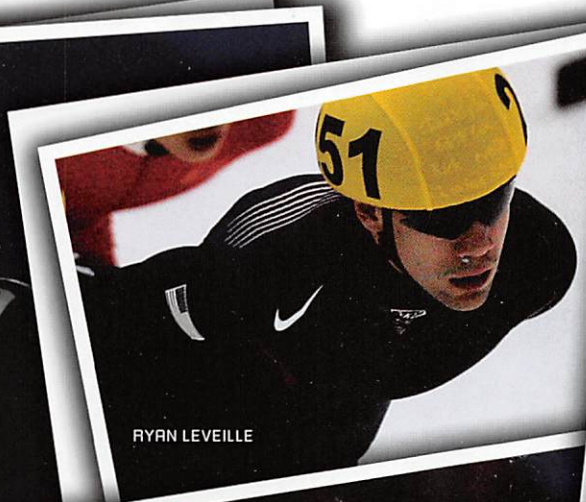




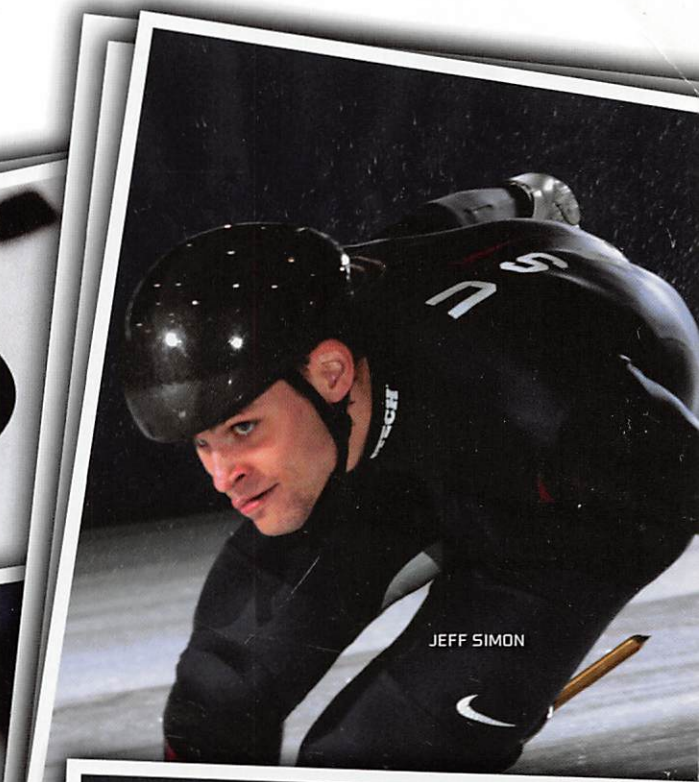
RACING BLADE



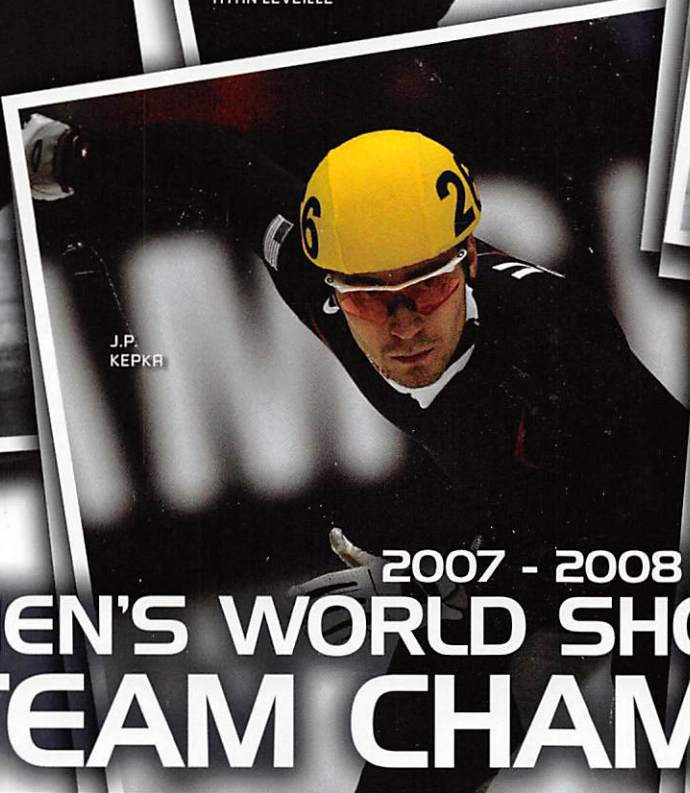
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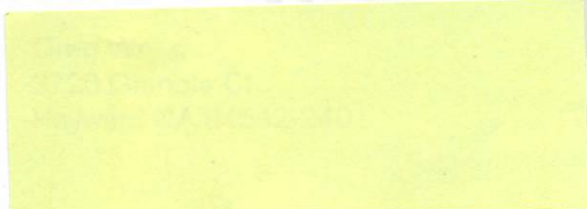


J.P. KEPKA

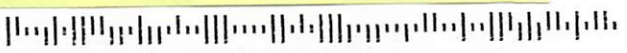


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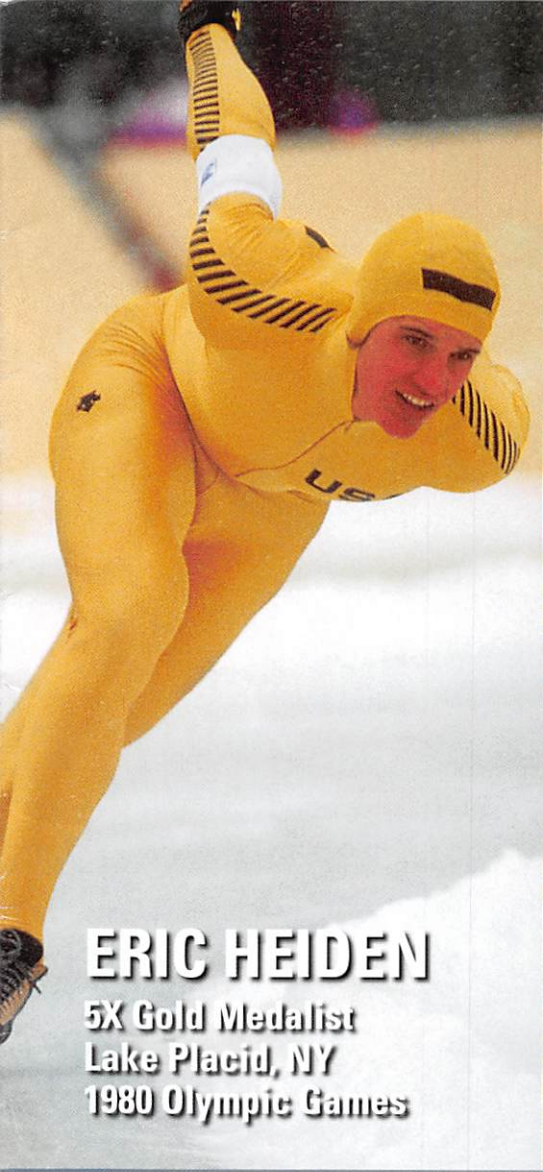


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US SPEEDSKATING OLYMPIC MEDALISTS

WHO WILL BE NEXT?





