

SSC SPEED SUMMIT INFORMATION PACKAGE

Kelowna, BC

June 8-10, 2023



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EXPLORE KELOWNA

The [weather in Kelowna](#) this time of year is quite hot. Review the local weather reports prior to arriving to help with packing.

Kelowna, BC is in Pacific Daylight Time. The Speed Summit will take place in the timezone.

Take advantage of **local discounts** on wineries, golf courses, restaurants, breweries and much more by signing up for the [Kelowna Key](#) provided by Tourism Kelowna.

Kelowna [Golf Courses](#)

The Tourism Kelowna [Visitor Map](#) will help you explore the city, including locating hiking and biking trails, beaches and parks.

[Kelowna Visitor Guide](#)

REGISTRATION

Participants can check-in and pick up their welcome packages:

Thursday, June 8 4:00-6:00 PM

Four Points by Sheraton Kelowna Airport Lobby

Accreditations will be available for pick-up for those who are **not attending** the Welcome Reception:

Friday, June 9 7:30-9:00 AM

Four Points by Sheraton Kelowna Airport Lobby

Accreditations will be required for all social activities.

COMMUNICATION INFORMATION

A WhatsApp chat has been created to provide participants with important information and/or changes throughout the Speed Summit. Please use the QR code below to join the chat.



HOTEL & TRANSPORTATION

Hotel

Four Points by Sheraton Kelowna Airport
5505 Airport Way
Kelowna, BC
V1V 3C3

Airport

The Four Points by Sheraton Kelowna Airport hotel is a 2-minute drive from the Kelowna International Airport.

Airport Shuttle

Guests of the Four Points by Sheraton Kelowna Airport have access to a free airport shuttle, providing transportation to and from the Kelowna International Airport.

When you land, call the Four Points by Sheraton Kelowna Airport using the number below to request a shuttle.

Airport shuttle: 1 (855) 900-5505 ext.: 1

Hotel Parking

Free parking is available on-site for participants arriving by car.

Bus Schedule

Complimentary shuttle services will be organized to/from the hotel for the following activities. A full transportation schedule can be found in the Summit schedule.

- Thursday, June 8 Welcome Reception
- Friday, June 9 social activity
- Saturday, June 10 coach workshop at the Capital News Centre
- Saturday, June 10 social activity



SUMMIT SCHEDULE

A schedule overview can be found below. Please note that this schedule is dated May 31 and any updates will be reflected on the schedule found [here](#).



DRAFT SCHEDULE
Updated May 31, 2023

Thursday, June 8			
Start Time	End Time	Activity	Location
9:00 AM	4:00 PM	SSC Board of Directors Meeting	Four Points, Merlot Room
2:00 PM	4:00 PM	PTSO Presidents & Administrators Meeting	Four Points, Malbec Room
4:00 PM	5:00 PM	SSC Board of Directors & PTSO Presidents Cocktail Hour	Four Points, Meritage C
4:00 PM	6:00 PM	Check-In & Kit Pick-Up	Four Points, Ballroom Foyer
6:30 PM		Transportation to Welcome Reception	Four Points, Lobby
7:00 PM	9:00 PM	Welcome Reception	Eldorado Resort
9:00 PM		Transportation to Hotel	Eldorado Resort

