



**PACERS SPEED SKATING CLUB OF OTTAWA
CLUB DE PATINAGE DE VITESSE PACERS D'OTTAWA**

**Message from the President
WELCOME BACK
2009-2010**

The 2009/10 speed skating season is about to begin once again. This year, being an Olympic year, should prove to be an exciting season. The skating season will start on **Tuesday, September 1st, 2009** for **Ottawa Pacer members** and on **Tuesday, September 8th** for **Interclub members** at the Bell Sensplex. We look forward to seeing all returning members and welcoming new members.

Registration

Registration will take place on **Tuesday, August 25th** for **current members only**, and **Thursday, August 27th, 2008** for **new members and Interclub**. This will take place at the Bell Sensplex, from **6:30 –8:30 PM**. Skate fitting will also take place on these nights. **This year, our Club has made it mandatory for both parents to register as an Associate member due to our liability insurance issues.** The good news is that OSSA has reduced the fee to **\$20.00 per person** so we are passing the fee reduction to our membership.

Registration forms can be found on the club website (www.ottawapacers.ca). There are a limited number of registrations forms on site so please download and fill in the forms before arriving for registration. This will speed up the process for all and avoid disappointment should we run out of forms. **Note: Skaters will not be allowed on the ice until all forms and cheques are submitted. Remember: We have separate registration forms for Youth and Adult/Masters Skaters.**

Ice Times

Ice times will be the same as last year. We will continue to skate every **Tuesday** and **Thursday**. Presently, we don't have any shortened days as we had last year so the times are as listed below. We will have six sessions from October – February where we will skate on the Scotia Bank Ice Pad instead of the Mattamy Homes Ice Pad. These times will be posted on our bulletin board by the equipment room.

Tuesday, September 1st, 2009:

Development Group: **5:15** pm to 6:15 pm
Intermediate Group: **6:15** pm to 7:45 pm
Advanced Group: **7:45** pm to 9:15 pm
Masters/Adult Group: **9:15** pm to 10:15 pm

Please note that there will be **no skating** on **December 24th, 29th and 31st, 2009** and on **all Tuesday's in January** beginning **January 5th, 2010**. You are invited to skate on the Oval during this time. The **last day** of skating will be **Thursday, March 25th, 2010**.

Fees

Please refer to the registration form for membership, skate rental and fundraising. Fees for the Membership fees have gone up to reflect the increase in ice rental costs from both the City of Ottawa and the Bell Sensplex. Skate rentals are the same price as last season. You may pay membership and skate rental fees in two equal instalments if you prefer, with the first cheque dated **September 1st, 2009** and a second post-dated to **October 1st, 2009**. Please note that the Fundscrip fundraising program is mandatory for **all** members (Youth and Masters) and payment must accompany the registration.

Equipment

As in past seasons, **skates** will be available for rent from the Club. Price and quality vary, depending on size and availability. If you require skates, Rocky, Gavin and their assistants will be present for skate fitting at the August 26th and 28th registration nights. Please note that **safety equipment** (goggles, shin and knee pads, CSA certified helmet, neck guard and cut-proof gloves) **must** be worn on the first practice night (Sept. 1st). We will be offering safety equipment for sale at the arena –please see Rocky or Gavin.

Meets

Look for the Calendar of Events on the OSSA website (www.speedskatingontario.org) or the Pacers website (www.ottawapacers.ca). Rocky will be our club meet registration coordinator for competitions this year.

The Pacers will be hosting 2 meets in 2009/10:

October 24th & 25th, 2009: 2nd Eastern Regional Ability Meet (Short Track)

January 23rd & 24th, 2010: Long Track Provincial Championships: Mass Start & Olympic Style

Fundraising

As always, fundraising is a very important part of the Pacers' programming for the upcoming year. Revenues raised through fundraising allow the club to better support our skaters as well as keep our registration fees affordable to families.