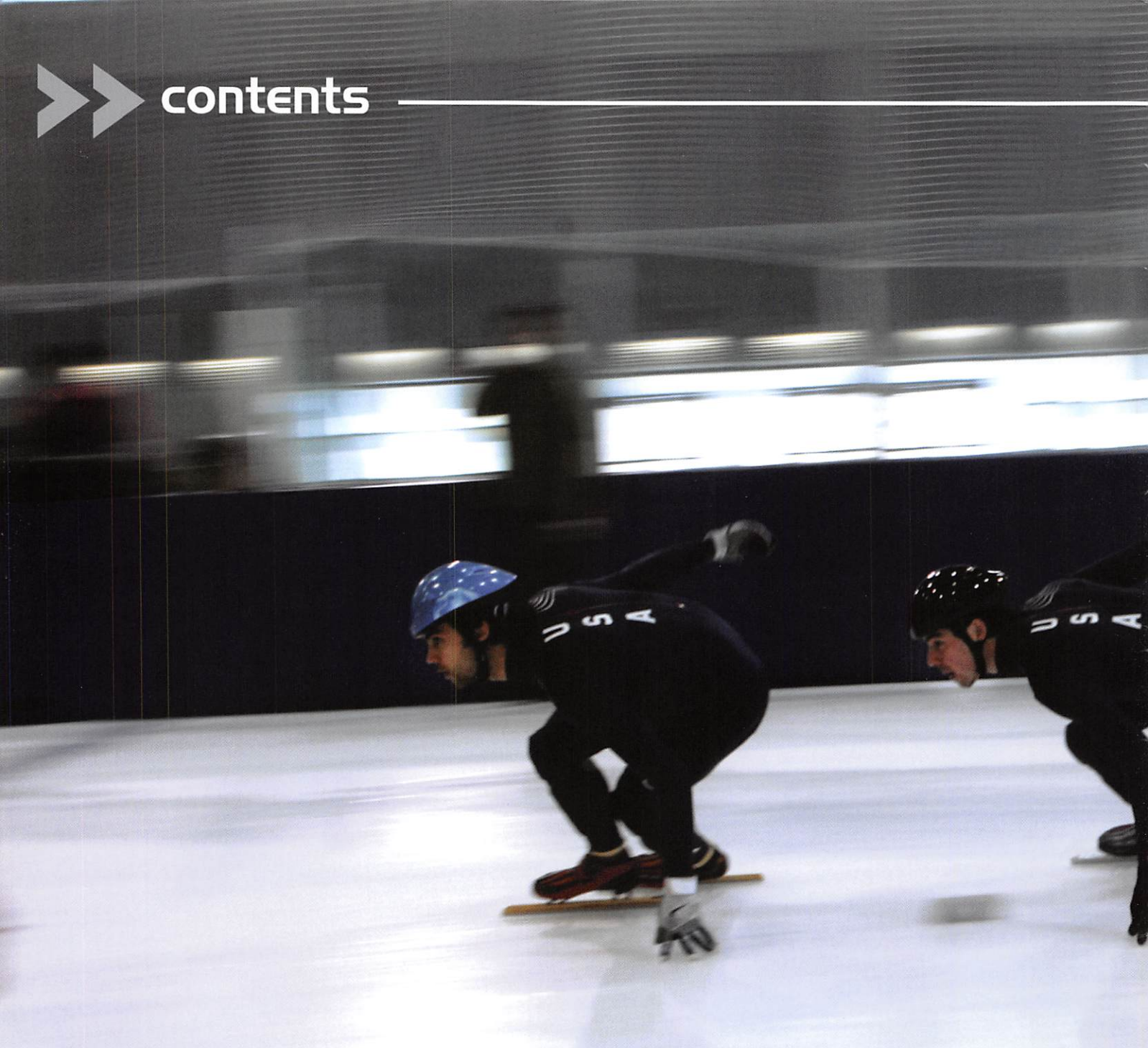
Ladies Short Track
National Training Program

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Athletes in the 2008-2009 Ladies Short Track National Training Program hanging out at the Utah Olympic Oval in Kearns, Utah.



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LONG TRACK

NATIONALS

WORLDS

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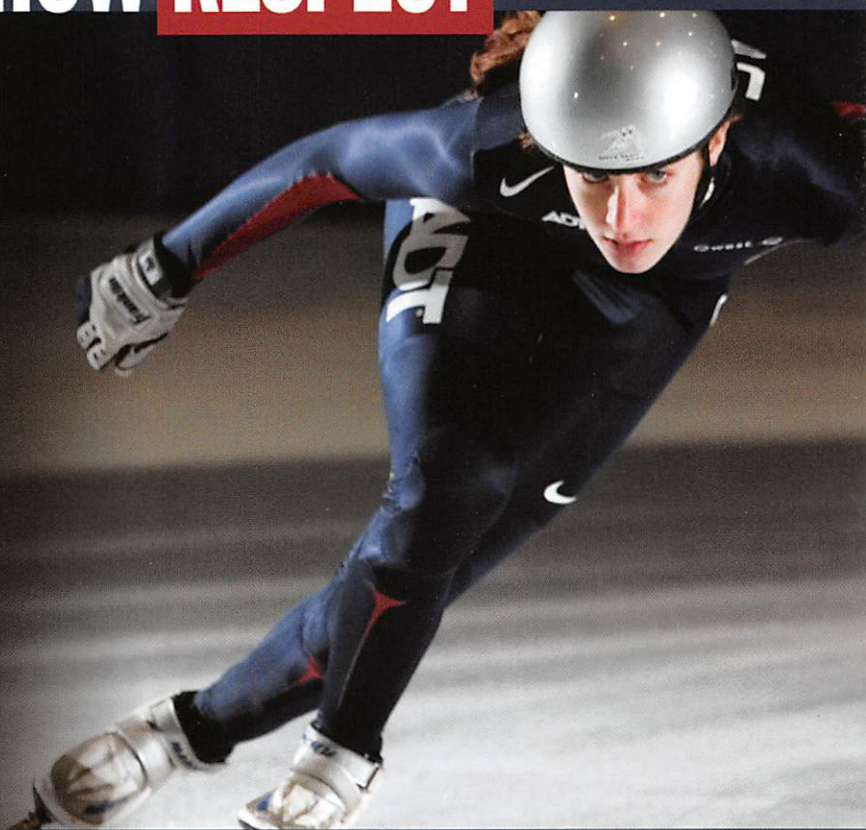


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Behind the scenes of a photo shoot



▲ LAUREN CHOLEWINSKI SMILES FOR THE CAMERA. Wind gusts and hot sun made for a challenging photo shoot outdoors. Graphic Designer, Brian Hugo, holds the wind/sun reflector.



▲ OHNO, LOBELLO AND SIMON ROUND A CORNER. Amazingly nobody crashed, went blind, or punched the photographer for using flash photography.

Racing Blade

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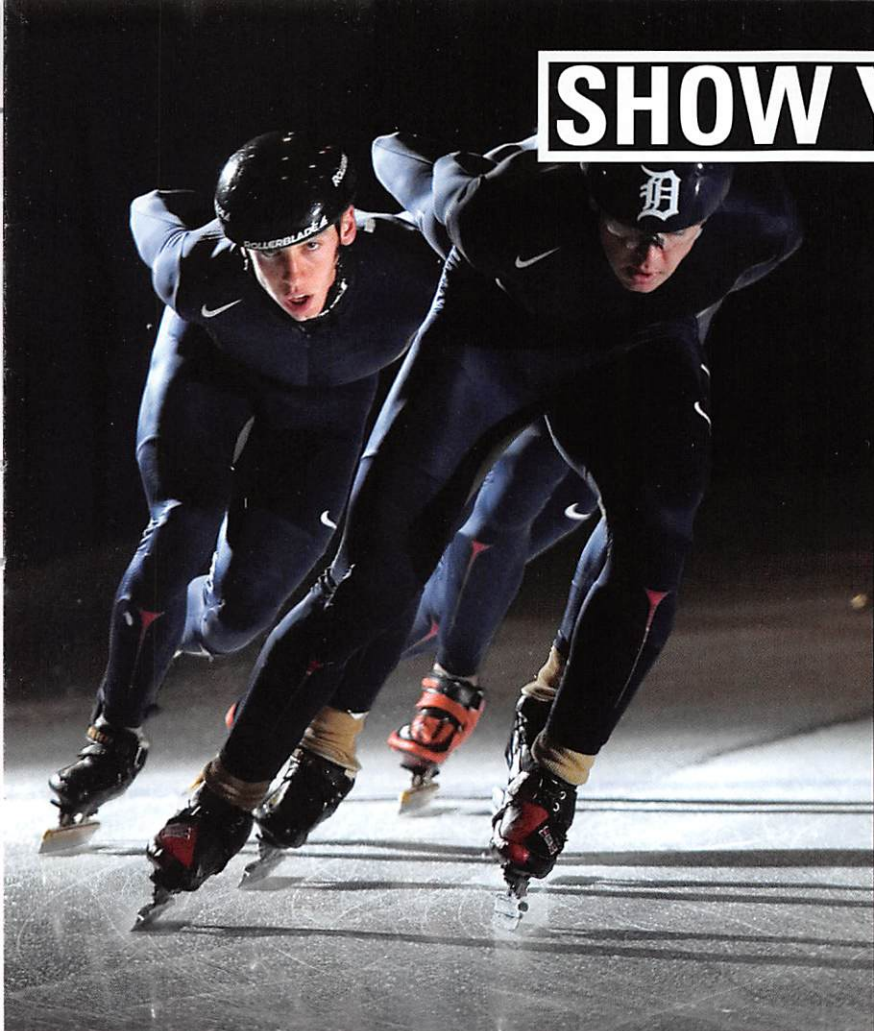
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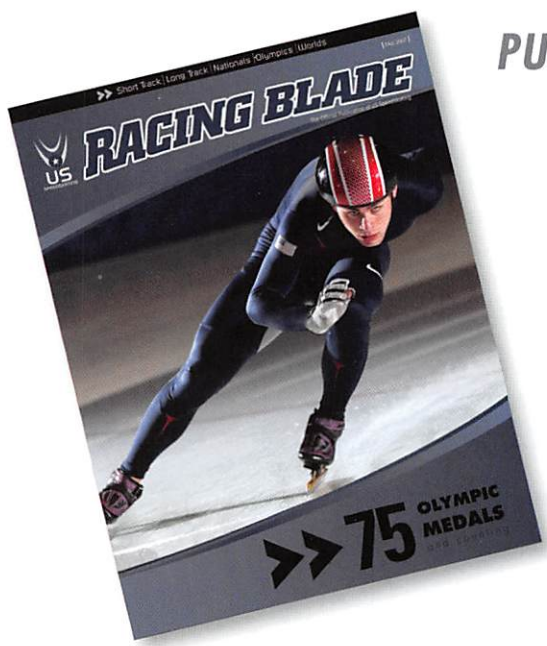
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Fall 2008

MOMENTS IN TIME

— by Robert T. Crowley, Executive Director, US Speedskating



ROBERT CROWLEY
Executive Director

A “Moment in Time” is an extraordinary event. It is life-changing, of major significance for an individual or for a group of people—an event with everlasting impact.

