



Message from the President

Welcome to the 2010-11 speed skating season! I hope you're all as excited as I am to get back on the ice. I'd like to extend a special welcome to those skaters and families who are joining us for the first time this year. We hope you'll enjoy this thrilling sport and very friendly community.

Registration for returning members is in early July this year, with a second registration night in late August for new members and interclub skaters. We have changed the registration form to make it easier for our registrar and treasurer to use and to reduce mistakes in filling it out. Please take a minute to look over the form and ask us if you have any questions. Skaters must have all forms submitted before stepping on the ice.

The practice schedule this season is the same as last year's, namely Tuesdays and Thursdays at the following times:

Development	5:15pm – 6:15pm	Advanced	7:45pm – 9:05pm
Intermediate	6:15pm – 7:35pm	Masters (adults)	9:15pm – 10:05pm

The season runs from September 7th to March 31st. There are no practices on December 28th or 30th or on Thursdays, January 6th, 13th, 20th, and 27th. Giving up these dates greatly reduces our ice costs and the demands on our coaches, many of whom spend long hours at the long track oval in January and February.

There are several dates on which we will skate at the Sensplex on the smaller, neighbouring ice pad. These switches accommodate Rogers TV broadcasters who require the use of our home ice pad to televise certain hockey games. We are currently negotiating to schedule these broadcasts on Thursdays, which would reduce the impact on skaters preparing for weekend meets; Thursdays are often 'taper' days with little speed work. We will announce the specific dates of these ice-pad switches in advance.

The application of the new HST to our ice rentals costs has forced us to increase membership fees somewhat. This season is the last of a three-year contract with the Sensplex that limited our annual increase in ice costs. This year we will negotiate a new contract to come into effect in 2011-12.

While the basic skater membership fees go towards the cost of renting ice, fundraising revenue is necessary to cover all other club operations – expenses such as rental of Rocky's equipment room, running of meets, payment of coaches' travel expenses, and purchase of mats. Each family is required to make a commitment of \$160 towards fundraising.



Again this year, you can earn back your fundraising commitment in whole or in part by buying gift cards through FundScrip. Some families earned sizeable rebates last year which they are applying towards this year's registration fees. See the attached fundraising information for details on how you can recoup some of your skating costs.

We are happy to welcome back Rocky Lamontagne and Gavin Thulien as our equipment experts this year. They can help you with all your equipment needs, including the following mandatory gear: helmet, safety glasses, neck guard with bib, cut-proof gloves, knee pads, and shin guards. All of this equipment is available for purchase from ZT Sports (Gavin), which will be on-site at registration and at many regular practices. Skates are available for seasonal rental from the club.

There are opportunities for skaters of all ages and abilities to race this year, including several meets hosted by our own club. Check the websites of the Ontario Speed Skating Association (www.speedskatingontario.org) and the Pacers (www.ottawapacers.ca) for the latest competition schedules. Rocky will collect all registration forms for meets, and this year we are implementing a no-tolerance policy for late registrations. Registration forms will be available in the equipment room and deadlines will be announced in advance.

The Ottawa Pacers are a self-run organization with no paid staff, and participation by all members is what makes us a thriving social community. Our members coach skaters, help to run practices on the ice (with or without speed skating experience), maintain the club website, manage finances, oversee long track oval operation, build the long track ice surface, and participate in hosting meets, to name just a few of the ways we work together to promote the skating experience. Find out how you'd like to get involved by talking to the club executive and to your friends within the club – there's something going on that you'll want to be part of!

Please contact me or any other member of our board of directors if you have questions, comments, or suggestions. This is your club, and we want to hear your ideas! Contact information for all board members is on the club website. Board meetings are open to all club members to attend, and will be announced in advance; meeting agendas and minutes are available on request to Rachael McKinley, our secretary. Let us know what you're thinking, and come find out what we're doing!

Wishing you a season of good skating and great friendships,

Gail Bouchette
President, Pacers Speed Skating Club of Ottawa
op_president@ottawapacers.ca
(613)-560-9111



Welcome back, masters!

My name is John Pillar and I am happy to be your masters' representative for this season.

This year's skating program will be basically the same as last year's format with minor changes. Our first skate night is Thursday September 9th and our last is Thursday March 31st. Tuesday practices will continue to focus on technical skills, while Thursdays will have more of a conditioning focus. During the month of September there will be only one practice a week, on Thursday. Tuesday-only skaters are encouraged to attend these practices. The September practices will focus on reviewing technique and getting our skating legs back without skating at high speed. In January we will have only one practice a week, on Tuesdays. Thursday-only skaters are encouraged to attend these practices. In January skaters are also encouraged to try long-track skating on the oval.

