

GSW RACING

SCHOOL OF ROLLER SPEED SKATING

VISION

To be the best roller speed skating club in the United States

MISSION

GSW RACING is an organization intent on promoting a healthy and supportive environment for the development skaters of all levels & ages by:

- Creating an environment that encourages participation of peoples from different cultures, background & abilities.
- Supplying instruction, discipline, & the foundation for progress & development
- Providing a diverse & goal oriented program with the purpose of sustained personal, local, regional, national & international success.
- Encouraging individual leadership, responsibility & accountability.
- Specializing in teaching skaters new to the sport.
- **DEMANDING A HIGH STANDARD OF ETHICAL BEHAVIOR.**

INFORMATION

GSW Racing belongs to a governing body called USA Roller Sports (USARS).USARS is the national governing body approved by the United States Olympic Committee (USOC) to oversee the development of competitive roller sports(speed, artistic, hockey & roller derby) within the United States. Both USARS and the USOC are working actively towards the inclusion of roller sports into the summer Olympic Games.

USARS is comprised of nine (9) regions that encompass the continental United States. We belong to the Northwest Pacific Region. The Northwest Pacific Region consists of teams in Washington, Oregon, Idaho, Utah, Alaska & Hawaii. Some of the cities represented within this region are Federal Way & Seattle Washington, Portland & Gresham Oregon & Coeur D Lane Idaho.

Every year the cities within each region meet in a qualifying indoor Regional meet. Qualifiers from each region meet in an indoor National Championship Meet. Past Venues have included Lincoln Nebraska, Pensacola Florida, New York, Fresno California & Albuquerque New Mexico.

General Description

GSW Racing will have Two (2) Stages of development:

- Beginner Level
- Advanced Level

Advancement through each level will be dependent on the coach's recommendations:

Completion of Beginner level will qualify skaters to skate at the Advanced level.

The coaches have the option of sending a skater down a level at their decision.

THE BEGINNER LEVEL TEACHES THE BASICS OF SPEED SKATING THAT WILL INCLUDE:

- **SKATING SAFETY**
- **TRACK AWARENESS**
- **BALANCE**
- **SPEED SKATING DRILLS**
- **PROPER PUSH TECHNIQUES**
- **PROPER TRACKING**
- **BODY POSITION**
- **FALLING TECHNIQUE**
- **PROPER SKATE FLOOR BEHAVIOR**

Senior Club skaters will meet three times a week.

THE ADVANCED LEVEL TEACHES THE PROPER TECHNIQUES OF SPEED SKATING THAT WILL INCLUDE:

- **PACK SKATING**
- **PASSING**
- **RACING**
- **RELAYS**
- **STARTS**
- **RULES & REGULATIONS**
- **PLYOMETRIC EXERCISES**
- **OUTDOOR SKATING**
- **DRYLAND SKATING**
- **SLIDE BOARD**
- **CYCLING**
- **RESISTANCE DEVICES**
- **BALANCE & STRENGTH DEVICES**

Skaters may be invited to skate the Advanced level on the coach's recommendation.

The indoor competitive season begins the October of each calendar year and ends the following July.

EACH SKATER IS RESPONSIBLE FOR THE PURCHASE OF THEIR OWN COMPETITIVE CARD

Dues:

Dues are charged to each skater each month of the competitive season and are due by the 10th.

Dues are \$30.00 a month.

Once paid all dues and fees are non-refundable.

All dues must be current to be eligible to skate the regional meet. **No Exceptions!**

Family discounts are available. Make checks/ money orders payable to **GSW Racing**.

Guest skaters will pay a fee of Five (5) Dollars. To be paid at beginning of practice.

Rule & Regulations:

Equipment:

In order for a skater to participate in a class / practice they must have:

- An ANSI, SNELL, or CPSC approved helmet that is in good condition and fits properly.
- Coach approved skates that are in good working condition.
- Knee pads (optional)
- Wrist Guard (Optional)
- Appropriate skating clothes.
- Tennis or gym shoes.