Moments in Time can be unexpected, or well-planned and anticipated. They stir tremendous emotion in individuals or in people around them. Sometimes the stage is inconceivably huge, other times it’s personal. But Moments in Time inspire all of us to greater achievements in every aspect of our lives.

We have our personal Moments in Time—the birth of a child, a marriage, family celebrations or tragedies. We share Moments with others when monumental events occur such as the day JFK was assassinated or the first time men landed on the moon. These events were life-changing, altering a generation’s psyche. Moments in Time make us human.

Sports are designed to create Moments in Time. The 1980 USA Hockey Team’s victory in Lake Placid was much more than a win against the Soviets. It gave U.S. citizens a sense of pride, and still captures Americans who know where they were when they watched that game. For sports fans in Philadelphia (where I was raised), seeing Tug McGraw get that final strike-out against Willie Wilson in the 1980 World Series. . .and now, 28 years later, Brad Lidge throwing that third strike to win a second World Championship – a Moment in Time for a die-hard Phillies fan.

A remarkable number of speedskating events have captured people from outside the speedskating world and brought them along for the Moment. Experiencing the emotional thrill of Dan Jansen winning his Olympic Gold medal after a series of setbacks he faced in reaching that ultimate pinnacle. Witnessing Eric Heiden win gold after gold in Lake Placid is still one of the most incredible accomplishments in Olympic history. And Australian Steven Bradbury becoming an unexpected Olympic hero in his country by winning a gold medal in the 2002 Games in Short Track speedskating – the incredulous look on his face when he won! Bonnie Blair, Apolo Anton Ohno--there are so many Moments in this sport of speedskating.

We strive for those personal moments in time. We all dream of the moment we cross that finish line, when we come face-to-face with a lifelong dream, when we see our hard work and passion pay off in something special. We all dream we can be our best in that magic moment. We dream of success and of what could be.

The little league pitcher in California visualizes his success pitching in the World Series Game 7; the pee-wee hockey player in Minnesota on a breakaway, visualizing the Stanley Cup Finals; the figure skater in the day-to-day rigors of training, dreaming of that once-in-a-lifetime performance at the Olympic Games; the short track speedskater making a brilliant move to stretch across the finish line a mere fraction ahead of the competition; or the long track speedskater building speed to pass the leader on the final straightaway.

Sport is an incredible series of Moments in Time. With dreams, passion, achievement, failure, comebacks, victory, commitment and sacrifice, if you are truly fortunate, your Moment in Time that will last forever

75 OLYMPIC MEDALS

and counting...

meet the STAFF

You can't deny it, there have been moments when you sat back and thought to yourself...What do they do at the national office??? So in an attempt to satisfy your curiosity, in lieu of a "spotlight" on just one staffer, we are going to give a quick breakdown of what the administrative staff does in the office, and a little snapshot of what we are like...personally....so sit back grab a beverage, and get to know your friendly neighborhood NGB staff...



Robert CROWLEY, Executive Director

Bob Crowley Bob is the Big Cheese, Grand Poohbah, Fearless Leader. He is the liaison between the Board of Directors and NGB, signs off on contracts, budgets etc., works on sponsorship deals and generally maintains order. He also enjoys running staff meetings and putting out various NGB fires. Personally, Bob enjoys watching other sports (like baseball) and spending time with his wife Linda. As for a vacation, when asked, Bob got a puzzled look on his face and said, "Huh? Vacation?"



Paul BRABANTS, Director, Business and Finance

Paul Brabants is our HR, IT, Finance go to guy. He runs the checks (critical around pay day) as well as keeps us on track with budgets, expenses and other various internal financial duties. He also helps the staff with our phones, computers, and anything else technical that we need. He is the touchpoint on insurance issues, both for staff and athletes, Local organizing committees (LOCs), etc. Earning his MBA from San Diego State, Paul has worked for various sporting organizations including the Salt Lake City Olympic Organizing Committee in 2002. Personally, Paul enjoys cycling (often riding to work) and is a critical member of "Team Sour Cream and Onions," an adult evening hockey league.



Guy THIBAUT, High Performance Director

Guy Thibault has been a force in Canadian speedskating for many years. As an Olympian, Thibault finished in the top 10 in the 500m and 1000m at the 1988 Olympic Winter Games in Calgary. In the 1992 Games in Albertville, France, he finished in the top 20 in 500m, 100m, and 1500m. After his retirement, Guy worked in several capacities for both Speedskating Canada and at US Speedskating. The 2007-2008 season brought Guy back to US Speedskating to guide the high performance team and athletes into the 2010 Olympic Winter Games in Vancouver.



Peri KINDER, Executive Assistant & Membership Coordinator

Peri Kinder wears many hats, Executive Assistant, Receptionist, Assistant Editor, Membership Coordinator, award sorter, and generally everything else we can think of to throw at her. Peri has the most contact with the membership, sending out new member information, and assisting and directing members when they call into the office. Peri organizes the board meetings, conference calls and almost everyone's schedule. She is a miracle worker. As if that wasn't enough, Peri is also a professional journalist, writing for several different newspapers and magazines around the Salt Lake area. Personally, Peri is a busy mom, gifted pianist, and all around superwoman. On her summer vacation, Peri visited Mickey in California!



Chris WEAVER, Sport Development and Domestic Event Coordinator

Chris Weaver coordinates all of the details for our domestic events. From where the signs go up to making sure the awards arrive at the venue, he is the point person for the creation and success of US Speedskating's domestic events. Based in Michigan, Chris pow wows with the Salt Lake Staff one week a month as well as at events. He is the go to guy if you have event questions! Personally, he has just graduated with a degree in journalism and has recently returned to Michigan (from living in Salt Lake initially) with his dog Molly. For his summer vacation, Chris reports he did the twist with Chubby Checker...(we understand Chris is quite the dancer).

So there you have it, a 5 person, very busy office. We apologize in advance if we are a little slow on returning messages during the season, or our emails come a little slower than anticipated, but be assured that the 5 people mentioned above are working hard to make this NGB, and sport professional and successful.

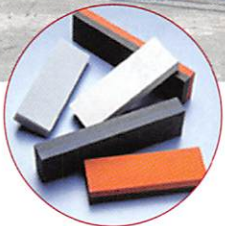
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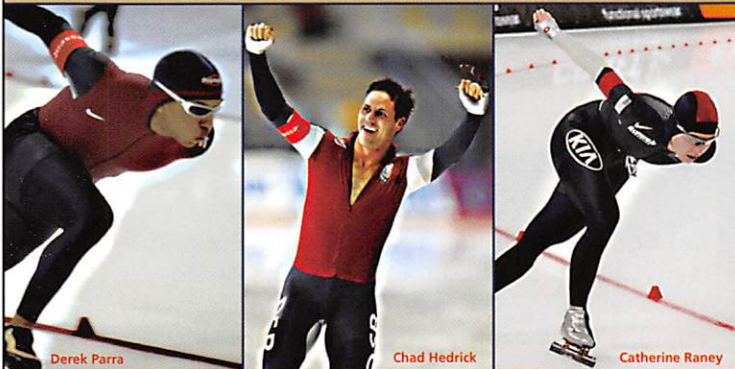


