



—ONTARIO—  
**SPEED SKATING**  
—ASSOCIATION—

Annual General Meeting

May 23, 2015

Quality Hotel and Conference Centre  
Oshawa, Ontario



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## SCHEDULE

All activities at [Quality Hotel & Conference Centre](#)

Friday May 22 <sup>nd</sup>	Activity	Room
8:00pm – 10:00pm	President's Reception <ul style="list-style-type: none"> <li>Refreshments including beer and wine, fresh vegetables, and cheese &amp; crackers will be served</li> </ul>	Suite 280
Saturday May 23 <sup>rd</sup>	Activity	Room
8:00am – 9:00am	Saturday Arrival Check-In <ul style="list-style-type: none"> <li>Light refreshments</li> </ul>	
9:00am – 11:45pm	Annual General Meeting <ul style="list-style-type: none"> <li>Refreshment Break at 10:15am</li> </ul>	
11:45pm – 1 2:30pm	Environmental Scan – Club Survey Feedback Facilitated by Judy Sutcliffe of The Sutcliffe Group Incorporated	
12:30pm – 1:30pm	Lunch Break and Awards presentation	Harmony Hall
1:30pm – 2:30pm	Insurance Seminar Facilitated by Gord Fergusson, Youngs Insurance, Mark O'Donnell, O'Donnel, Robertson & Sanfilippo Barristers & Solicitors, Matt O'Donnell, Northbridge Insurance	
2:30pm-4:00pm	Annual General Meeting continues	

## ANNUAL GENERAL BUSINESS MEETING AGENDA

1. Welcome to Delegates.
2. Confirmation of Delegate numbers, quorum and majority.
3. Approval of Agenda.
4. Approval of 2014 AGM Minutes.
5. Board of Directors Reports
  - a. President's Report
  - b. Vice President Athlete Development
  - c. Vice President Education
  - d. Vice President Finance and Administration
    - i. Approval of Auditor for 2014 – 2015.
    - ii. Approval of 2014 – 2015 Draft Audited Statements.
    - iii. Approval of Auditor for 2015 – 2016.
    - iv. Proposed Amendments.
  - e. Vice President Marketing and Communications – Perry Lo
  - f. Vice President Sport Development – Emma O'Donnell
6. Statistician's Report
7. Approval of Club Reports
8. New Business
9. Elections
10. Adjournment

## 2014 – 2015 CLUB MEMBERSHIP AS IT PERTAINS TO AGM VOTES

(as of May 1, 2015)

Club	Membership	Special Event Members	Total Members for AGM	Number of votes per club
Barrie	68	0	68	2
Brampton	78	0	78	2
Cambridge	153	0	153	4
Clarington	33	0	33	1
Durham	32	0	32	1
Gloucester	132	1	131	3
Golden Horseshoe	22	0	22	1
Hamilton	60	0	60	2
Kawartha	79	0	79	2
King	55	18	37	1
Kingston	118	3	115	3
Kitchener-Waterloo	210	0	210	5
London	90	1	89	2
Markham	132	0	132	3
Milton	75	0	75	2
Newmarket	62	0	62	2
Niagara	13	0	13	1
Oakville	108	0	108	3
Ottawa	251	0	251	6
Quinte	69	0	69	2
Sault Ste. Marie	16	0	16	1
St. Lawrence	81	0	81	2
Sudbury	26	0	26	1
Thunder Bay	21	0	21	1
Toronto	225	0	225	5
<b>Totals</b>	<b>2209</b>	<b>23</b>	<b>2186</b>	<b>58</b>

### NOTES:

- By-Law 7.01.2: Clubs in existence for less than two complete years with five members registered as Ordinary Members of the Association have one vote.
- By-Law 7.01.3: An Affiliated Club which has been in existence for a period of more than two (2) complete years must have at least ten (10) members who are registered as Ordinary Members of the Association in good standing during the fiscal year of the Association in order for the such Members to be entitled to one (1) Voting Delegate at any Meeting of Members.
- Special event members are not included in club totals for calculating number of club votes at the OSSA AGM. They are not considered Ordinary Members of the Association

## DRAFT MINUTES OF THE ANNUAL GENERAL MEETING HELD MAY 2014

1. Welcome

At 9:00am on Saturday May 24, 2014, Michael Cvitkovic, Consultant, welcomed delegates to the Ontario Speed Skating Association's (OSSA) 2014 Annual General Meeting and called the meeting to order.