Prescription eye wear must have plastic frames & lenses. Straps must secure the frame. Other protection equipment (gloves, mouthpiece, elbow pads, knee pads, wrist guards, padded shorts) is optional.

Helmets must be worn and buckled when you stand up on your skates on the skating surface.

Practice:

YOU MUST ATTEND ALL SCHEDULED PRACTICES UNLESS:

- Prior notification of absence is given
 - Personal family issues prohibit.
 - You are unable to physically skate.

SKATERS MUST FOLLOW THE RULES AS STATED:

- You must be at the site at least fifteen (15) minutes before the scheduled practice time.
- You must stretch, have your wheels setups adjusted and be ready before the scheduled practice time.
- You must have your skates' setup and adjusted before the scheduled practice time.
- You must be on the practice floor before or at the scheduled time.
- Your helmet must be on and buckled when entering the skating floor.
- Your helmet must be on and buckled when on the skating surface.
- You must complete scheduled practices unless prior notification is given.
- You must complete all drills & exercises. No one stops unless the coach says to do so.
- You must stay on your skates.
- You must stay on the floor.

PRACTICE ATTENDANCE & PERFORMANCE WILL AFFECT RELAY DECISIONS!

- If you are not on the floor as practice begins, without prior notice, you will not be allowed to skate.
- If you get off the skate floor or sit down to rest without the coach's approval, you may be asked not to finish practice.
- **YOU MUST HAVE AN 80% PRACTICE ATTENDANCE TO BE ELIGIBLE TO SKATE MEETS.**

Practice Times (TIMES SUBJECT TO CHANGE DUE TO PRIVATE EVENTS)

Check with website for latest practice times @ www.gswracingclub.wix.com/speed

PRACTICE PREPARATION:

- Always drink plenty of liquids & have something light to eat well before practice begins. About an hour will do.
- Gatorade, juices, trail mix & energy bars are good.
- Bring some energy food to snack on during practice.
- Water is best, **never drink caffeine sodas.**
- Get your muscles warmed up. Jump rope, run, and stretches.
- Visualize! Decide what you intend to do in practice.
- Let your parents & coach know when you are sick or injured.
- **Do not skate if you are hurt or sick!**

PRACTICE BEHAVIOR:

AS YOU STEP ON TO THE SKATE FLOOR TO PARTICIPATE IN A PRACTICE ALWAYS:

- Give full effort and concentration at each practice, drill or exercise.
- Follow all coach's instruction involving skate techniques and assignments.
- Vocalize positive comments to the other skaters.
- Support the efforts of teammates.
- Listen to the suggestions of more experienced skaters.

AS YOU STEP ON TO OR OFF THE SKATING FLOOR TO PARTICIPATE IN A PRACTICE NEVER:

- Deliberately injure or cause the injury of a teammate.
- Use foul language.
- Use foul language towards a teammate or the coaches.
- Throw your helmet or skates.
- Make derogatory remarks to or of a teammate or coach.
- Physically demonstrate anger by damaging property

Failure to follow behavioral guidelines can result in the suspension from participation in team practice for a time of period determined by the coaches.

Speed skating is a serious & demanding sport. Intend to be the best you can be and more. There is no reason to practice as hard as you do without trying to be the best. You should set goals. Success is not so much just attaining the goal you set for yourself but doing the best that you can in your endeavor.

- When the time comes that your body says, "I can't go any further" go further.
- When you think, "I can't go any faster" go faster.
- When you think you can't catch the person in front of you, catch them.
- There is nothing stronger than the will and heart to win to make you better as a skater and as a person.
- When you can't you can.
- Be positive at all times. Be optimistic at all times.
- Set your goals. Set your sights. Each step you take will be small but add them all up and you will have come a long way.