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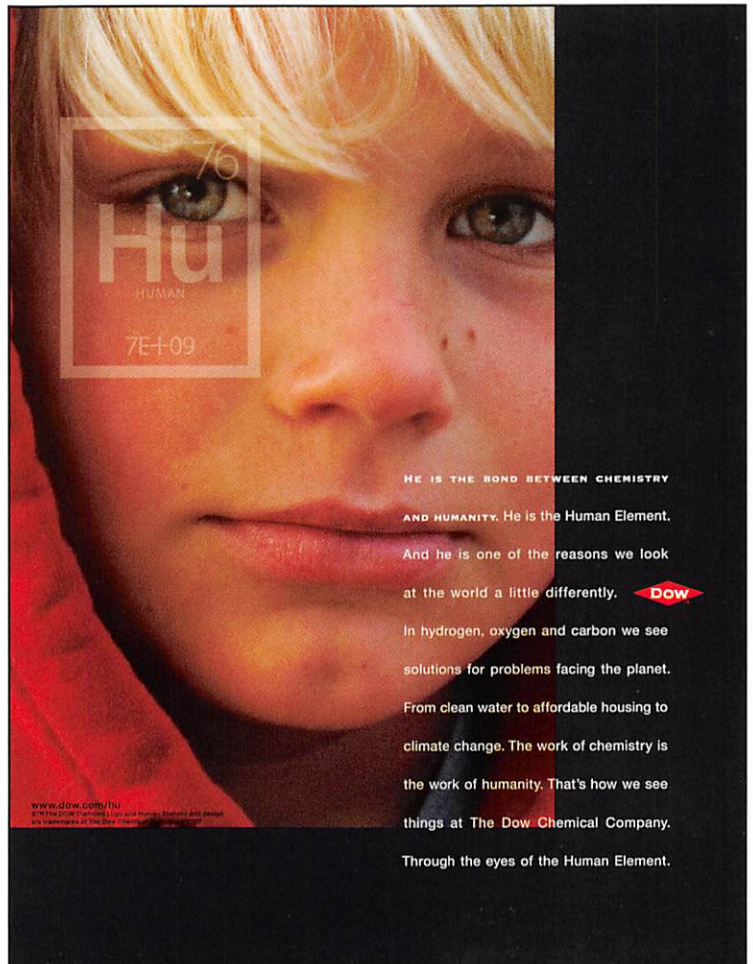
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“It has never happened before and it solidifies the fact that our U.S. Short Track Men’s team is the best in the world and has the potential to consistently be the best in the world.”

— Apolo Anton Ohno

It all came down to one race — the Men’s 5000m relay. As the skaters took the ice in Harbin, China for the final event of the 2008 World Short Track Team Championships in March, it was pretty much a three-way tie for first between the United States, Korea and Canada. The outcome of the relay would decide who would reign as the 2008 World Short Track Team Champions.

With the title on the line, and amid incredible pressure, Team USA smoked the competition, finishing the relay with a scorching time of 6:50.907, leaving teams Canada, China

and Korea in the dust, and winning the World Team Championship title. Olympians Apolo Anton Ohno, JP Kepka and Ryan Leveille, joined with newcomers Jeff Simon and Jordan Malone to give the USA the World Short Track Team Championship title for the first time in history.

“It was unprecedented,” Ohno said. “It has never happened before and it solidifies the fact that our U.S. Short Track Men’s team is the best in the world and has the potential to consistently be the best in the world.”

The previous weekend in Gangneung, Ko-

rea, Ohno won the overall ISU World ShortTrack Speedskating Championships, giving the two-time Olympic gold medalist his first World Championship title.

Under the direction of National ShortTrack Head Coach Jae Su Chun, the Men's team has become a fearsome foe on the ice. This year's fall World Cup ShortTrack team consisted of Ohno, Simon and Leveille with Travis Jayner, Anthony Lobello and J.R. Celski taking their skating team to new heights. During the first two ShortTrack World Cup events of the 2008-09 season, the Men's team brought home one gold medal, one silver and three bronze, with skaters consistently finishing in the top ten.

In the Men's 1500m, Simon received his first two individual medals for World Cup competition and newcomer Celski has been close to an individual podium finish himself. Lobello skated to a second-place finish in the 1000m in Vancouver while Ohno's third-place finish at the first World Cup in Salt Lake earned him a bronze medal.

The spectacular first-place victory by Team USA during the Men's 5000m relay in Vancouver in November, came down to a head-to-head contest between Ohno and Canadian superstar Charles Hamlin. Ohno pulled off the photo finish, ending with a time of 6:51.764, giving Team USA the gold.

And there are still four World Cup events to go before the World ShortTrack Championships in the Netherlands in March 2009.

Chun says while the results have been good this season, he's more focused on teaching the team to be consistent, respectful and mentally strong. "When each personal performance is strong, it makes the team much stronger," Chun says. "I need to show to everyone my team is the best—not just fast, but that they're good people. The team has improved a lot since last year but there's still a lot of room to improve." ❧



Stay healthy, fuel your training, and optimize racing!



and this can interrupt your ability to adapt to the new race location and/or time zone. Finally, because of the indoor nature of speed skating, the lack of sunlight through the year may put you at risk for a newly emerging vitamin deficiency: vitamin D. The following article should help you gear up for another long racing season and provide some tips for traveling.

STRONG IMMUNE SYSTEM: CARB'S, VITAMIN C, AND ZINC!

Getting ready for race season must include a balanced diet high enough in carbohydrate to maintain training intensity. You also need moderate amounts of lean protein (e.g., lean red meat, poultry, fish, trimmed pork, eggs, and low fat dairy products, lentils and beans, and soy), healthy fats (e.g., fish, olive oil, and nuts), and plenty of fruits, vegetables, and fluids. Because of the quickly spreading illnesses such as the common cold, you may consider, in addition to a flu shot and your multivitamin-mineral supplement, extra vitamin C and zinc to boost your immune defense. And should you get sick, these nutrients might reduce the length and severity of your symptoms. One of the most powerful nutrients to protect your immune system, however, is carbohydrate. Running out of carbohydrates during training pushes your body over the edge, and this stress can leave you vulnerable to illness. Thus, during high intensity training and in

As the racing season gets underway, your body needs enough fuel to maintain fitness, health, and your ability to recover from intense training and to prepare for time trials and competition.

While the transition from training to racing can be tricky because it coincides with the flu season, racing presents its own challenges because of the travel involved. Particularly air travel

has become complicated due to luggage and liquid restrictions and poor food availability at airports and on planes. Moreover, consistent eating and access to safe foods is not always possible,

preparation for early season racing, you should eat more carbohydrates at meals (e.g., pasta, rice, potatoes) and using sport nutrition products (e.g., sport drinks, bars, gels, blocs) during and after training.

PRE-RACE MEALS: EXTRA CARBOHYDRATE!

For race preparation, especially if you are racing multiple times per day, extra carbohydrate at dinner and breakfast before the race can top off your glycogen stores and support a long day of racing. And if you have repetitive racing days you should also increase your carbohydrate intake before and on race day to ensure timely recovery. The pre-race dinner should be consistent, easy to digest, and high in carbohydrate (see examples below).

- Plate of white pasta with ground white turkey meat, minestrone, bread, cookie, water or diluted juice
- White basmati rice with salmon or white fish, carrots or zucchini, bread, fresh fruit, water or diluted juice
- Oven roasted or baked potatoes with grilled chicken, zucchini, bread, cookie, water or diluted juice

Your race breakfast should sit well in your stomach and should be easily digested and quickly absorbed. Exactly for that reason, many athletes like oatmeal. Oats are cooked in water or milk which makes them easier to break down and absorb. Cooking oats in low fat milk adds protein, and fresh fruit or apple sauce can provide fiber for regular bowel movements and to help delay hunger (see recipe below). Adding dry fruit is tasty but keep in mind that they are hard to digest. All race dinners and breakfasts should be trialed in training.

Your race breakfast should sit well in your stomach and should be easily digested and quickly absorbed”

— Nana Myer
Sports Dietitian

HEARTY BREAKFAST OATMEAL

Ingredients: (serves 1)

¾-1 ¼ cups dry, quick cooking oats
½ apple (sliced) or ½ cup apple sauce
1-2 prunes (pitted & cut into small chunks)
1.5-2 cups skim or low fat milk
Touch of salt
Cinnamon

Directions:

1. Bring skim milk to boil
2. Add oats, salt, cinnamon
3. Thinly slice apple and add to mix
4. Cut prunes and add
5. Cook for 3-5 minutes or until soft
6. Serve with cold milk and honey

*If you travel you can easily make your oatmeal with powdered skim milk and 2-3 oatmeal packs. Add toast and honey for more calories.

FUELING ON RACE DAY: CARB'S, CAFFEINE, AND RECOVERY DRINKS!

Once you have your race foods lined up you should think about what you will consume between warm-up and racing, and during multiple races or heats. Because of the extensive warm-up skaters undergo, a sport drink or water and a gel before warming up on the ice (during or after general warm-up) is a must. Using a gel approximately 20-30 minutes before race start can ensure that you have enough sugar around to maintain your mental edge.