2. Confirmation of Delegates

A roll call was conducted of the members and voting delegates present by Michael Cvitkovic. There were fifty-two (52) voting club delegates and three (3) voting directors for a total of fifty-five (55) votes. Twenty-eight (28) votes were needed to have a majority on any subsequent votes.

3. Agenda

**MOTION AGM-14-01:** Moved by, Don Clarke seconded by Emma O'Donnell, that the agenda be amended to move the Technical Committee Report to follow the President's Report previously distributed and printed on page five of the reports package for the 2013 OSSA Annual General Meeting be approved.

Motion Carried.

4. Minutes – 2013 OSSA Annual General Meeting

**MOTION AGM-14-02:** Moved by Stephen Arnold, seconded by Laurel Rockwell that the minutes of the 2013 OSSA Annual General Meeting held on May 24-25, 2013 be accepted.

Discussion:

- Look into when the survey monkey was sent to the clubs for them to vote on the Auditors
- Amend minutes to include a note that Niagara club requires assistance from OSSA.
- Change 2/3 to 34 not 26
- Change XX on page 15 section 13. Elections 34
- Has a motion to adjourn taken place?
- That a notation is included that references the meeting was adjourned by the fact that the delegates cleared the room therefore no quorum present.

Motion Carried with amendments.

5. President's Report as presented by Patti Pokol

- Happy with the turn-out by the clubs.
- Only 4 clubs not present at the AGM.
- Looking forward to developing stability over the next few months and years.
- Looking to grow the board with new members so they can continue to service the clubs based on their needs.
- Calls upon Barbara Lyon-Stewart to say a few words from the Ministry Tourism, Culture and Sport.
- She is making this presentation available to all Provincial Sport Organizations in order to provide the opportunities that are available to PSO's.
- She thanks all the staff and volunteers for their work in speed skating.
- Discusses the background of the LTAD and the process the Government put in place to ensure that the Sport Organizations were LTAD compliant.
- Sport Canada made it a requirement for any PSO who were to receive funding that they be LTAD compliant.
- Quest for Gold funding in Ontario has made significant contributions to the funding accessed by Ontario athletes.
- Ministry contributes \$10 million a year in the Quest for Gold program.
- Now working with the Canadian Sport Institutes and a new facility is being built in Scarborough.
- Community Development Fund grants are now available both for PSO's and regions.
- International Sport Hosting programs; funds are available that are to be used for hosting international competitions in Ontario.
- High Performance Management Program – this program is the first step in becoming eligible to apply for high performance



funding dollars from the province.

- Sport Priority Funding – no longer based on the size of the organization. Applications up to \$100,000 per year. Outcome is good through the tracking of the Quest for Gold program. Ontario's representation on National Teams is the highest it's ever been.
- There are 17 sports that have been targeted by the intake program, if the ministry sees they are a good investment for the future, then the NSO receives money as well.
- They are investing in training centres across the country so that kids do not have to move locations to train at a higher level.
- Pan Am Games are a great investment for the province as they have more sports than any other multisport games. Loads of facilities and cultural influence.
- Team sports cannot be treated the same way as individual team sports.
- System alignment needs to be in place that everyone understands and supports – Club – PSO – NSO
- Message has been received loud and clear from the clubs that the volunteers are burning out; we need to create depth within our clubs to ensure that we don't lose people to burning out.
- If a club/province does not meet the minimum requirements outlined in your agreement, then the funds will be held back. Funds will only go to sport organizations that are true partners with the Province.
- Need an operational / strategic plan – this is mandatory, not an option.
- Clubs hold the power because they have the votes.
- Far too much conflict of interest in all levels of sport across the country.
- All of the opportunities that Barbara Lyon-Stewart has outlined are available to OSSA and their Clubs; it's up to us to capitalize on them.

### Discussion:

- How do we build the trust? What do you think we should do?
- Answer – when you vote in a board, you need to have faith that they will do their job. Don't bog them down with all the little requests and questions. A clear mandate will help provide the answers that the members are looking for. A clear contract that every club in this association that you abide by the code of conduct; one for athletes, coaches, officials, volunteers, Board members). If you don't abide, then disciplinary action can take place.
- With small groups, how do you handle conflict of interest situations?
- Answer – You want make sure you have a balance of business, insurance, risk manager and finance people, not just parents or coaches. It should also be clearly noted in the minutes that the individual who has the conflict of interest, declares it and they leave the room when it goes to a vote.

