



## Speedskating-KW

### Cambridge Speed Skating Club: Home of Champions

The Cambridge Speed Skating Club, established in 1970, is a non-profit youth sport organization and member of PSO - Ontario Speed Skating Association. The club is known for its pursuit of excellence through a high level of coaching expertise and skaters who have reached the Olympic level, those currently training at national facilities and members of the PTT or PDT.



*Photo: Kevin Harrington/A Shot On Site Photography*

Its mandate is to introduce children aged six-18 to recreational and competitive speed skating. At present there are about 65 skating members representing 52 families. There are currently over 25 other speed skating clubs in Ontario who are members of the Ontario Speed Skating Association

The club follows the Long Term Athlete Development (LTAD) program, from Speed Skate Canada in the development of its programs. The strong coaching staff has sent four skater so the Olympics: Derrick Campbell (1998 Olympic Gold Medalist), Kevin Crockett (1998 Olympic Bronze), Cindy Overland (1998 and 2002 Olympian) and Amanda Overland (2006 Silver) and currently training at the National Training Facility in Montreal, Québec

To become a member of the club requires residence in the community, unless there is no club in your community of origin. Therefore, families from Ayr, Hamilton, and New Hamburg etc are members of the club. Visiting elite skaters from other local clubs come one night a week to skate with Cambridge's competitive group.

Skating gets underway early as Ice sessions run from September to the end of March and dry land runs from June to the end of August. The club provides skating at various levels of ability. Some members may choose to attend only practices, whereas others may prefer the competitive stream. There are two levels of competition available to skaters with one a higher level than the other based on the PSO competition selection criteria and the skaters achievements.

All competitions are province-wide for both levels, ranging from one day to two day competitions and can be anywhere from Ottawa to London to Sudbury. The higher level of competition takes skaters into the U.S. and across Canada.

The club strives to help its skaters excel both physically and mentally, in their chosen sport. The goal is for them to be successful not only in sport but also in life and the challenges they will meet along the way.

Notable members include: Richard Shoebridge

Ranked 11th in the 1500m and 500m distances at the World Cup #3 in China and also Ranked 15th in the 1000m and 7th in the 500m at the World Cup #4 in Japan.

Won a gold and silver medal in the relay at both these events

Currently ranked 11th nationally

Dustin Miller-Ranked 17th in the first senior National Team Trials, 18th in the 1500m, 11th in the 500m and 19th in the 1000m distances

Continued...

Amanda Overland-Currently ranked 4th nationally

Derrick Campbell-Currently Nation Team ST Coach

Kevin Crockett-Currently National Team LT Coach

Cindy Overland-Currently Short Track training at the National Training Centre in Calgary, Alberta:

Elizabeth Dier-Provincial Training Team Member

Kristy Shoebridge-Provincial Training Team Member

Matthew Morrison-Provincial Development Team Member (PDT)

Jairus Maus-Currently Training Long Track at the National Training Centre in Calgary, Alberta:

Fraser Stinson, Adam McCabe-Currently training at club

Skaters that are members of the Ontario PTT or PDT:

Keri Morrison-Provincial Training Team Member (PTT)

Hayley Roberts-Provincial Development Team Member (PDT)

Taylor Schmidt-Provincial Development Team Member (PDT)

Currently the entire PTT consists of athletes from the Cambridge Speed Skating Club and two members are on the PDTeam.

Last year at the North American Short Track Speed Skating Championships Cambridge Speed skating Club won 10 medals in and at the Canadian Championships, Nationals, they won over 12.

This year the club is proud to host the 2009 Canadian Age Class Short Track Speed Skating Championships from March 27-29, with the opening ceremonies taking place on Thurs. Mar. 26 from 6:30-7:30 pm. The closing ceremonies take place Sun. Mar. 29 at the conclusion of competition. Skating starts each day at 9am.

Eligibility: Midget to Senior (10-18 years old)

Number of skaters: 160-200

Number of officials, coaches and volunteers: 150

Total Economic Impact: \$1,000,000

Sanctioned by Speed Skating Canada

Premier under 18 short track event of the year

Up to 4 of the fastest skaters (boy and girl) per age group from each province and territory

20 Canadian records were broken at 2008 Canadians in Sherbrooke

Canadians is a crucial element in preparing today's young athletes for the Olympics

<http://www.cambridgespeedskating.ca/>

For more information please contact Club President, Cathy Pardy: 519-767-0519 or Email: [cathy@cambridgespeedskating.ca](mailto:cathy@cambridgespeedskating.ca)

<http://www.sportsexpress.com/blogs/skating/cambridges>