CAFFEINE

Whether you add caffeine (in the form of a caffeinated gel) is your own decision. Caffeine may enhance your performance, although there are no studies that have specifically tested the effect of caffeine on speed skating performance. In short track, caffeine could potentially make a difference later during the race. Caffeine helps deliver carbohydrates quicker to the muscle, making the extra sugar available and delaying fatigue. Caffeine can also pick you up mentally. Studies show that the improved performance is likely due to the effect caffeine has on the brain. Be careful though, caffeine taken later during the day can interfere with your sleep because it stays in the blood stream for ~six hours. And more is really not better. In fact, caffeine was removed from the IOC's restricted substances list because small doses are effective. If you are not used to caffeine you may want to try a small dose of 25 mg, while someone drinking coffee on a regular basis could try a dose of 50 mg either before a race or in between heats. These small amounts of caffeine are typically found in gels. Taking multiple doses of caffeine are probably not beneficial in speed skating. In fact, you may need to time your caffeine intake right. Caffeine levels in the blood peak at 45-60 minutes after ingestion. If you want to try caffeine you should be at least 18 years of age and consult a sports dietitian who can establish a safe and effective supplementation regimen.

RECOVERY BETWEEN RACES AND HEATS AND AFTER RACE DAY

Besides the preparation before your race, it is also important to ensure quick recovery between races/heats and after race day, especially if you have to race again

TRAVEL PACKS: BRING PROTEIN & CARBS

PROTEIN RICH	CARBOHYDRATE RICH
Dried milk powder	Instant or quick cooking oats
Tuna or salmon pouches	Dried cereal
Dried hummus powder	Granola or sport bars
Peanut or almond butter	Sport and recovery drinks
Trail mix or nuts	Packaged bread, bagels, muffins
Turkey or salmon jerky	Dried fruit, apple sauce
Soy or whey powder	Pretzels, crackers
Camping meals	Fruit jams, honey

the next day. If you have more than an hour between races it is best to use a recovery drink or sport drink and a sport bar. Gels work great if time between races/heats is limited. Larger meals are not recommended because they simply take too long to digest. At the end of the day, however, recovery meals and fluids are of

great importance to ensure quick refilling of glycogen stores and to support muscle repair.

A hot pot with an electric outlet can come in handy to cook soup or oatmeal. Make sure not to forget a voltage converter if you travel internationally. Finally, airport and airplane food is also not the best, and a sandwich, fruit, or granola bar from home can taste incredible on a cold, packed airplane. Clean your hands before with hand sanitizer before you touch any food and drink plenty of fluids on the plane to prevent dehydration.

VITAMIN D: INDOOR ATHLETES NEED MORE!

Vitamin D is a fat-soluble vitamin (absorbed with fat) that humans get from the sun and from the diet (cod liver oil, fish, Vitamin D fortified milk and cereal). Vitamin D deficiency is a reappearing vitamin deficiency. It is possible that the use of sunscreen and indoor-bound jobs have kept people away from the sun, leaving more individuals diagnosed with vitamin D deficiency. As an indoor athlete you may also be

at increased risk for vitamin D deficiency. Vitamin D helps absorb calcium to maintain strong bones, is involved in the immune and muscular system, is critical in gene expressions of cells, and reduces inflammation. Vitamin D deficiency has been linked to osteoporosis, cancer, cardiovascular, gum, and autoimmune diseases (e.g., multiple sclerosis). What effect vitamin D deficiency has on athletic performance remains unclear, however. Vitamin D is difficult to get solely through the diet, and at least for the winter months, supplements are the next best and cheapest option. People, including athletes, should get at least 800-1000 IU of Vitamin D3 per day to maintain optimal levels in the blood.

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MEDITERRANEAN ROASTED VEGETABLE SALAD

- One 1 1/2-pound eggplant, cut lengthwise into 1-inch-wide slices. Olive oil
- 2 large red onions, cut into 1-inch pieces
- 2 pounds red-skinned potatoes, cut into 1 x 3/4-inch pieces
- 9 tablespoons olive oil
- 2 large red bell peppers, cut into 1 1/2-inch squares
- 4 zucchini, halved lengthwise, cut crosswise into 1 1/2-inch pieces
- 2 tablespoons Dijon mustard
- 2 tablespoons balsamic vinegar
- 3/4 cup chopped fresh basil
- 2 heads radicchio, cut into 1 1/2-inch pieces
- 2 1/2-ounce packages arugula, cut into bite-size pieces
- 1 1/2 cups coarsely grated Pecorino Romano cheese

Preheat broiler. Brush eggplant with olive oil. Sprinkle with salt and pepper. Broil until brown and just cooked through, about 2 minutes per side. Transfer to paper towels and drain.

Preheat oven to 425°F. Combine onions and potatoes on large baking sheet. Drizzle with 3 tablespoons oil; toss to coat. Season with salt and pepper. Place peppers on medium baking sheet. Add 1 tablespoon oil; toss to coat. Season with salt and pepper. Roast vegetables until tender and light golden, stirring occasionally, about 35 minutes for peppers and about 1 hour for potatoes and onions. Transfer to large bowl. Place zucchini on medium baking sheet. Add 1 tablespoon oil; toss to coat. Season with salt and pepper. Bake until crisp-tender, about 20 minutes. Transfer to bowl with vegetables. Cut eggplant into 1-inch squares and add to vegetables in bowl.

Combine mustard and vinegar in small bowl. Gradually mix in remaining 4 tablespoons olive oil. Add basil. Add dressing to salad and mix to coat. (Can be made 1 day ahead. Cover; chill. Bring to room temperature before continuing.)

Mix radicchio, arugula and cheese into salad. Season with salt and pepper. 

“Here is a recipe that I got from my sister. It is an amazing salad loaded with Veggies and tastes great. It would make a nutritionist proud of every athlete”

— Catherine Raney Norman
2007-2008 Ladies Long Track National Champion





Shane Domer, Strength and Conditioning Coach, US Speedskating

Resistance Training for High-Level Speedskating Performance

PART 2: PROGRAM DESIGN

Based on the information provided in “Part 1” of this article (found in the spring issue of the *Racing Blade*), the following resistance training program was developed.

Progressive Overload

The body is lazy and will only adapt to the stresses placed upon it. The greater amount of work an athlete completes, the greater the response. The experienced coach will learn to make adjustments to an athlete’s program on the fly; the inexperienced coach will need to take a very conservative approach to program design.

After the body has adapted to the initial stress placed upon it, the amount of work must increase very slightly over time. In order to improve strength and power, the weights lifted must be gradually increased. This plan of action will begin to suffer from the law of diminishing returns, so

when this occurs, the use of more creative methods of applying stress and overload to the body will be necessary.

Repetitions and Sets

When performing a resistance training program, lifting a weight a given number of times will tax the body, causing fatigue and providing a certain amount of stress on the body. This means that an athlete must complete a given number of repetitions with as little rest as possible between repetitions, before allowing the body to recover. After the athlete’s body recovers for a set period of time, the athlete will perform another set of repetitions and so on. The manipulation of not only intensity but also sets and repetitions can produce a gradual overload on the body over a period of time.

Resistance Training Program Design

Once an athlete has progressed beyond the point of learning and demonstrating sound exercise technique, the coach will need to introduce that athlete to a planned training program. When working with athletes, some form of planned program is necessary for strength and power development.

It is important to match your training plan to the competitive or non-competitive part of the season. Pre-season and in-season volumes and intensities will vary greatly from one another depending upon the goals of the coach throughout the year.

A Snapshot of the Daily Program

When developing a daily resistance training program, the following principles should be addressed:

1. Always warm up thoroughly.
2. Include lifts and exercises demanding high skill levels early in the training session.
3. Include high skill, faster movements before the slower, strength building movements.
4. When possible, alternate pushing and pulling movements.
5. In each session, include an Olympic-related lift, lower-body strength exercise, posterior chain strengthening exercise,

locomotive strengthening exercise, and upper-body strength exercise.

6. With beginners, provide a variety of lifts and exercises, without too many sets and reps involved in any one exercise.

7. Combination of exercises is useful if the goals match the exercises.

Sets, Repetitions, Percentages, Volume and Intensity

Depending upon the time of the season (off-season, pre-season or in-season) and the coach’s goals, the repetitions, sets, volume, and intensity will vary.

Four week “mesocycles”, in which an alternation of light and heavy loading weeks are incorporated, will provide for a cyclical progression. According to the “summated mesocycle” theory, these four-week blocks may be cycled a certain amount of times during a given cycle (off-season, pre-season or in-season). In order to effectively plan out the intensity during the four week cycle, an athlete must be tested to establish a one repetition maximum (1RM), or an estimated one repetition maximum (1RM). Once a 1RM has been established for a given exercise, the following percentage cycle will serve to layout the intensities over the first four-week period:

Week	1	2	3	4
Intensity	60%	65%	70%	55%

If an athlete is a beginner and has not established any one-repetition maximum, this progression might need to be modified. Because it should be the goal to build solid technique with a beginner athlete, it is up to the coach to decide what intensities are appropriate for accomplishing such a task.