The four Tuesdays in September will be dedicated to a trial skating program for potential new skaters; this arrangement will allow us to accommodate a large number of new skaters without compromising the quality of the regular practices for returning skaters.

Half-time skaters will note that they are now required to make the same fundraising commitment (\$160 per family) as all members. In the past year it was \$110. We did this for simplicity. We have compensated for this increase when setting the participation fees for half-time members (fees have not gone up as they would have otherwise). We hope this will encourage more masters to participate with their families and take greater advantage of FundScrip by which they can earn back their fundraising commitment.

If you have any questions or comments please feel free to contact me.

Yours truly,

John Pillar
johnfpillar@yahoo.ca

2010 - 2011 Fundraising & FundScrip

As part of registering your family for the 2010-2011 season you will have made a fundraising commitment payment of \$160. This payment is essential to funding the overall operations of the club. If you so choose you may earn a refund of part or all of this payment (or even more) by participating in the FundScrip program offered through the Pacers.

FundScrip allows our members to purchase gift cards for a variety of retailers and service providers. For example, gift cards are available for Loblaws, Metro, Esso, Petro-Canada, Shoppers Drug Mart, Chapters, The Gap, Future Shop, Home Depot, Subway Sub, and Starbucks just to name a few.

As you purchase cards you earn back a percentage of the dollar value of each card; the percentage varies by retailer from 1% to 10%. Your earnings are directed to the Pacers and accumulate over the season. At the end of the season we will fully refund the first \$160 of your earnings. If you accumulate earnings in excess of \$160, half of this excess will be refunded to you and half will be kept to benefit the club. There is no minimum or maximum level of participation.

To participate you need to open an on-line account:

- Go to www.fundscrip.com.
- Click 'Sign Up.'
- Enter your name, email address, postal code and Invitation code: 6547RC.
- You (the supporter) will receive an email requesting confirmation of email address.
- Once you click the link in the email, you can enter the other profile info.

Gift cards are ordered on-line via the website above. Orders are processed every second Thursday and your gift cards will be available from a Pacer volunteer at the Sensplex the following Tuesday. FundScrip continues year-round, and arrangements can be made to pick up cards during the off-season.

Payment for cards can be made via Electronic Fund Transfer (EFT), by which money is withdrawn from your bank account after your order is processed. Enabling EFT is simple and only requires faxing a void cheque to Fundstream. You can also purchase cards by credit card but the earning percentage is reduced by 2% for each purchase.

An example of what you could earn for yourself and the club:

\$100/wk @ Loblaws ==> $\$5200 * 3\% = \156

\$30/wk @ Esso ==> $\$1560 * 2\% = \32

\$20/wk @ Starbucks ==> $\$1040 * 5\% = \52

Total Earnings: \$240 ==>> Refund for you : \$200 ($\$160 + \$80/2$)

Club Benefit : \$40 ($\$80/2$)

By making your fundraising commitment payment you have met your financial obligations to the club. Subsequent participation in FundScrip is available for your benefit should you choose to use it. We hope you can use it effectively to reduce your costs of membership.

Signing up is quick, free and easy!

1 How to Register:

- Go to www.fundscrip.com
- Click on Sign Up (top right hand corner)
- Provide the Sign Up information required
- **OUR INVITATION CODE:**
(you will be asked to enter our invitation code)
- Confirm your Sign Up
(you will receive an email at the address you signed up with)



2 How to Apply for EFT Payment:

You can apply for EFT (electronic funds transfer) and set up your online debit to pay for your orders from your bank account. EFT is the easiest way to pay for your orders*.

- It's a cheque but without the paper.
- No transaction fees and no monthly fees.
- FundScrip submits a debit to your bank account and then your financial institution transfers the money electronically.
- It's private, safe and secure.
- You can cancel the EFT payment service at any time.

Simply, download the EFT form when you register. Then fill out the form and fax us a copy (with the voided cheque attached) to the number indicated on the form. You can also scan and email the form to eft@fundscrip.com.

You will receive an email when your EFT account has been activated.

3 Using Credit Cards:

FundScrip offers credit card payment with Visa and MasterCard but there is a reduction in the earned rebates of 1.99% to help cover some of the processing fees.

4 How to Order:

- Go to www.fundscrip.com
- Click on "Login"
- Enter your email address and password
- Select your gift cards from FundScrip's large variety of participating retailers

FundScrip Tip: You can set up a Recurring Order and never have to worry about ever forgetting to place your order.