GOALS FOR EACH SEASON

- **BE FASTER THAN THE PERSON BEHIND YOU IN THE PACE LINE.**
- **PLACE AT THE LEAGUE LEVEL**
- **PLACE AT THE INVITATIONAL LEVEL**
- **PLACE AT THE REGIONAL LEVEL**
- **PLACE AT THE NATIONAL LEVEL**

MEET PARTICIPATION:

- **COACHES WILL RECOMMEND SKATERS FOR PARTICIPATION IN LEAGUE MEETS.**
 - **COACHES WILL RECOMMEND SKATERS FOR PARTICIPATION IN INVITATIONAL MEETS.**
 - **COACHES WILL RECOMMEND SKATERS FOR PARTICIPATION IN REGIONAL MEETS.**
 - **COACHES WILL RECOMMEND SKATERS FOR PARTICIPATION IN NATIONAL MEETS.**
1. A parent or guardian must sign the meet sign up form for skaters to be included in the meet roster.
 2. There will be no late sign up for any meet.
 3. There are no refunds for meet fees once roster have been submitted.

MEET BEHAVIOR:

Conduct should be supportive & positive towards teammates.

Help each other to prepare for races (stretch, focus, encourage).

Watch teammates race.

Support them during their races.

Be there when your teammate leaves the floor to either congratulate or console.

Conduct on the competition site will not include:

- Any disrespect towards referees or officials.
- A display of disagreement toward any referees, officials or their calls.
- A display of anger towards any opposing skater.
- Throwing of helmets, skates, or other equipment.
- Negative comments or taunting.
- Intentional violation of speed skating rules.
- Intentional efforts to injure another skater.

Conduct on the competition site will always include:

- Congratulations to opposing skater when they win.
- Congratulations to opposing skater when you win.
- Courteous behavior towards others.
- A positive attitude.

Failure to follow behavioral guidelines can result in the suspension from the team practice for a period of time to be determined by the coach.

TRAVEL BEHAVIOR:

- Each skater and their families are responsible for travel and accommodations arrangements
- A suggested team travel time and hotel will be distributed.
- An adult or guardian must accompany each skater or group of skaters.
- Each hotel room of skaters must have adult supervision or chaperon.
- Parents or coaches may be designated chaperons.

Any activity by a skater deemed by the coaches as unbecoming of a GSW Racing team member can result in removal from a meet or race and possible suspension from the team.

FUTURE TEAM GOALS:

- Bridge the gap between inline indoor skaters & outdoor recreational skaters.
- Create a cross interest team of indoor inline skaters, outdoor recreational skaters, and ice short track skaters.
- Recruit older skaters.
- Recruit past club members to return.
- Conduct instructional clinics via park & recreation to expose club benefits.
- Conduct promotional demonstrations during inline public sessions.
- Create club programs at local schools.
- Develop in rink exposure at both the inline and ice venues through display boxes.

FUND RAISING:

All Fees, donations and monies from fund raising will be placed in the account of **GSW Racing**. All fee assessments will generally benefit **GSW Racing** as a whole.

FUND ASSIGNMENTS:

Special Money assignments will benefit team members who:

- Qualify for the national meet will be eligible for travel funds to cover airfare.(When available)
- Place in the top four overall individually or in a relay at a indoor national meet standard or novice:
- An 8" x 10" individual photo & frame for **SILVER AND BRONZE PLACEMENTS** to be displayed on the skating rink wall.
- A 16" x 20" individual photo & frame for a **GOLD MEDAL PLACEMENT** to be displayed on the skating rink wall.

OTHER MONEY ASSIGNMENTS WILL BE USED TO PURCHASE:

Training Equipment / Repair equipment gear
Regional plaque sponsor / End of year awards banquet
Medical supplies / Promotional cost
Display appliances

TIPS FOR SKATER PARENTS

During practice sessions, keep a low profile. Let the coach do the coaching and just enjoy watching your child develop. Observe and evaluate, but avoid being overbearing. If you are a parent who is also a skater, the same applies...let the coach do the coaching.

Communicate with your skater privately and positively.

Don't gossip

Be a good Role model. Don't swear, or in other ways show poor sportsmanship. Let your behavior serve as an example.

Redefine winning and losing. Place a priority on effort and reaching maximum potential as individuals and as a team.