Friday, June 9			
Start Time	End Time	Activity	Location
7:00 AM	9:00 AM	Breakfast	Four Points, Meritage A/B/C
7:30 AM	9:00 AM	Check-In & Kit Pick-Up	Four Points, Ballroom Foyer
Workshop 1			
9:00 AM	10:15 AM	Coach: Equipment 101	Hampton Inn & Suites, Room A & B
		Official: The Officials Pathway	Hampton Inn & Suites, Room C
		Administrator: Revenue Generation	Hampton Inn & Suites, Room D
10:15 AM	10:45 AM	Break	Hampton Inn & Suites
Workshop 2			
10:45 AM	12:00 PM	Coach: Principles of Technique	Hampton Inn & Suites, Room A & B
		Official: Rules, Rarities and Reactions	Hampton Inn & Suites, Room C
		Administrator: Competition Best Practices	Hampton Inn & Suites, Room D
12:00 PM	1:00 PM	Lunch	Four Points, Meritage A/B/C
1:00 PM	2:00 PM	Plenary Session <i>Mental Health for Sport Leaders</i>	Four Points, Meritage A/B/C
"Hot Topic" Discussions			
2:00 PM	3:00 PM	Recruitment	Hampton Inn & Suites, Room C
		Equity, Diversity and Inclusion: Power and Privilege	Hampton Inn & Suites, Rooms A & B
		Bulletins & Team Selection	Hampton Inn & Suites, Room D
4:30 PM		Transportation to Social Activity	Four Points, Lobby
Social Activities			
5:00 PM	7:00 PM	Kelowna Speed Skating Club: Knox Mountain Hike	Downtown Kelowna
		Speed Skating BC: City Park Scavenger Hunt	Downtown Kelowna
7:00 PM	10:30 PM	Free Time	Downtown Kelowna
9:00 PM		Transportation to Hotel Option 1	Prospera Place
10:30 PM		Transportation to Hotel Option 2	Prospera Place





DRAFT SCHEDULE
Updated May 31, 2023

Saturday, June 10			
Start Time	End Time	Activity	Location
7:00 AM	9:00 AM	Breakfast	Four Points, Meritage A/B/C
8:15 AM		Transportation to Capital News Centre	Four Points, Lobby
		Workshop 3	
8:30 AM	10:15 AM	Coach: Video Feedback (<i>on-ice session - starts at 9:00 AM</i>) Official: Technology 101 Administrator: Public Relations	Capital News Centre, Rink 1 Hampton Inn & Suites, Room D Hampton Inn & Suites, Room A & B
10:15 AM	10:45 AM	Break	Hampton Inn & Suites
		Workshop 4	
10:45 AM	12:30 PM	Coach: From YTP to the ICE (<i>until 12:00 PM</i>) Official: Video Review Administrator: Crisis Management	Capital News Centre, MF Studio Hampton Inn & Suites, Room D Hampton Inn & Suites, Room A & B
12:15 PM		Return transportation from Capital News Centre	Capital News Centre, Entrance
12:30 PM	1:30 PM	Lunch	Four Points, Meritage A/B/C
1:30 PM	2:30 PM	Plenary Session <i>Women in Sport</i>	Four Points, Meritage A/B/C
3:00 PM	5:30 PM	SSC Annual General Meeting	Four Points, Meritage A/B/C
7:15 PM		Transportation to Social Activity	Four Points, Lobby
8:00 PM	10:00 PM	Kelowna Sunset Boat Cruise	Lake Okanagan
10:15 PM		Transportation to Hotel	Kelowna Boat Cruise (230 Queensway)
Sunday, June 11			
Start Time	End Time	Activity	Location
8:00 AM	10:00 AM	SSC Staff & Board of Directors Breakfast	Four Points, Meritage A



WORKSHOPS

See [Appendix A](#) for full workshop descriptions.

Please attend the workshops in which you registered for. You will receive an overview of your workshop selections when you check in.

General Dress Code:

- Coach workshops: Active
 - Skates are not required
- Official workshops: Business Casual
 - Skates are not required
- Administrator workshops: Business Casual

Workshop Locations:

Hampton Inn & Suites Kelowna Airport
1665 Innovation Dr
Kelowna, BC
V1V 2Y9

Capital News Centre
4105 Gordon Dr
Kelowna, BC
V1W 4Z1



PLENARY SESSIONS

Mental Health for Sport Leaders

Mental performance specialist [Dr. Shaunna Taylor](#) will lead a session that covers why it is important for sport leaders to prioritize self-care and their own mental health so they can make a meaningful impact and help those around them achieve success.