Once the coach feels that the athlete has mastered the technique of a given exercise, a repetition maximum may be attempted. Olympic related movements like the clean can be tested for a 2-3 repetition maximum while strength movements like the squat can be tested for 3-5 repetitions maximum. Single repetition maximum tests are discouraged due to the technique breakdown the beginner lifter will likely endure under maximum loading, possibly resulting in injury.

Q & A

What's on their mind?

Batman or Incredible Hulk?

Dara Torres or Michael Phelps?

Vacationing in Europe or Australia?

Super Mario Brothers or Guitar Hero?

Linguini and Clams or Mac and Cheese?



ALLISON BAVER

Catwoman!

BOTH!
For SURE!

Neither, Alaska or some place tropical

Super Mario Brothers

Mac & Cheese



MIKE BLUMEL

Batman

Dara Torres

Europe

Super Mario Brothers

Mac & Cheese



KELLY GUNTHER

Batman

Michael Phelps
FOR SURE!

Australia

Super Mario Brothers

Mac & Cheese

Training Program Example

The following resistance training program example is intended to illustrate the concepts previously described. Each cycle corresponds to a specific part of the season. The first cycle will correspond with the off-season, in which the goal will be to develop strength and overall work capacity. As indicated, intensity will increase 5% each week to steadily overload the body. Keeping in mind that not every athlete will respond to this increase the same, adjustments may need to be made to the amount of overload the athlete will be able to tolerate.

The examples below are generalizations and it should be noted that this program will not work for everyone.

Notice: Listed below are "target sets". Beginner lifters should expect to complete 2-3 sets at the target percentage while advanced athletes should expect to complete 3-5 sets at the target percentage.

(continued on page 24)

75

OLYMPIC MEDALS

and counting

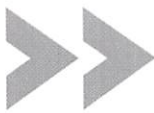


Table 1 Base Cycle Example

- **Goal:** Build the physiological and structural foundation for further training that will emphasize other aspects of performance, prepare the body for the "Power" cycle to follow.
- **Tempo:** Total Body Lifts are completed as explosively as possible. Other lifts are completed at a pace of 2 seconds up & 2 seconds down.
- **Rest:**
Weeks 1-4: 1:30 between total body sets & exercises, 1:00 between all other sets & exercises.
Weeks 5-8: 2:30 between total body sets & exercises, 2:00 between all other sets & exercises.

Length: 8 weeks

Sets/Reps/Percentages

Week 1:	TB = 4 x 5 @ 70%	CL = 3 x 10 @ 60%	AL = 3 x 12
Week 2:	TB = 5 x 5 @ 75%	CL = 3 x 10 @ 65%	AL = 3 x 10
Week 3:	TB = 6 x 3 @ 80%	CL = 3 x 10 @ 70%	AL = 3 x 8
Week 4:	TB = 4 x 4 @ 65%	CL = 3 x 10 @ 55%	AL = 3 x 8 (Light)
Week 5:	TB = 4 x 5 @ 75%	CL = 3 x 5 @ 80%	AL = 3 x 12
Week 6:	TB = 5 x 5 @ 80%	CL = 3 x 5 @ 82.5%	AL = 3 x 10
Week 7:	TB = 6 x 3 @ 85%	CL = 3 x 5 @ 85%	AL = 3 x 8
Week 8:	TB = 4 x 4 @ 70%	CL = 3 x 5 @ 75%	AL = 3 x 8 (Light)

Day 1 (Heavy Day)

- Total Body
- Hang Clean TB
- Bi-Lateral Lower Body
- Front Squat CL
- Uni-Lateral Lower Body
- Walking Lunge CL
- Posterior Chain
- Glute/Ham Raise CL
- Upper Body
- Pull-Ups AL
- Trunk
- Toe Touches, 2 x 50
- Hanging Knee Raises, 2 x

Day 2 (Light Day -20%)

- Total Body
- Clean TB
- Bi-Lateral Lower Body
- Back Squat CL
- Uni-Lateral Lower Body
- Lateral Lunge CL
- Posterior Chain
- Romanian Deadlift CL
- Upper Body
- DB Bench Press AL
- Trunk
- V-ups, 2 x 50
- Bicycles, 2 x 50

Day 3 (Medium Day -10%)

- Total Body
- Push Press (Behind the Neck) TB
- Bi-Lateral Lower Body
- Deadlift CL
- Uni-Lateral Lower Body
- Single Leg Squat CL
- Posterior Chain
- Russian Lean CL
- Upper Body
- Bent Over Row AL
- Trunk
- Crunches, 2 x 100

Cycle I – Base (Off-Season Example)

Off-season training should begin with general base and work capacity training. Because the typical speedskating athlete has taken the previous 1-2 months off from training, this cycle is meant to provide a gradual transition into a demanding training program. The first training cycle will be devoted to high volume strength-endurance training accomplished by higher repetitions per set (on average 10 repetitions per set). Although volumes/repetitions this high will not be typically performed during the off-season, this high volume emphasis will be used for an important number of reasons including positive gains in body composition, metabolic alterations, improvements in strength-endurance, an increase in endocrine activity, and preparation for the training periods to come.

After the initial high volume cycle (4 weeks), training should be returned to a more normalized volume during second 4-week cycle to address gains in strength.

Cycle III – Competition (In-Season Example)

The main emphasis of this cycle is the maintenance of the strength and power the athlete developed during the off-season, along with the prevention of injury. During the competitive season, 2-5 repetitions for 4-6 sets at an intensity of 70%-90% is the target. Additionally, the volume of the "TB" lifts should be greater than the "CL" lifts due to the fact that speedskating is a power dominant sport. Workout sessions, per week, should change from 3 times per week to two times per week unless a situation persists that allows for a third session.

Again, the previous program is intended to serve as an example and will not work for everyone. This article is by no means an attempt to go into detail concerning the integration of the strength and conditioning program into the overall training plan. It must be noted that a strength and conditioning program can only be considered successful if it integrated into the entire training plan and is not seen as a separate piece of the puzzle.

Shane Domer, MEd, CSCS®D, NSCA-CPT®D, USAW, USAIF currently serves as the Strength and Conditioning Specialist for US Speedskating. He received his BS at Kennesaw State University and his MEd at the University of Georgia. Shane has previously served as a Strength and Conditioning Coach for the NSCA World Headquarters, the University of Georgia, The Optimal Athlete Inc., and the American Bushido Karate Association.

Table 2 Conversion to Power Cycle Example

- **Goal:** Convert the foundation of general strength and strength endurance to provide a great rate at which the body can produce force, prepare the body for the "Competition" cycle to follow.
- **Tempo:** Total Body Lifts are completed as explosively as possible. Other exercises are performed in a controlled manner (eccentrically) and as explosively as possible (concentrically).
- **Rest:**
2:30 between total body sets & exercises
2:00 between all other sets & exercises.

Length: 8 weeks

Sets/Reps/Percentages

Week 1:	TB & CL = 5 @ 70%, 4 @ 75%, 3 x 3 @ 80%	AL = 3 x 10
Week 2:	TB & CL = 5 @ 75%, 4 @ 80%, 4 x 3 @ 85%	AL = 3 x 8
Week 3:	TB & CL = 4 @ 80%, 3 @ 85%, 4 x 2-3 @ 90%	AL = 3 x 6
Week 4:	TB & CL = 5 @ 65%, 4 @ 70%, 2 x 3 @ 75%	AL = 3 x 6 (Light)
Week 5:	TB & CL = 5 @ 75%, 4 @ 80%, 3 x 3 @ 85%	AL = 3 x 10
Week 6:	TB & CL = 5 @ 80%, 4 @ 85%, 3 x 3 @ 90%	AL = 3 x 8
Week 7:	TB & CL = 4 @ 85%, 3 @ 90%, 3 x 2-3 @ 95%	AL = 3 x 6
Week 8:	TB & CL = 5 @ 70%, 4 @ 75%, 2 x 3 @ 80%	AL = 3 x 6 (Light)

Day 1 (Heavy Day)

- Total Body
- Clean High Pull TB
- Bi-Lateral Lower Body
- Front Squat CL
- Uni-Lateral Lower Body
- Step-Ups CL
- Posterior Chain
- Glute/Ham Raise CL
- Upper Body
- Pull-Ups AL
- Trunk
- Toe Touches, 1 x 100
- Leg Throws, 1 x 50

Day 2 (Light Day -20%)

- Total Body
- Clean TB
- Bi-Lateral Lower Body
- Back Squat CL
- Uni-Lateral Lower Body
- Lateral Lunge CL
- Posterior Chain
- Romanian Deadlift CL
- Upper Body
- Bench Press AL
- Trunk
- V-ups, 1 x 80
- Decline Straight Leg Raises, 1 x 20

Day 3 (Medium Day -10%)

- Total Body
- Power Jerk TB
- Bi-Lateral Lower Body
- Deadlift CL
- Uni-Lateral Lower Body
- Single Leg Skate Squat CL
- Posterior Chain
- Back Extensions CL
- Upper Body
- DB Row AL
- Trunk
- Bicycles, 1 x 80
- Supine Around the Worlds, 1 x 50

Cycle II – Conversion to Power (Pre-Season Example)

As discussed in "Section 1" of this article, speedskating is a sport based on speed and power and a conversion from strength to power is necessary to optimize the athlete's "engine" for the in-season. In this cycle, repetitions should decrease to 2-5 for 4-6 sets with the intensity set between 75%-95% at the target. Volume should decrease compared with the last cycle but the intensity will increase. After the athlete completes a thorough warm-up, he/she is to perform the sets at the same percentages listed below.