### 6. Technical Report as presented by Emma O'Donnell, VP Technical Committee

- Michael welcomes Ian Moss, CEO of Speed Skating Canada.
- Ian emphasises that SSC is only as strong as its members. SSC reminds him of rowing due to our structure, but the people are different.
- He has been to several Provincial AGM's and appreciates all the work that all of the administrators and volunteers put forth to grow the sport.
- SSC has the responsibility for the high performance program. Sochi had some successes, but historically, this is not what speed skating is capable of, we have higher potential than that.
- SSC funding will be cut by OTP.
- SSC is assessed every 4 years by the Government and funding cuts are anticipated based on high performance credentials.
- NCCP is moving forward led by Mike Rivet. Comp Dev curriculum level is in the first stages of development.
- Janice Dawson is the manager of Coaching Development and a great resource.
- SIMEC committee drives research and policy for the safety; looking to include best practices on our website. SSC will distribute this information to the Branches through the website.
- SSC's strategic plan includes an objective of retention to save 1% of members each year.
- Club safety initiatives – gave out grants across the country; 3 to Ontario. Want to try and keep providing this type of grant to help ensure pads are up to date.

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- Down the road, there may be the opportunity to create a high performance centre in Ontario.

Discussion: No discussion.

Emma O'Donnell

- All items mentioned come from the revised Technical Bulletin
- 1 email with comments from each club are permitted until June 4<sup>th</sup>
- Some highlights include:
- Changes to the racing groups
- Align our racing groups with SSC's
- Meet attendance requirements – must attend 3 out of 4 meets in order to attend the Provincial A Championship. Have 1 free absence to use. Plan to go to all meets in case something comes up and you can't make one.
- It is clearly laid out which competitions you can get a bye for. There is a concussion policy built into the byes. OSSA has adopted SSC's concussion policy.
- If you made the time standard, you can be put on a list to be called up to compete. If you want to skate in the meet, you need to register in advance; only when a spot has been confirmed will your registration be processed.
- New awards, meant to reward people for consistently attending meets. Top group of each member category can accumulate points. These rules are outlined in the appendices of the Technical Bulletin.
- Doing the 3000m points race more often so kids get experience doing it as it is skated at Canada Winter Games and Canada East. As well as the 1500m Super Final.
- A separate Canada Winter Games bulletin to come out in the summer to provide the necessary details.
- Slight distance changes at Provincial C.
- No relays at provincial meets or provincial championships.
- Tie breaker is fastest 400m time.
- Time standards for out of province skaters.

Discussion:

- Comment about how athletes attending the CWG will be skating relays so they will need to have an opportunity to practice them in advance of the games.
- Typo – 13-14 season needs to be fixed.
- Calling up skaters – are called up based on ranking times.
- Page 14 – ranking numbers (boys 1-14) and girls (1-10)
- Time standards for call ups and provincial series – are you using them for the regular provincial skaters? Time standards will apply to those skaters as well.
- Like the changes, but would appreciate transparency on how the suggested changes from the clubs are incorporated into the revised technical bulletin document.
- Suggested to include a tracked change documents.
- Can it be considered when we go to ability meets to make it possible to medal/ribbon the girls separate from the boys so we can acknowledge their achievements? Clubs can do as they wish with the awards.
- What level of officials needs to be present in order for records to be valid?
- No records at Provincial B Championship

### 7. Marketing Report as presented by Perry Lo, VP Marketing

Refers to pre-circulated report, are there any questions?

Discussion:

- If there is going to be a change to the OSSA logo, both disciplines should be included in the logo.
- Is there going to be a sponsor for the apparel for the Canada Winter Games? The number should be changed to reflect the number of athletes attending the CWG (15).
- Web traffic / monitoring – is there anything that you are looking for on web promotion?

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- Answer – this is one area that the Marketing Committee is going to look at. Right now website is being managed by staff. What can we do with our current system and what can we do better?
- SSC is doing a workshop at their AGM where the branches will discuss coordinating branding and marketing
- Perry recognizes the members of the Marketing Committee.
- Perry thanks members of the Cambridge and Newmarket clubs for assisting with the development of the brochure.
- Has asked from the members to put forth any potential contacts they would have related to the sponsorship areas that the committee is going after.
- We need to market our sport and do a much better job.
- Comment about how great it is to see such a large group of individuals dedicated to marketing our sport.

### 8. Coaches and Officials Report

Please refer to written reports provided in the AGM Manual by Cindy Van Lierop and Ron Richards.  
Any discussion points, please direct to Cindy and Ron directly.