- Friday, June 9 from 1:00-2:00 PM
- Four Points by Sheraton Kelowna Airport
- Dress Code: Business Casual

Women in Sport

Hear four-time Olympian and Canadian Olympic Committee president [Tricia Smith](#) and triple Olympic short track speed skating medalist and ISU Short Track Technical Committee President [Nathalie Lambert](#) – speak about their experiences in an evolving landscape, their commitment to paving the way for girls and young women, and their goals for our industry.

- Saturday, June 10 from 1:30-2:30 PM
- Four Points by Sheraton Kelowna Airport
- Dress Code: Business Casual



HOT TOPICS

During the Hot Topics sessions, participants will have the opportunity to take part in a relaxed and informal discussion on a particular topic. These sessions will allow members of the speed skating community to share their thoughts, ideas and ask questions on the topic in question.

- Friday, June 9 2:00-3:00 PM
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Topics

Recruitment

Let's come together to explore collective ideas on how to enhance the recruitment of coaches, officials, and sport volunteers. What are our current strengths/weaknesses and what opportunities are available to us? Volunteerism is a necessity in community sport. How can we think about this area differently?

Facilitators:

Kaitlan Cook – Speed Skating Canada

Jessica Price – Speed Skating Canada

Equity, Diversity, and Inclusion: Power and Privilege

Join us in an activity designed to provide participants with an opportunity to understand the intricacies of privilege and how it impacts our lives. While promoting reflection this activity will help you gain a greater understanding of Equity, Diversity and Inclusion topics and their importance.

Facilitator:

Alexandra Proulx – Speed Skating Canada

Team Selections and Bulletin Creation

Join us for a discussion about bulletins and team selection! We will discuss best practices on topics such as: identifying objectives, selection parameters, entry criteria, seeding, discretion, pre-selection, and competition formats. This hot topic aims to collaborate on how to navigate the needs of development, participation, performance, and the crossover which often exists between them.

Facilitators:

Marc Schryburt – Speed Skating Canada

Mark Wild – Speed Skating Canada



SOCIAL EVENTS

Welcome Reception

Join Speed Skating Canada's Board of Directors as they kick off the inaugural Speed Summit. The event will feature hors d'oeuvres and a cash bar. All guests will be provided with one (1) free drink ticket and will have the opportunity to taste wines from two local Okanagan wineries. Transportation between the hotel and venue will be provided.

- Dress Code: Semi-Formal
 - We will be on a rooftop for this reception so please keep the weather in mind when packing
 - Semi-formal examples: dresses, golf shirts, etc.
- Thursday, June 8 7:00-9:00 PM
- [Eldorado Resort](#)

Speed Skating BC & Kelowna Speed Skating Club Host Activity

Knox Mountain Hike

Join the Kelowna Speed Skating Club for a hike up Knox Mountain to take in the breathtaking view of downtown Kelowna and Lake Okanagan. Transportation to and from the activity will be provided.

- Dress Code: Active with well-treaded shoes
- Friday, June 9 5:00-7:00 PM
- [Hike information](#)

City Park Scavenger Hunt

Join Speed Skating BC on a scavenger hunt through City Park and beyond to discover downtown Kelowna. Transportation to and from the activity will be provided.

- Dress Code: Active / Casual
- Friday, June 9 5:00-7:00 PM

Free Time

Participants will have free time following the social activity. If you plan on getting dinner downtown Kelowna, ***we highly recommend booking a reservation as soon as possible as many restaurants will fill up.***

- Friday, June 9 7:00-10:30 PM
- [Downtown Kelowna Restaurants](#)
- [Kelowna Restaurants](#)



Saturday Evening Boat Cruise

Enjoy the beautiful sunset on a chartered cruise of Lake Okanagan with the team from [Kelowna Cruises](#). The event will feature hors d'oeuvres and a cash bar with one (1) free drink ticket per person. Transportation to and from the activity will be provided.