Table 3 Competition Season Example

Goal: Build the physiological and structural foundation for further training that will emphasize other aspects of performance, prepare the body for the "Power" cycle to follow.

Tempo: Total Body Lifts are completed as explosively as possible. Other lifts are completed at a pace of 2 seconds up & 2 seconds down.

Rest:

Weeks 1-4: 1:30 between total body sets & exercises, 1:00 between all other sets & exercises.

Weeks 5-8: 2:30 between total body sets & exercises, 2:00 between all other sets & exercises.

Length: 8 weeks

Sets/Reps/Percentages

Week 1:	TB = 4 x 3 @ 70%	CL = 4 x 4 @ 75%
Week 2:	TB = 5 x 3 @ 75%	CL = 5 x 4 @ 80%
Week 3:	TB = 6 x 2 @ 80%	CL = 6 x 3 @ 85%
Week 4:	TB = 3 x 3 @ 65%	CL = 4 x 3 @ 70%
Week 5:	TB = 4 x 3 @ 75%	CL = 4 x 4 @ 80%
Week 6:	TB = 5 x 3 @ 80%	CL = 5 x 4 @ 85%
Week 7:	TB = 6 x 2 @ 85%	CL = 6 x 3 @ 90%
Week 8:	TB = 3 x 3 @ 70%	CL = 4 x 3 @ 75%

Day 1 (Heavy Day)

- Total Body
- Hang Clean TB
- Total Body
- Clean Pull TB
- Bi-Lateral Lower Body
- Front Squat CL
- Trunk
- Bicycles, 1 x 75
- Leg Throws, 1 x 75

Day 2 (Light Day -20%)

- Total Body
- Clean TB
- Total Body
- Power Jerk TB
- Uni-Lateral Lower Body
- Back Squat CL
- Trunk
- V-ups, 1 x 100
- Decline Straight Leg Raises, 1 x 20

April 2008 was the kick off

date of the second full season of the Wheels on Ice program (WhIP). Members of the original team of athletes, as well as a new addition to the team, Emily Scott, came off their break rejuvenated and eager to start their final year in the program. With the inline and ice seasons being exact opposite as far as the training and racing goes, the challenge comes in trying to melt together the two seasons of training to create a program that can continue to allow the skaters to excel both in the summer inline competitions as well as winter speedskating events.

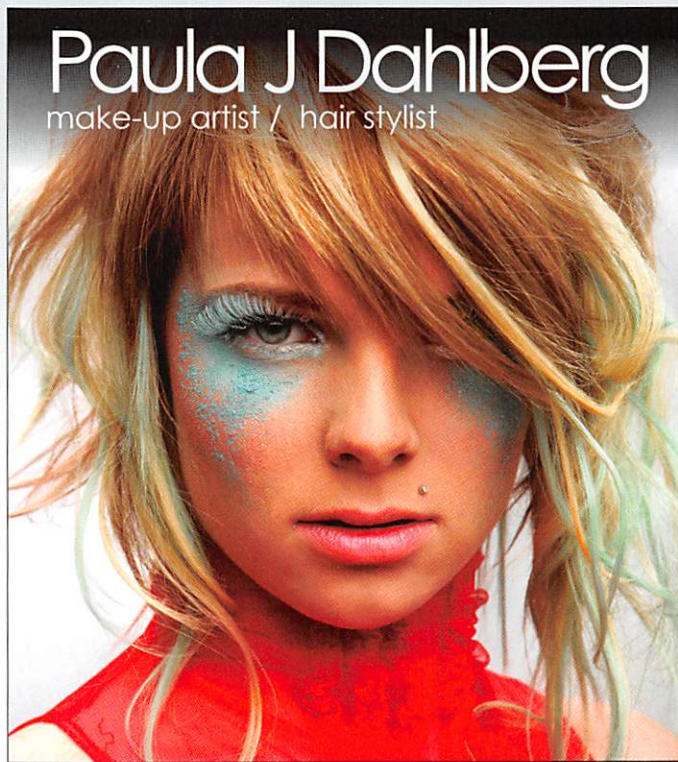
Following the successful summer training blueprint from a year ago, the team focused on their preparation for the US Indoor and Outdoor National Inline Championships while at the same time continuing to try to increase their skill, knowledge and understanding of the sport of Ice Speedskating. Keeping with last years' results, three of the WhIP team athletes (Josh Wood, Sebastian Cano and Emily Scott) qualified for the Inline World Championships in Spain in September.

In Lincoln Nebraska, at the 2008 Inline Indoor National Championships (July 13-18), the success continued as members of the team collected several national placements. Newcomer Emily Scott's performance in the world class women's division was the highlight of the team's results. Emily dominated a majority of the distances en route to her 2nd place finish overall.

This fall, the team is looking forward to competing in the American Cup point series events on both long and short track once again. Last year's team members Jessica Smith, Justin Stelly and Heather Richardson had a significant impact in these events which they used as a spring board to qualify for National training programs for this year. This year's members hope to follow in their footsteps.



▲ Derek Parra, head coach of the Wheels On Ice Program, leads his team through the corner.



Specializing in television, movie, model and special occasion make up and hair. Paula is one of the Preferred stylists for the **US Speedskating Ladies team**. Paula can be contacted at Salon Keiji at 801-485-1110 or visit her on her website at www.paulajdahlberg.com

News from our Clubs and Associations

MISSOURI SPEEDSKATING ASSOCIATION

The Missouri Speedskating Association is gearing up to host the **2009 US Short Track Championships** the weekend before Christmas.

“It may seem like a long time away but we want to show the speedskating community that we can put on a great meet for the skaters, officials, families and fans,” said meet director Russ Owen who also skates for the Metros club in St. Louis. “We also want to showcase speedskating for the community. A big goal is to attract families who might get involved in this wonderful sport.” he said. “You never know where the next Apolo is coming from.”

Owen has put together a committee which is meeting on a regular basis to assure that all visitors and spectators will have a wonderful experience. Fundraising has begun along with initial media contacts.

“We face a real challenge in that the weekend before Christmas is a busy one for many people.” Owen observed. “We want to make this event one that will be worth spending some time at, despite the busy holiday time.” he said.

Missouri has contributed many Olympic level skaters over the years. Part of the local publicity for the meet

will center on those skaters including J.P. Kepka, Carly Wilson and Katherine Reutter from Champaign, IL. Owen and his committee say they will be ready for the event. Many volunteers have skated or been officials in other major national and international tournaments. Among those working on the committee are veteran referee Jim Chapin, Gateway Club president John Moore, coach Anne Parker, frequent national speedskating announcer, Tripp Frohlichstein and skating parent Lisa Giesecking. Special thanks to Stephanie Graeteke for her creative and visually impressive graphic artistry from logo to marketing brochures.

Owen says they have a lot to prove. “When we see how well they can run meets in places like Midland, Cleveland and Rochester, we know we have to work hard to match their success. I am confident we can join their ranks as a top tier meet.”

One word of advice, if you are planning to come to St. Louis for the Championships, plan ahead and make your reservations early. You can go to USS or MSA’s website (www.mospeedskating.org) for hotel and transportation reservations.

Also, if you are interested in helping, contact Anne Parker or Jim Chapin for an assignment.

Besides getting ready for the meet, there is more going on in St. Louis. Up and coming St. Louis skaters Ian Quinn and Beth Gier spent time training in Marquette this summer. Many other local skaters participated not only in dryland training but regular summer ice time as well.

“When it’s 95 degrees outside, cooling down by speedskating is great” noted one local club member.