5 How Much Can You Raise For Your Group?

Modest: If your family purchases \$100 per week in groceries and pharmaceuticals (3%) and \$40 a week in gas (2%).

You would raise over \$200 a year for your group!

Average: If your family purchases \$150 per week in groceries and pharmaceuticals (3%) and \$50 per week in gas.

You would raise over \$275 a year for your group!

Larger Households: If your family purchases \$200 per week for groceries and pharmaceuticals (3%) and \$50 per week for gas (2%)

You would raise over \$350 a year for your group!

2010 - 2011 MEMBERSHIP REGISTRATION

CONTACT INFORMATION

Contact Name (Parent where applicable)			Phone
Address			Email
City	Prov	Postal Code	Alternate Email

You have my/our permission to use this contact information in a club list (circle): **Yes** **No**

Member Details & Fee Calculation FEES

Fundraising Commitment Payment (collected per family)	\$ 160
<i>Payment can be earned back in full or in part by participation in the FUNDSCRIP program!</i>	
Commitment is not required of Non-Participants (including coaches), Long Track skaters, or Interclub skaters.	

Non-Participants - OSSA Membership Only	Date of Birth (d-m-y)	Sex (M/F)	Code	Fees
Name		M F		\$
Name		M F		\$

Participants - Full Fees (1 st & 2 nd highest fees)				
Name		M F		\$
Name		M F		\$

Participants - Discounted Fees (3 rd & subsequent with lowest fees)				
Name		M F		\$ **
Name		M F		\$ **

Equipment Rental Fees	\$
Blade-Care Equipment Purchases (when renting blades)	\$

Credits:	TOTAL FEES:	\$
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Pre-registration Paid (\$50 where applicable)	- \$
Retained FUNDSCRIP Earnings from 2009-2010	- \$
Credit towards OSSA Membership for Certified Coaches (\$20 where applicable) <small>Must indicate "coach" beside member name and complete "Requirements for Certified Coaches" on reverse</small>	- \$

NET PAYABLE:	\$
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Payments:	\$	Current Payment (Cash or Cheque) <small>(at least 50% of Net Payable)</small>	\$	Balance <small>Post-dated cheque Oct 1st 2010</small>
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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.

Signature of Participant (18 years or older) or Signature of Parent (Participant(s) under 18 years)	Signature of Witness:	Date_(d-m-y):
Signature of Additional Participant (18 years or older)	Signature of Witness:	Date_(d-m-y):

SCHEDULE OF FEES

Code	OSSA-Only Memberships	Club Portion	*OSSA Portion	TOTAL	
OA	OSSA Associate <i>Minimum membership requirement for coaches* and for each parent of skater(s) under 16 yrs.</i>	--	\$20	\$20	
OC	OSSA Competitor	--	\$90	\$90	
Code	Participant Fees	Club Portion	*OSSA Portion	TOTAL Full Fee	TOTAL ** Discounted
DEV	Youth Development <i>2 hours/week – Tues & Thurs @ 5:15 pm</i>	\$380	\$90	\$470	\$280 **
INT	Youth Intermediate <i>3 hours/week – Tues & Thurs @ 6:15 pm</i>	\$540	\$90	\$630	\$360 **
ADV	Youth Advanced <i>3 hours/week – Tues & Thurs @ 7:45 pm</i>	\$540	\$90	\$630	\$360 **
MHA	Master Half-Time A group (29 hours) <i>1 hour/week – Tues @ 9:15 pm (except September: Thurs.)</i>	\$300	\$90	\$390	\$240 **
MHB	Master Half-Time B group (29 hours) <i>1 hour/week – Thurs @ 9:15 pm (except January: Tues.)</i>	\$300	\$90	\$390	\$240 **
MFT	Master Full-Time (50 hours) <i>2 hour/week (except Sept.& Jan: 1 hour/week) – Tues & Thurs @ 9:15 pm</i>	\$500	\$90	\$590	\$340 **
LT	Long Track <i>For training and coaching @ Brewer Oval ONLY</i>	\$80	\$90	\$170	\$130 **
IC	Inter-Club <i>Note: Enrolment may be Limited</i>	\$315	---	\$315	n/a

**** Family Discount:** First two participants of a family pay full price (applies to the two highest fees). Third & subsequent participants pay discounted fee (50% discount applied to club portion).

***OSSA Fee:** As an affiliated club, the Ottawa Pacers transfer \$90/skater and \$20/associate to OSSA (Ontario Speed Skating Association) and SSC (Speed Skate Canada) for liability insurance. Certified coaches receive \$20 credit towards OSSA fee.