Fundscrip: Last year we raised more than \$10,000 through the monthly sale of Loblaws gift cards to members. All members will be required to participate in the program (or the buy-out). This year's Fundscrip fundraiser allows you to purchase a wide variety of gift cards instead of, or along with, Loblaws cards. Please see the fundraising letter and the registration form for details.

Pacers Pride Wear: We offer Pacers wear (training suits, fleeces, hoodies, toques, etc.) and accessories for sale to our membership. It's a great way to promote pride in the club and a little marketing to boot.

Volunteers

The success of our club rests on our volunteer base. As the name suggests, volunteer help is largely "voluntary", however, the club does have one mandatory contribution -- **when the Pacers host a meet, all member families must provide food for meet volunteers and officials whether your child skates or not.** Because our first Meet is earlier than usual this year, you will be asked at registration for your choice of food contribution in advance of the meet. We also have a buy out option this year as well (as requested by some of our members). Payment for the buy out must be made at the time of registration.

We encourage all returning and new members to get involved. A volunteer sheet will be available shortly to let you know what you can help in order to keep our Club running smoothly.

Do you have an idea that you'd like to see implemented in the Club and you would be willing to lead? If so, please contact any of the Pacer executive members below:

Club Contact Information

Position	Name	Email
President	Leslie Derro	blsbderro@rogers.com
Past President	Paul Landry	paul.landry@ottawa.ca
Vice President	Rachael McKinley	rich_and_rae@sympatico.ca
Secretary	Ashley Thriscutt	athriscutt@ripnet.com
Treasurer	Phil Bolger	bolger@sympatico.ca
Director-at-Large	Gail Bouchette	gailbouchette@hotmail.com (Masters Rep)
Director-at-Large	Colyn Steeves	colyn.steeves@sympatico.ca
Director-at-Large	Marc Brisebois	marcb@magma.ca
Director-at-Large/ Meet Coordinator	Kathie Gauthier	pgauthier@rogers.com
Skaters Rep	Michelle Gauthier	

Let's have a great year!

Leslie Derro

President, Ottawa Pacers

Welcome to the 2009-10 masters' speed skating season!

This year's program is a little different from last year's, and promises a more integrated and well-rounded skating experience than ever before.

Practices will run from 8:25 to 10:00pm, with a half-hour dryland session followed by fifty minutes on the ice. The pre-ice dryland session will include warm-up exercises as well as preparation for the specific things we'll be covering on the ice.

In order to improve safety, the on-ice independent warm-up period will be very short this year – only a few minutes. It's important to be properly warmed up before beginning the skating session, though, so don't miss the pre-ice dryland session. There will also be brief structured group warm-ups on the ice.

The skating program runs two nights a week; it incorporates complementary work on both technical development and conditioning, and it accommodates skaters of all ability levels. The two-night program is designed to be followed as a whole. There is still a one-night option available, however, for skaters unable to skate the full-time program – you can choose the Tuesday-only or the Thursday-only option.

In order to make the full-time (two-night-a-week) program more accessible, the fees have been reduced from last year's, even while ice costs have risen. We hope that this lower fee will enable more people to participate fully in a great skating program, and in turn help us cover the high cost of adult ice time. (The fees for all programs are listed on the registration form.)

The fundraising program has changed this year, too, and will likely make it easier for masters to offset membership costs. In addition to Loblaws cards, gift cards from dozens of retailers are now available. Once you have reached the required fundraising contribution, your initial fundraising payment will be reimbursed. What's more, you can continue to earn money after reaching the required amount, and half of those additional earnings will be paid directly to you (while the other half goes to the club). The fundraising information letter has more details.

We hope you'll love the program this year! If you have any concerns or questions, please talk to our head coach, Gavin Thulien, or our masters' rep, Gail Bouchette. We will do what we can to accommodate your schedule, your abilities, and your goals.

See you on the ice!

Gail Bouchette

Masters' Representative, Ottawa Pacers

OTTAWA PACERS FUNDRAISING PROGRAM FOR 2009-2010

Welcome back to another year of speed skating.