NEWBURGH, NEW YORK SPEEDSKATING ASSOCIATION

Chris Windman (13 yrs old) of the Newburgh, NY club rode his bike 800 miles to support Right To Play next month. This will be a individual endeavor, not an organized tour. He has raised about 1400. so far and has been training for 4 months.

He was inspired by Joey Cheek’s Olympic donation and has been working on a plan to carry this out since then.

You can visit his blog at <http://ridingforrighttoplay.blogspot.com> and his rider page at http://membershipus.righttoplay.com/site/TR/Events/General?px=1020741&pg=personal&fr_id=1020&stafId=1020

WORLD JUNIOR SHORT TRACK TEAM

They're going to Canada to bring back some gold!

The 2009 Junior World Short Track team has the experience, talent and desire to earn their place on the podium in Sherbrooke, Canada during the 2009 World Junior Short Track Championships. Led by Short Track World Cup members Lana Gehring, J.R. Celski and Alyson Dudek, the team is poised to bring home medals for the United States.

The team was selected during the U.S. Junior Short Track Championships held in Bay City, MI on November 14-16.



- #1) J.R. Celski
- #2) Jonathan Sermeno
- #3) Eduardo Alvarez
- #4) Robert Lawrence



- #1) Lana Gehring
- #2) Alyson Dudek
- #3) Mary Grace
- #4) Vicky LaBourdette

a lot can happen in .02 seconds

In .02 seconds a relay team can make a comeback.

In .02 seconds a gold medal can be won or lost.

In .02 seconds an Official can stop the whole race.

In .02 seconds a rookie can become a hero.

US Speedskating. Dream it. Breathe it. Live it.



LEVEILLE

By Peri Kinder



A broken back hasn't stopped him. Paralyzing fear didn't stop him. Switching between short track and long track speedskating hasn't stopped him.

And now the only thing standing in the way of Charles Ryan Leveille becoming a two-time Olympian is one more skating season. After skating on the gold-medal 2008 World Championship Men's Short Track team in March, his chances of making another Olympic team are looking better all the time.

As an inline skater, Leveille traveled the globe participating in World Cup events and setting a national record in the 1500m that

held for five years. He was an indoor champion for four years but decided his only hope at Olympic glory was to switch over to speedskating on ice. In 2003, he moved to California and did just that.

Leaving everything he knew behind, Leveille joined a short track program coached by Wilma Boomstra. Within one month of training, he had earned two bronze medals at the U.S. Short Track Age Class Championships. Turning his focus to the 2004 U.S. National

Championships, he began training hard. And that's when his life changed completely.

"I fell and broke my back," he says. "I was in a body cast from my hips to my chin but I was still invited to join the national team. When I could, I literally took off my body cast and started training in Colorado Springs. It was awful. I had a lot of fear because of what had happened."

After working with the National Short Track Team for eight months, the fear got the best of him. He suffered from recurring pain and partial paralysis trying to overcome his fear of getting injured again. He finally decided it just wasn't worth it. In 2005, Leveille quit the team, packed his bags, moved back to Georgia, got a job as a waiter and prepared to attend the University of Tennessee.

But Tony Goskowicz, a former trainer in Colorado Springs, wasn't going to let him off that easily. He contacted Leveille and convinced him to try long track speedskating, which involved skating against the

"If I do something, I do it 100 percent and try to be my best"

— Ryan Leveille

2007-2008 Men's Short Track World Team Champion

clock instead of another athlete.

"Tony called and wanted to train me for the Olympics," Leveille says. "I just kept turning him down but he didn't want me to regret quitting."

So instead of attending the university, he found himself in Milwaukee in August 2005, training for an Olympic games that would begin in less than six months. But long track skating allowed Leveille to regain his confidence and his dream of Olympic gold. In Torino, he skated in the Mens 10,000m and the Team Pursuit, fulfilling his goal of skating at the Olympics.

Now, more than two years later, Leveille wants to earn his place at the 2010 Winter Olympics in Vancouver. But, as most things

in his life, he has set a pretty high standard for himself.

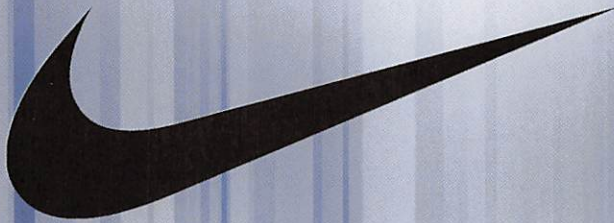
"I'd like to try to make both Olympic teams, both long and short track," he says. "My skating is getting better and better every day. No one has ever done two sports and it's going to really tough."

Leveille enjoys the brutal battle of short track skating while also relishing the self-improvement long track brings to his life. An athlete since birth, he loves to golf, ride motorcycles and eat at Settabello's Pizzeria in Salt Lake when he's not training in Milwaukee. But the Olympics are never far from his mind and with less than 18 months before the Winter Games, he's completely focused on what he wants to accomplish.

"If I do something, I do it 100 percent and try to be my best," Leveille says. "I think Team USA is going to win. The U.S. is definitely a force to be reckoned with in short track." 🏇



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SCHEDULE OF EVENTS

2008 - 2009 SEASON



2008

DATE	PLACE	TRACK*	EVENT
Sept. 27 - 28	Minneapolis, MN	ST	American Cup 1 & World Cup #1,2,3,4 Qualifier
Oct. 17 - 19	Salt Lake City, UT	ST	World Cup #1
Oct. 24 - 26	Vancouver, Canada	ST	World Cup #2
Oct. 25 - 26	Milwaukee, WI	LT	American Cup #1 and Fall World Cup Selection
Nov. 1 - 2	Cleveland, OH	ST	American Cup #2
Nov. 7 - 9	Berlin, Germany	LT	World Cup #1 All Distance
Nov. 14 - 16	Heerenveen, Netherlands	LT	World Cup #2 All Distances
Nov. 14 - 16	Bay City, MI	ST	US Junior Championships
Nov. 20 - 23	Calgary, Canada	LT	Can/Am
Nov. 22 - 23	Moscow, Russia	LT	World Cup #3 Long Distances
Nov. 28 - 30	Beijing, China	ST	World Cup #3
Dec. 5 - 7	Madison, WI	ST	North American Championships
Dec. 5 - 7	Nagano, Japan	ST	World Cup #4
Dec. 6 - 7	Changchun, China	LT	World Cup #4 Sprints
Dec. 13 - 14	Roseville, MN	LT	American Cup #2
Dec. 13 - 14	Nagano, Japan	LT	World Cup #5
Dec. 19 - 21	St. Louis, MO	ST	US Championships (World Cup Qualifier #5 and World Championships Qualifier)
Dec. 27 - 30	Milwaukee, WI	LT	US Championships (World Cup Qualifier)

2009

DATE	PLACE	TRACK*	EVENT
Jan. 9 - 11	Sherbrooke, Canada	ST	World Junior Championships
Jan. 10 - 11	Salt Lake City, UT	ST	Regional Qualifier
Jan. 17 - 18	Moscow, Russia	LT	World Sprint Championships
Jan. 24 - 25	Kolomna, Russia	LT	World Cup 6 (Sprint)
Jan. 24 - 25	Green Bay, WI	ST	American Cup #3
Jan. 24 - 25	Roseville, MN	LT	US Junior Championships
Jan. 30 - Feb. 1	Erfurt, Germany	LT	World Cup #7 All Distances
Jan. 31 - Feb. 1	Milwaukee, WI	LT	National Speedskating Championships
Feb. 6 - 8	Calgary, Canada	LT	North American Championships/American Cup #3
Feb. 6 - 8	Sofia, Bulgaria	ST	World Cup #5
Feb. 7 - 8	Hamar, Norway	LT	World Allround Championships
Feb. 13 - 15	Dresden, Germany	ST	World Cup #6
Feb. 14 - 15	Heerenveen, Netherlands	LT	World Cup #8 Long Distances
Feb. 14 - 15	TBD—Europe	LT	Junior Country Match
Feb. 20 - 22	TBD—Poland	LT	World Junior Championships
Feb. 21 - 22	Bemidji, MN	LT	North American/ U.S. National Marathon Championships
Mar. 6 - 7	Salt Lake City, UT	LT	World Cup Final All Distances
Mar. 6 - 8	Vienna, Austria	ST	World Short Track Championships
Mar. 12 - 15	Vancouver, Canada	LT	World Single Distance Championships
Mar. 13 - 15	Midland, MI	ST	National Championships/American Cup Final
Mar. 14 - 15	Heerenveen, Netherlands	ST	World Championships
Mar. 21 - 22	Calgary, Canada		Oval Finale
Mar. 20 - 22	Salt Lake City, UT	LT	American Cup Final/Champions Challenge

* ST = Short Track, LT = Long Track



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