- Dress Code: Casual
- Saturday, June 10 8:00-10:00 PM



PTSO PRESIDENTS' MEETING & RECEPTION

Dress Code: Business Casual

Thursday, June 8 2:00-4:00 PM

Four Points by Sheraton Kelowna Airport – Malbec Room

PTSO Presidents' Meeting is open to PTSO Presidents and Administrators

PTSO Presidents' Reception is open to SSC Board of Directors, PTSO Presidents and Executive Directors only



ANNUAL GENERAL MEETING

Dress Code: Business Casual

Saturday, June 10 from 3:00-5:30 PM

Four Points by Sheraton Kelowna Airport

Notes: Delegates are required to sign in prior to the start of the meeting

Delegates

Voting delegates under Regulations A3-400, A3-401, 402, 403, 404 and 405, and as per the Speed Skating Canada's Bylaws (Article IV para 22), are as follows.

SSC Member	# of Members	AGM Votes
ALBERTA	1360	5
BRITISH COLUMBIA	1641	6
MANITOBA	540	4
NEW BRUNSWICK	427	3
NEWFOUNDLAND & LABRADOR	10	2
NORTHWEST TERRITORIES	157	2
NOVA SCOTIA	566	4
NUNAVUT	59	2
ONTARIO	1770	6
PRINCE EDWARD ISLAND	88	2
QUÉBEC	6130	14
SASKATCHEWAN	398	3
YUKON	43	2
ATHLETE REPRESENTATIVES	N/A	2
TOTAL	13189	57

*Membership information for this PTSO was not received by the deadline required for voting at the 2023 AGM.



136th AGM Draft Agenda

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|--|-----------------|
| 1. Welcome and Call to Order | Danielle Daigle |
| 2. President's Opening Remarks | Blair Carbert |
| • Approval of the 136 th AGM Agenda | |
| • Approval of the 135 th Minutes | |
| 3. Finance Report | André Beaulieu |
| • Presentation of the 2022-23 Audited Financials | |
| • Presentation of the 2023-24 Budget | |
| • Recommendation and Approval of Auditors | |
| 4. Annual Report | Blair Carbert |
| 5. Bylaw Amendments | Blair Carbert |
| • Discussion and Vote | |
| 6. Elections – 2023-2024 Board of Directors | Danielle Daigle |
| 7. Acknowledgement of Upcoming Events | Blair Carbert |
| 8. SSC Business Items | Blair Carbert |
| 9. Memoriam/Recognition | Blair Carbert |
| 10. Motion of Thanksgiving | Blair Carbert |
| 11. Adjournment | Blair Carbert |



APPENDIX A – WORKSHOPS

Coach Workshops

Equipment 101: Enhancing your setup and maintenance game

Learn tips and tricks from National Team equipment technicians to increase your efficiency with equipment setup and maintenance. This interactive workshop will cover key tools and pieces of equipment for all skaters, including blade sharpening, rockering and bending.

- Friday, June 9 from 9:00am – 10:15am
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Active Wear

Speakers:

Reece Williamson Derraugh – Speed Skating Canada
Laurent Daignault – Speed Skating Canada

Principles of Technique: Elevating our technical model for speed skating

Experience the revised technical components of Speed Skating Canada’s athlete development pathway brought to life by your instructors. This workshop will allow you to engage in discussion with other coaches from across the country about the fundamental principles of speed skating.

- Friday, June 9 from 10:45am – 12:00pm
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Active Wear

Speakers:

Tyler Williamson Derraugh – Speed Skating Canada
Robert Tremblay – Patinage de Vitesse Québec

Video Feedback: Harnessing an on-ice tool for skater development

Join our National Team coaches on-ice to explore the efficient use of video to connect with your athletes. This session will take place at the Capital News Centre and focuses on how to capture the right angles and images to provide the best possible feedback to your skaters.

- Saturday, June 10 from 9:00am – 10:15am
- Capital News Centre
- Dress Code: Active Wear (On-Ice)
 - *Skates are not required*

Speakers:

Olivier Jean – Speed Skating Canada



Jonathon Cavar – Speed Skating Canada

From YTP to the ICE: Converting Planning into the Daily Training Environment

How do National Team coaches implement their Yearly Training Plans in the daily training environment? This workshop will provide you with tips on this important process, including how to adapt to unforeseen events and monitoring tools to keep you on track.