We wish to introduce you to our new fundraising program for the coming season. As you may be aware, the monies raised through fundraising comprise a significant part of the annual Pacers revenue.

For those members who are returning, you are already aware that fundraising is part of being a member of the Pacers. The Pacers do not have chocolate bar sales or other similar programs. In the past, we have used the Loblaws program in which members were committed to buying a certain amount of Loblaws gift cards from the Pacers. The Pacers purchased these cards from Loblaws who in turn, gave us a discount. For those members who did not want to purchase from Loblaws there was always the buy-out option where the member made a one-time payment of \$160. The program worked very well, as members got dollar for dollar value and the club received good revenue.

THIS YEAR WE HAVE DECIDED TO USE ANOTHER FUNDRAISING PROGRAM IN ORDER TO INCREASE OUR FUNDRAISING EFFORTS. This is the only mandatory fundraiser we will do all year.

This year, the Pacers will be bringing in the Fundscrip program. Other clubs have used this program and have been very happy and successful with it. Fundscrip allows members to use many more merchants than just Loblaws. Rather than buying Loblaws gift cards, Fundscrip members have a large group of retailers from which to choose. For those who liked the Loblaws program, Loblaws is also part of FundScrip. There will still be the Buy-Out option for those who do not want to participate.

The programme will work AS FOLLOWS:

1. Member registers with Fundscrip. (Info available at registration.)
2. At registration, members will give the club a cheque for \$160 (per family).
3. After registering, a member would then order (on line at FundSrip) the gift cards they would like. The cards would be sent to the club contact who would then distribute them at practices.
4. As the member uses FundScrip, the club will receive a rebate that will be passed back to the member until the \$160 amount is reached. The rebates will be given at the end of the speed skating year. The member can use Fundscrip as little or as often as they wish.
5. If the member continues to use FundScrip (after \$160 in rebates has been received by the club), the rebates will be shared 50/50 between the member and the Pacers.

This is only a brief description of the program and more info will be available at registration.

You can get more information on the program and the merchants that are part of the program at www.fundsrip.com

PACERS SPEED SKATING CLUB OF OTTAWA EXECUTIVE



2009/2010 MASTERS MEMBERSHIP REGISTRATION

CLUB INFORMATION				
Membership Type <input type="checkbox"/> Regular (Short Track) <input type="checkbox"/> Long Track <input type="checkbox"/> Inter-Club				
PERSONAL INFORMATION				
Name	Tel. No:			
	Email 1:			
Address	Email 2:			
	Date of Birth (dd/mm/yy)	Health Card Number		
SCHEDULE OF FEES				
Masters' Membership Fees		Club Fees	OSSA Fees*	TOTAL
Full Program	<i>2 hour/week – Tuesdays & Thursdays @ 9:15 pm</i>	\$450	\$80	\$530
Half-Time Program**	<i>1 hr/wk</i> <input type="checkbox"/> Tuesday 9:15 pm <input type="checkbox"/> Thursday 9:15 pm	\$300	\$80	\$380
Inter-Club	<i>(enrolment may be limited)</i>	\$285	n/a	\$285
Long Track	<i>(for training, coaching and competitions @ Brewer Oval)</i>	\$ 70	\$80	\$150
Notes: * As an affiliated club, the Ottawa Pacers transfer \$80/skater and \$20/associate to OSSA and SSC for liability insurance. ** New skaters choosing the Half-Time Program must skate on Tuesdays				
Skate Rental Fees			Rates for the Season	
Bont Short Track Skates (boots & blades)			\$135	
Zandstra Moulded Skates (boots & blades)			\$ 75	
Short Track Boots Only			\$ 85	
Short Track Blades Only			\$ 60	
Equipment Purchases				
Skate Guards ** Mandatory for Rental Blades **			Single Guard	\$ 14.50
			Triple Guard	\$ 22.50
Eye Protection ** Mandatory for Pacers Practices **			Single Lens Goggles	Youth \$20 Adult \$ 25
CALCULATION OF FEES				
Member Type	No. of People	\$ per person	Amount	
Less Paid Pre-Registration Fee (if applicable)			()	
TOTAL MEMBERSHIP FEES				
Rental & Purchase Items	No.	\$ per item	Amount	
TOTAL RENTALS & PURCHASES				

