



AASSA AGM  
May 29, 2021 @ 9:00AM

## Annual Review

Calgary Grizzlies Speed Skating Club  
Submitted to the CGSSC on 16 May 2021

### Membership

The Calgary Grizzlies Speed Skating Club (CGSSC) is a newly incorporated club (2017), now in year 4 (2020-2021). This season the Calgary Grizzlies Speed Skating Club (CGSSC) adopted Speed Skate Canada's newest registration system IceReg by Interpodia to successfully register 100% of its members online.

At the time of registration, adhering to the Covid-19 guidelines set out by Alberta Health Services/YMCA/Oval meant athletes were limited to one sports cohort and could not participate in multiple sports as they typically may. Due to the challenges presented by the pandemic, our Special Olympics' athletes also made the difficult decision that they could not join us on the ice this season. These circumstances resulted in the number of skaters decreasing from 90 skaters last season to 55 skaters this season. Including Associate Memberships, (Parent/Volunteer, Officials & Coaches) the club started the season with 84 registered members as follows:

- Learn to Speed Skate 1: 13 skaters
- Learn to Speed Skate 2: 22 skaters
- Learn to Train: 7 skaters
- Advanced Competitive: 5 skaters
- High Performance: 8 skaters
- Associate Members: 29

Despite unprecedented times, and thanks to the dedication of our Members, Coaches and Board, the club was successful in meeting our 2020/2021 objectives of adopting a new registration system, launching a two day Learn to Speed Skate program and adapting to everchanging guidelines related to the Covid 19 Pandemic.

### Governance

Over the past season, your Board of Directors worked to improve the skaters' experiences and raise funds to ensure fees were kept lower for our families. We have been awarded grants for inventory of Skates and Skin suits through the Legacy fund; had donations from Calgary businesses, and participated in a 50/50 online draw. In January, due to the uncertainty of the remainder of the season, we offered members the option to forgo the rest of the season and obtain a 50% refund of their registration fees. Overall, we returned \$5,400 back to members in hopes that those 18 skaters will be willing to return for the 2021/2022 season. For the 30 skaters who continued to train for the remainder of the season, we offered a 35% credit to be used for the 2021/2022 season at a cost of \$9,100 to the Club. Members will receive coupons that can be used when registering for the Summer 2021 sessions and/or the 2021/2022 season.

Throughout the season, we received support not only through government funding but also through a 50/50 raffle and community support. In the year, we received \$2,160 through the Alberta government's Small Medium Sized Enterprise Relaunch Grant. We also held a successful 50/50 raffle which saw net proceeds to the club of \$2,870 along with prizes donated by Bow Cycle, and gift cards donated by SportChek. We also continued to receive support from Tim Hortons and the CB Family of Tim's. Thank you for all our sponsors and community partners, old and new, and all those who supported the club through the 50/50.

### **Training hours**

L2SS1: 1 hour on-ice/week; 26 hours on-ice over a 26-week season

L2SS2: 2 Hours on-ice/week; 52 hours on-ice over a 26 week season

L2T: 2-3 hours on-ice/week; 52 to 78 hours on-ice over a 26-week season

AC: 5-7 hours on-ice/week; 150 to 210 hours on-ice over a 30-week season

Special O: was not able to participate this season due to COVID

### **Special Outdoor ice**

We were fortunate to partner with the communities of St. Andrews Heights and Silver Springs to obtain access to ice at their outdoor rinks at minimal cost to the club. In addition to having our skaters back on the ice while indoor ice was restricted, we offered the communities complimentary drop-in learn to skate sessions. The drop-in sessions were utilized by 8 families (and hopefully future Grizzlies) in the community. We hope to continue this next year as a tradition to the winter season. It was a really great way to connect outdoors in a truly Canadian experience.

### **Coaches for 2020-2021**

We have a team of awesome and very accomplished coaches.

Our team of coaches have earned many World Cup Medals over the course of their careers! We are especially thankful for their adaptability to the constant changes over the season. We had to transition to Zoom sessions over the year as restrictions were heightened with COVID. Our Coaches were forever engaging and flexible in this environment.

#### **• Coaches 2020-2021 season:**

Desmarais, Alison

Meline, Thomas

Ezzi, Ranya

Yamada, Brendan

Yuen, Brittany

Coderre, Paul

Hannah, Ashley  
Son, Hee-won

### **Officials for 2020-2021**

Rhona Hathaway; Referee, SSC 3A supported our club in leading us with officials' courses. The first online course was offered this year with 5 Grizzlies members registered to complete this.

### **Volunteers**

We have been fortunate to obtain extraordinary & committed volunteers that go above and beyond. This includes members who serve on various committees (skater and coach development committee, fundraising, grant writing, equipment and mats placement on ice, mentor skaters, parent volunteer coaches, Board or Directors, etc.).

### **Partners and Grant support**

Last year the CGSSC was awarded the Speed Skating Canada 2019 Intact Insurance Club Excellence Award. We received generous support from Sportchek and CB Family of Tims (Tim Hortons Franchisee) and this year winning a grant from the Legacy fund ended our season with a bang! A special thanks to Chad Bousman for his continued diligence and support.

This year Rhona Hathaway was an important support in our ability to obtain Casino applications and approval. We have completed our applications and approval process and now are awaiting our first casino opportunity.

We have funding to support our skaters with Physiological testing in the Clinical and Translational Exercise Physiology (CTEP) Laboratory at the University of Calgary. Within the Advanced/Competitive skaters we hope to utilize this over the next season (having been delayed in the past year of COVID). The Video on the role of maximal oxygen uptake (VO<sub>2</sub>max) in performance training can be viewed at the link below:  
<https://ucalgary.yuja.com/V/Video?v=60789&node=399044&a=1588917106&autoplay=1>

### **Social Media**

Instagram: <https://www.instagram.com/yycspeed/?hl=en>

Facebook: <https://www.facebook.com/yycspeed/>

Website: <https://yycspeed.ca>

We provided complimentary on-ice training sessions for coaches, “Respect in Sport for Leaders” courses and First Aid Certification for our coaches.

- 467 followers
- 25-54 years old is our age reach
- On average our posts reach 70-200 people
- 352 Posts that are shared by separate people min. 3 times reach over 1000 people
- We produced a couple of great little videos – see links below:
- <https://www.youtube.com/watch?v=VpRfAWKt5hw&feature=youtu.be>
- <https://www.youtube.com/watch?v=OZumBd0pxWw&feature=youtu.be>

We have loads of great photos on our social media – feel free to browse through.

Board of Directors for 2020-2021

- President – Marnie Wachtler
- Vice-President – Andree-anne Paradis
- Secretary – Kimberly Dornan
- Treasurer – Andy Mark
- Registrar – Andrea Tyrrell
- Member-at-Large – Chad Bousman
- Member-at-Large – Marc Poulin
- Member-at-Large – Rhona Hathaway
- Member-at-Large – Lorelei St Rose

**Contact Details**

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With Kind Regards,

Marnie Wachtler  
President