means that more work is required to find an appropriate insurer to meet our needs. It is very possible we will need to select a provider outside of Alberta to meet our needs.

Finally, I have provided feedback on initiatives brought forward by other board members. I want to state publicly that this is a strong board whose members work very well together. It is often a challenge for organizations with operational boards to find people who all pull their weight and deliver an effective work product. This board has more than met my personal expectations in this area.

Thank you to all my colleagues for their excellent work.

Bob Fenton

Director at Large

Alberta Amateur Speed Skating Association

VP - Club and Membership

Board member: Vacant role as of January 2021

Club membership: N/A

2020-21 Report for the AGM

No report submitted. Some information related to this portfolio is outlined in the Office Manager report and Board member reports.

Staff Report – Office Manager

AASSA Staff: Wen-Shu Huang, Office Manager

2020-21 Report for the AGM:

Wen-Shu started her role as Office Manager in January 2020, just prior to the COVID-19 pandemic having a significant impact on our organization and sport. She also began when the role of Technical Director became vacant shortly after in February 2020.

The focus of the Office Manager is to assist the Board on administrative items as well as act as a liaison between the clubs and Speed Skating Canada (SSC). During the 2020-21 season, the following are the highlights of my role:

- Organized 2020 Virtual dryland program which was introduced as a result of the health and safety restrictions related to COVID-19 and the cancellation of the Canmore camp.
- Assisted the Treasurer with daily accounting tasks, including account payable and receivable transactions
- Supported the migration from MAS to IceReg (Interpodia). This involved liaising with SSC and the clubs.
- Prepared and helped organize regular AASSA meetings and courses.
- Organized the volunteers for the 2020 in collaboration with the with Josie from the Calgary Speed Skating Association.
- Maintained open communication with provincial team members, ensuring administrative items are kept on track. Other items included:
 - Assisted with the ordering and distribution of skating suits and other team apparel.
 - Tracked provincial team volunteer hours
 - Distributed provincial team subsidies
- Assisted with the website refresh.
- Submitted annual club insurance applications to SSC.
- Maintained the website and hosting services.

Looking ahead at the season, my focus will be on:

- Continuing to liaise SSC and AASSA clubs and members.
- Continue to support the transition to Interpodia (IceReg)
- Supporting the registration for the 2021 Virtual Dryland program, working in collaboration with the Technical Director.
- Issuing sanctions for club meets and provide the requested equipment for these events.
- Assist the Technical Director with administrative tasks related to the provincial team.
- Continuing to assist the Treasurer with daily accounting tasks
- Maintaining and updating the website and hosting services.
- Addressing and re-directing member inquiries as required.

Respectfully submitted,

Wen-Shu Huang
Office Manager
Alberta Amateur Speed Skating Association

Staff Report – Office Manager

AASSA Staff: Lorelei St. Rose, Technical Director

2020-21 Report for the AGM

Lorelei started her role as Technical Director, on April 6, 2021. In her short time with the association, Lorelei was involved in the below activities.

Continuous Communication and Outreach

Instagram posts promoting our skaters and programming.

Connection with almost all coaches in the province, as well as members from every club.

Criteria Manual (CM)

The Skater Development Committee (SDC) recently met and confirmed the more significant changes to the CM, as well as the inclusion of an Addendum regarding the referenced seed times from the 2019-20 competition season, to be used for the 20221-22 season.

- The time standards have not been changed for the 2021-22 season.
- Retired speed skaters may wear their provincial suits, for example, when coaching/skating with their group.

- There are two skaters who will be added to the provincial team for the 2021-22 season, based on the fulfillment of residency requirements: We welcome Laura and Daniel Hall to the Alberta provincial team.
- The provincial team members are encouraged to wear their suit, when possible, to promote the sport in our province, however, skaters do not have to wear their provincial skinsuit in competition if they chose not to. This can be based on having earned a national team suit, or an Oval program suit as well as issues around fit and comfort.
- The overall formatting of the CM has been adjusted for readability.

2023 Canada Winter Games Funding

The grant submission was successful in securing funding for Year 3 and Year 4. The following outlines the program focus over the next two seasons:

- Targeting all 2023 and 2027 age-eligible skaters.
- The intent is to utilize a virtual platform, to continuously connect provincial skaters during the entire season. This will include the weekly use of Zoom, as well as Strava.
- Targeted group training (when restrictions allow) in conjunction with Single Distance (ST) and Time Trials (LT) - Friday night to Sunday afternoon.
 - Intent: Create racing strategies/tactics with the skaters; race; debrief; dryland technical and ice sessions.
- Coach development and mentorship: Club coaches will be encouraged to participate in all events, to facilitate the development of their skaters and their own knowledge base.
- Larger/longer camps as restrictions allow.

Certified Strength and Conditioning Coach (CSCS) AASSA Coach

Currently in the process of hiring a Certified Strength and Conditioning Specialist to provide strength programming and support to our skaters over the next two seasons.

Focus: Facilitate skaters attending the gym, with sequenced and monitored programming. CSCS will meet on Zoom 1x/week to review progress, introduce the next microcycle and keep our skaters motivated and moving forward.

All programming created will be documented and compiled to produce further coach resources.

Coach Development

Speed Skating Canada (SSC) has offered the Competition Development Coaching Course again this year. David Morrison has confirmed SSC will offer this course every May-September.

We currently have 12 coaches enrolled in this course, with three tracking to enroll next season. There are three funding streams:

- AASSA (from grants)
- Clubs
- Coach (participant)

We have asked each coach to approach the club they are registered with to inquire as to the amount the club can support them. The costs for the course have been outlined in the same document. As we have many coaches, we are looking to leverage as much support as possible from the clubs that can afford more, so the clubs that are not able to support as much, AASSA can supplement further.

Technical Director - Learning Facilitator and Core Evaluator designation process

I have completed the NCCP Learning Facilitator and Coach Evaluator courses and will begin to observe online offerings of courses. I am scheduled to observe my first online FUNdamental Coach course offered through the Ontario Speed Skating Association. I will also be joining in with BC's online offerings - schedule is still to be determined.

Official coach course dates will be posted when available, for Alberta coaches to register in.

Process: Take the NCCP courses - Observe, moderate several courses - Facilitate a course - have an evaluation - Certified.

Coach Resources - Technical Videos from recorded Zoom sessions

We have secured *two Summer Practicum Students* to view the recorded Zoom sessions from last season, as well as the recordings from the current season virtual sessions. We will create a prototype, solicit feedback, and then once we have a finished product, we are happy with, we will work to create more video clips of the same high quality.

The microcycle documents for the 12 weeks, will also be compiled, to provide further resources for coaches looking to run their own club dryland sessions.

2021 Virtual Dryland Training Sessions

We have launched the 12-week virtual dryland sessions, which will run from May 17 to August 6, 2021. We have hired three coaches: Phil Riopel, Brendan Yamada, Thomas Meline. These coaches will work with two different groups that have been created to facilitate a good skater to coach ratio. All these sessions will be recorded to develop more coach video resources.

This platform will be used to seamlessly launch our virtual strength training program for the upcoming season.

AASSA Office

The AASSA office has had a bit of a facelift! Two large desks have been removed and will be replaced with smaller, more functional desks for the office space. We will have an area in the office set up with a table and chairs, where meetings can occur. We will also use this space as a social area, where we will encourage skaters, parents and officials to come by to collaborate and visit when safe to do so. All COVID-19 related safety protocols are in place.

Respectfully submitted,

Lorelei St, Rose
Technical Director
Alberta Amateur Speed Skating Association