NEW FAMILY FUNDRAISING PROGRAM – *Fundscrip*

(see accompanying Fundraising Letter)

The Pacers are introducing a new fundraising program to replace the Loblaw's Gift Card program of previous years. The **Fundscrip** Program gives our club and its member families the opportunity to purchase, on-line, gift cards for everyday retail goods and services, such as groceries, gas, home repair items and restaurant meals, with a subsequent percentage rebate back to our club and member families. At the beginning of the program, each family would be required to give the club a fundraising cheque equal to the buy-out of \$160 (or \$110, see below). More information on the *Fundscrip* Program will be available during registration.

Please select one of the 2 options below. Fundraising cheques must be on hand to complete the registration process.

Yes, I wish to join the *Fundscrip* Program.

Full Time Program: Enrollment fee of **\$160**

Part-Time Program: Enrollment fee of **\$110**

Depending on the number of purchases/ month that a family can make, all or part of the fee will be reimbursed to *Fundscrip* members. *Fundscrip* reimbursements in excess of the enrollment fee will be shared 50/50 between the club and the member.

No, I do not wish to join the *Fundscrip* Program (Buy-Out Option**). One-time payment of **\$160** (Full Time) or **\$110** (Part Time).**

PAYMENT OPTIONS

Membership & Rental Fees

You may pay membership & rental fees in **cash** or by **cheque** in full, or split these fees into 2 equal payments (see dates below).

Membership & Rental Fees Cheque # _____ Amount _____ Date: 01 September 2009
Cheque # _____ Amount _____ Date: 01 October 2009

Equipment Purchases Payment for equipment is required at the time of purchase

COACHES & OFFICIALS

If you are a coach or official, you **must** register as an **associate member** in order to be covered under the OSSA Insurance policy. Please provide your name and indicate your current coaching or official level.

Name	Coaching/Official Level	Name	Coaching/Official Level

REFUND & LATE REGISTRATION POLICY

Refunds

Registered members who withdraw from the Club on or before **October 1st, 2009**, shall be refunded all fees paid, less a **\$50 administration fee. No membership or skate rental fee refunds will be issued after October 1st, 2009.**

Late Registration

Members joining after **November 1st, 2009** shall pay **Club** membership and rental fees **pro-rated** from the first day of the month in which they join the club. OSSA fees will be paid in full.

CONTACT INFORMATION

The Ottawa Pacers may use this **Contact Information** to prepare a list of members for distribution to other club members.

Yes, you have my/our permission to use this contact information in a club list.

No, you do not have my/our permission to use this contact information in a club list.

PARTICIPANT INFORMATION FORM (PIF)

In the interest of the safety of our skaters during on-ice sessions, we request that a **Participant Information Form (PIF)** be completed for **all skaters**. This information will help club coaches and arena staff deal with the unlikely event of injuries or illness. Canada's National Coaching Certification Program and the Red Cross recommend the form for amateur sport organizations and clubs. The PIF will be available at the first practice.

CODE OF CONDUCT

Skaters & Members are expected to treat **coaches, officials, volunteers** and other **skaters** with **respect**, both on and off the ice.

WAIVER

I hereby authorize emergency medical or surgical treatment for myself and/or my daughter/son/ward if such treatment is required while I or my daughter/son/ward is participating in the Pacers Speed Skating Club of Ottawa, Ontario Speed Skating Association (OSSA) or Speed Skating Canada (SSC) activities. I hereby, for myself, my heirs, executors and assign, waive and release any damages I may have against the Pacers Speed Skating Club of Ottawa Inc. and the City of Ottawa or their agents.

SIGNATURES

Signature of Skater

Witness Signature

Date: dd - mm - yy

Date: dd - mm - yy