



ANNOUNCEMENT

Speed Skating Alberta

AB HUB Racing Series #1 – November 27th

MINI CAMP #5 – November 27/28

Athlete By Design 2.0

Saturday, November 27th Olympic Oval, Calgary, Alberta, Canada	07:00 - Warm-ups 07:30 - Coaches Meeting <u>8:00-10:30</u> 14+ (111m) 1 x 1500m; 1 x 500m, 1x1000; ALL FINALS <u>10:45-12:45</u> 11-13 years (100m) 1x1500, 1x200, 1x400; ALL FINALS
AB HUB Racing Series #1	Registration Link: AASSA (albertaspeedskating.ca) Entry Deadline: November 21 (Sunday, Midnight)
Mini Camp #5 <i>Athlete By Design 2.0</i>	Information & Registration Link: Speed Skating Alberta Mini Camp #5 Nov. 26-28, 2021 - Google Forms Entry Deadline: November 26 (Friday, noon)

****Program subject to change depending on the number of entries.***

Eligibility

AB HUB Racing Series #1 is hosted by **Speed Skating Alberta**. In addition, we are combining this Racing Series event with **Mini Camp #5 – Athlete By Design 2.0**. The focus is to combine racing opportunities alongside additional training opportunities such as dryland, Mental Performance and LT ice sessions.

We are planning continuous opportunities throughout the season to develop our 14+ skaters on the 111m track, as well as developing the skill set of our 11-13 year old's with racing on the 100m track.

Part of athlete/participant development incorporates dryland conditioning, technical sessions and appropriate strength programs. Our mini camps provide all of these components, to create a weekend of connection, racing, training and FUN!

* Submitted times must be from an official competition, in the current season (August 1, 2021).

If a skater does not have a current seed time, please contact:

Lorelei St Rose: technicaldirector@aassa.ca



General Regulations for *Speed Skating Alberta AB HUB Racing Series #1* will be held in accordance with the 2018 International Skating Union Regulations and is open to all skaters who belong to an ISU member country.

The Track

The Olympic Oval North Rink is an international size rink measuring at 30m by 60m. The Centurian ST-2000 safety mat system surrounds the north rink to reduce the chance and severity of injury.

Format

AB HUB Racing Series #1 is a single distance competition, and all races will be finals. Skaters will be seeded from their submitted times with skaters of similar speed seeded together.

Sanction

This competition is sanctioned by Speed Skating Alberta and Speed Skating Canada.

Liability In accordance with ISU Rule 119; the International Skating Union, Speed Skating Canada, Speed Skating Alberta, the Olympic Oval, and the University of Calgary assume no responsibility for, or liability with respect to bodily or personal injury or loss of property or damage incurred in connection with the *Speed Skating Alberta AB HUB Racing Series #1*.

Each Skater is solely responsible for providing insurance coverage thereto.