Refunds: Registered members who withdraw from the Club on or before October 1st, 2010 shall be refunded all fees paid, less a \$50 administration fee. No refunds will be issued after October 1st, 2010.

Late Registration: Non-returning members joining after November 1st, 2010 shall pay Club membership and rental fees pro-rated from the first day of the month in which they join the club. OSSA fees shall be paid in full.

PARTICIPANT INFORMATION FORM (PIF)

In the interest of the safety of our skaters during on-ice sessions, we require 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.

CODE OF CONDUCT

Parents are expected to be **in the arena** and be **responsible** for the behaviour of their children (under 16 years of age) while they are at practice and during competitions.

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

Coaches are expected to treat **skaters, officials** and **volunteers** with **respect**, both on and off the ice.

REQUIREMENTS FOR CERTIFIED COACHES (Complete if registering as a coach)

COACHING CERTIFICATION *please provide copy of certificate*

Former System	Practical Level: ____	Technical Level: ____	Theory Level: ____	NCCP # :	Ethics Exam: Yes ____ No ____
New System	Level of Certification: _____		Expiry Date (d-m-y):		NCCP # :

FIRST AID *please provide copy of certificate*

Date of Last First Aid Course Taken (d-m-y): **Note:** If your first aid certification has expired (over 3 years old), you must re-certify no later than November 1st, 2010.

POLICE CHECK *please provide copy of certificate*

Date of Last Police Check (d-m-y): **Note:** If your police check has expired (over 3 years old), you are required to submit to a Police Check no later than Oct. 1st, 2010. Forms will be available at registration.

2010 - 2011 Skate Rental Form

Member Name	
Contact Name (Parent where applicable)	Home Phone

Skate & Blade Rentals				
Skater Name	Rental Type	Boot Size	Blade Length	\$
Skater Name	Rental Type	Boot Size	Blade Length	\$
Skater Name	Rental Type	Boot Size	Blade Length	\$
Skater Name	Rental Type	Boot Size	Blade Length	\$
Total Skate Rental Fees:				\$

I have received and will follow instructions for proper blade care: _____ (initial)

Rental fees received: _____ (date and signature of treasurer or representative)

Equipment returned: _____ (date and signature of equipment mgr or representative)

Seasonal Rental Fees:	
Short Track Skates (Boot & Blade Combination)	\$135
Short Track Boot Only	\$85
Short Track Blade Only	\$60
Zandstra Molded Skates	\$75

Blade Care Equipment Purchases	
# _____ Blade Socks @ \$12.00	\$
# _____ Single-piece Blade Guards @ \$13.00	\$
Total Blade Care Purchases:	\$

I already own the required blade care items : _____ (initial)

2010 - 2011 Participant Information Form

PARTICIPANT INFO

Participant Name		Home Phone	
Address		Business Phone	
Health Card #	Birthdate (d-m-y)	Weight	Height

EMERGENCY CONTACT INFORMATION

Emergency Contact Name		Home Phone	
Address		Business Phone	
Relationship		Cell Phone	
Alternate Emergency Contact Name		Home Phone	
Address		Business Phone	
Relationship		Cell Phone	
Family Doctor	Address	Phone:	

MEDICAL INFORMATION

Have you had or do you have any of the following?

Arthritis or rheumatism	Yes	No	Diphtheria	Yes	No	Headaches	Yes	No
Asthma	Yes	No	Dislocated shoulder	Yes	No	Heart trouble	Yes	No
Chronic nosebleeds	Yes	No	Dizziness	Yes	No	Skin condition	Yes	No
Concussion	Yes	No	Epilepsy	Yes	No	Stomach problems	Yes	No
Diabetes	Yes	No	Fainting	Yes	No	Swollen joints	Yes	No

Specify other injuries or illnesses and/or provide pertinent dates & details regarding the above:

Do you wear any of the following?	Eyeglasses?	Yes	No	Contact Lenses?	Yes	No
Braces on your teeth? Yes No	Rigid/Soft brace?	Yes	No	Hearing Aid?	Yes	No
Are you taking any prescription drugs? Yes No If yes, please specify what medication has been prescribed and why.	What medications, if any, should the participant have on hand during the sport activity? By whom should it be administered?					
Have you any allergies? Yes No If yes, please specify:	Have you any permanent disabilities? Yes No If yes, please specify:					
Do you wear a medical alert bracelet? Yes No If yes, please specify:	Last tetanus immunization (d-m-y)		Blood Type			

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Signature of Participant (18 years or older) or Signature of Parent (Participant(s) under 18 years)	Signature of Witness:	Date (d-m-y):
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