- Saturday, June 10 from 10:45am – 12:00pm
- Capital News Centre
- Dress Code: Active Wear

Speakers:

Bart Schouten – Speed Skating Canada

Sebastien Cros – Speed Skating Canada

Officials Workshops

The Officials Pathway: Mapping your journey as a speed skating volunteer

Gain a better understanding of the official's development pathway, including the roles of each official and how they work together to deliver a professional speed skating event. You will leave this session with a clear road map to achieve your goals within our sport.

- Friday, June 9 from 9:00am – 10:15am
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:

Jonathon Cavar – Speed Skating Canada

Nathalie Lambert – International Skating Union

Rules, Rarities and Reactions: Preparing for unexpected calls and stressful moments

Join Canada's top officials to learn tips and tricks on preparing for events, dealing with rare calls and reacting to unexpected situations. This interactive workshop will provide you with the tools to manage the high stress moments that sometimes arise for officials.

- Friday, June 9 from 10:45am – 12:00pm
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:

Nathalie Lambert – International Skating Union



Stuart Gibbs – Speed Skating Canada
Rick Hunt – Speed Skating Canada

Technology 101: Enhancing your competition setup

What is the best way to set up and connect the technology involved in running a speed skating competition? This workshop will help you explore the various options for electronic timing, transponders, lap counting, video review and more.

- Saturday, June 10 from 8:30am – 10:15am
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:

John Little – Calgary Olympic Oval
Robert Tremblay – Patinage de Vitesse Québec

Video Review: Improving the fairness and flow of racing

Hop into the session to learn the efficiencies of video review from the ISU's Technical Committee Chair and our international-level officials. This session will take place at the Hampton Inn & Suites and aims to help you make the correct calls with confidence and effective use of available video review technology.

- Saturday, June 10 from 10:45am – 12:30pm
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:

Nathalie Lambert – International Skating Union
Stuart Gibbs – Speed Skating Canada

Administrator Workshops

Revenue Generation: Increasing your organization's financial reach

Navigate the landscape of revenue opportunities within sport to gain a better understanding of how to increase funding for your organization. You will leave this session with resources and ideas related to grants, sponsorship, fundraising and more.

- Friday, June 9 from 9:00am – 10:15am
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:



Elizabeth Williamson Derraugh – Speed Skating Manitoba
Mary Frances Carter – Speed Skating Ontario
Sandi Vyse – Kamloops Long Blades
Gillian Goud – Kamloops Long Blades

Competition Best Practices: Maximizing your prep before the finish line

Benefit from the expertise of competition organizers from across the country to enhance your event planning and execution. Through roundtable discussions, this workshop will dive into best practices on key topics such as participant experience, volunteer recruitment and logistics.

- Friday, June 9 from 10:45am – 12:00pm
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:

Chris Veeman – Speed Skating Saskatchewan
Jill Lynch – Speed Skating Canada

Public Relations: Enhancing your brand and celebrating your community

How does Speed Skating Canada use digital tools and traditional media to enhance its brand and public reputation? This session is designed to provide you with tips and tricks for highlighting, promoting, and celebrating your PTSO or club within your community.

- Saturday, June 10 from 9:00am – 10:15am
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:

Joel Mineau – Balboa Sport
Tom Hall – Canadian Olympic Committee
Alain Brouillette – Speed Skating Canada

Crisis Management: Preparing for the unexpected

Learn about the crisis management toolkit developed by Speed Skating Canada in collaboration with TACT Consulting. This interactive workshop will include mock scenarios to help you practice for unexpected or challenging situations you may face at your own organization.

- Saturday, June 10 from 10:45am – 12:30pm
- Hampton Inn & Suites Kelowna Airport
- Dress Code: Business Casual

Speakers:

Tom Hall – Canadian Olympic Committee
Nicole Espenant – Speed Skating Canada