See opponents as comrades, not enemies. Emphasize competing against yourself; opponents are there just to help you do this.

Encourage cooperation. Push teamwork; discourage selfishness, set up situations where different sexes/races of children depend on each other for success.

Keep sports in perspective. Nurture well-rounded identity for kids; support their sport and non-sport interests equally, as this fosters an identity as a total person, not just an athlete.

Be positive whenever possible. Critical comments can hurt more than help; give a compliment first, then add what they can do to improve, followed by why doing this will help them.

All kids are not created equally. Differences among kids require different ways of treating them. Appreciate their individual strengths and help them develop at their own pace.

Avoid "labeling" kids. They tend to behave and perform within the limits you set for them; expecting each of them to succeed in their own way gives them the freedom to do so.

Don't confuse hearing with listening. Listen to their needs and concerns; their worries may seem trivial at times, but let them know you understand and support them.

Feel free to contact the coach personally if you need to discuss an issue about your child.

GSW RACING

SCHOOL OF ROLLER SPEED SKATING

I _____ the undersigned, have read the current club rules and agree to comply with the policies set forth by the **GSW RACING SKATING CLUB** and **GRESHAM SKATE WORLD SKATING CENTER**. I agree that the **GSW RACING SKATING CLUB**, the **GRESHAM SKATE WORLD SKATING CENTER**, or the instructor's within, will not be held liable should injury be sustained by the student while in lessons, during practice, or on the premises of the **GRESHAM SKATE WORLD SKATING CENTER**. In order to maintain an equitable relationship with ALL our students, we ask that exceptions to our policy not be requested.

I, the undersigned, do hereby give permission for _____ to participate in local, state, regional, and national competitions and practices, as approved by the **GSW RACING SKATING CLUB** professional staff for the period of **OCTOBER 1ST TO JULY 31ST** of the current season

I also give my permission for emergency/medical treatment at this time.

Does this skater have any medical problems or allergies? If so, please list along with any medication skater is taking or cannot take.

I also agree by my signature to this statement of permission, I, hereby release the **GSW RACING SKATING CLUB** and the individual sponsors, including Coaches, Judges, Referees, Stewards, Staff and Supervising Adults from any and all liability for mishap or injury to the skater named herein from the departure, to the time of the return from my approved activity, and from any and all responsibility for the acts or conduct of such skater during this time.

SKATER SIGNATURE: _____

Date: _____

Parent Signature (If under 18): _____

(Member Copy)

GSW RACING

SCHOOL OF ROLLER SPEED SKATING

I _____, the undersigned, have read the current club rules and agree to comply with the policies set forth by the **GSW RACING SKATING CLUB** and **GRESHAM SKATE WORLD SKATING CENTER**. I agree that the **GSW RACING SKATING CLUB**, **GRESHAM SKATE WORLD SKATING CENTER**, or the instructor's within, will not be held liable should injury be sustained by the student while in lessons, during practice, or on the premises of the **GRESHAM SKATE WORLD SKATING CENTER**. In order to maintain an equitable relationship with **ALL** our club members, we ask that exceptions to our policy not be requested.

I, the undersigned, do hereby give permission for _____ to participate in local, state, regional, and national competitions and practices, as approved by the **GSW RACING SKATING CLUB** professional staff for the period of **OCTOBER 1ST TO JULY 31ST** of the current season.

I also give my permission for emergency/medical treatment at this time.

Does this skater have any medical problems or allergies? If so, please list along with any medication skater is taking or cannot take.

I also agree by my signature to this statement of permission, I, hereby release the **GSW RACING SKATING CLUB** & individual sponsors, including Coaches, Judges, Referees, Stewards, Staff and Supervising Adults from any and all liability for mishap or injury to the skater named herein from the departure, to the time of the return from my approved activity, and from any and all responsibility for the acts or conduct of such skater during this time.

SKATER SIGNATURE: _____

Date: _____

Parents Signature (if under 18) _____

(Club Copy)

GSW RACING

SCHOOL OF ROLLER SPEED SKATING

Club Guidelines & Member Information Packet