### 9. Vice President Finance and Administration Report as presented by Graham Wilkins

#### a) Approval of 2013-2014 Audited Statements

- Graham provides an overview of the audited financial statements
- The book value of the Inventory count is at \$40,000 which did not need to be written down any further.
- Spent less on salary due to the Executive Director being on maternity leave.
- We've been doing a really good job of keeping track of our expenses incurred by athletes and coaches travelling to meets.

#### Discussion:

- Recollection was that at the 2013 AGM was a year we broke even; but these financial statements indicate a \$47,000 deficit. This discrepancy comes from the written off merchandise.
- Can we do something where that inventory goes on consignment to the clubs so it can be unloaded? The inventory that is remaining is picked over and are expensive pieces, not the stuff that the average member would want.
- Marketing committee is going to look at how to monetize the inventory and unload it.
- Sarah speaks to the inventory and mentions that there is not that much left and not stuff that people would generally want; odd sizes and outdated technology in the boots etc.
- Suggestion is to get rid of it; it's a soft number on our budget sheet.
- Audited financial statements say draft until they are approved by the membership.
- Why are the memberships showing a slight increase but our membership revenues are showing a decrease? The answer is that due to subsidized family memberships and increasing special event members
- Should we be changing how we track our money so that we can better show the Government how it is being spent so that it aligns with the government priorities and objectives?
- Answer: Government doesn't think this is a wise use of our time, but rather focuses on our Base Funding Report. Just show how the money is taken in and spent.

**MOTION AGM-14-03:** Moved by Marg Oliveira, seconded by Perry Lo that the 2013-2014 Audited Financial Statements be accepted.  
Motion Carried.

#### b) Approval of Auditor for 2014-2015

**MOTION AGM-14-04:** Moved by Graham Wilkins, seconded by Mike Murray to accept Clarke Henning LLP as the auditors for the 2014-2015 season..

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Motion Carried.

### c) Proposed Amendments

**MOTION AGM-14-05:** Moved by Kate Lee, seconded by Don Clarke to approve Amendment #1; clerical changes in By-Laws 1.02, 5.01, 11.02, 11.04, 14.02 found in Appendix 1.

Motion Carried.

**MOTION AGM-14-06:** Moved by Dennis Vogt, seconded by Kelly Schmidtke to approve Amendment #2; clerical changes in By-Law No. 7 Cover Page and 21.0 found in Appendix 1.

Motion Carried.

**MOTION AGM-14-07:** Moved by Marg Oliveira, seconded by Mark Miyasaki to approve Amendment #3; add “sent electronically” in By-Law 6.07.02(b) found in Appendix 1.

Friendly Amendment – “if the Member is..., or if served personally on **the** Member.”

Motion Carried.

**MOTION AGM-14-08:** Moved by Don Clarke, seconded by Doug Flynn to approve Amendment #4; “The Board shall consist of six (6) individuals. The size of the Board may be increased or decreased by Special Resolution” found in Appendix 1.

Amendment: “The Board shall consist of six (6) **positions**. The size of the Board may be increased or decreased by Special Resolution”.

**MOTION AGM-14-09:** Moved by Don Verhage to accept amendment as amended and written above.

Motion Carried.

**MOTION AGM-14-10:** Moved by Emma O’Donnell, seconded by Josee Letarte to approve Amendment #5; change the titles of the Board of Directors positions in By-Law 9.03.02 found in Appendix 1.

Motion Carried.

**MOTION AGM-14-11:** Moved by James Fraser, seconded by Doug Flynn to approve Amendment #6; to approve the name changes in the VP portfolios in By-Law 9.03.1 found in Appendix 1.

Motion Carried.

**MOTION AGM-14-12:** Moved by Perry Lo, seconded by Josee Letarte to approve Amendment #7; clerical changes to include commas and to update portfolio names in By-Law 11 found in Appendix 1.

Motion Carried.

**MOTION AGM-14-13:** Moved by Emma O’Donnell, seconded by James Fraser to approve Amendment #8 as amended; to change name of VP Technical Programs Administration to VP Sport Development in By-Laws 12.04.1, 12.04.2 and 12.04.4 found in Appendix 1.

Friendly Amendment – 12.04.4 “The election of the...and at such place as the **Vice President Sport Development** shall determine...”.

Motion Carried.

## OSSA | Annual General Meeting Report

**MOTION AGM-14-14:** Moved by Desmond Preudhomme, seconded by James Fraser to approve Proposed Amendment #9 as amended; changes to Annex B3 found in Appendix 1.

Friendly Amendment – “Genders **and/or** age groups must not be combined. **This policy does not apply to the Master’s age classes.** Refer to Technical Bulletin for additional details.”

“Any competitor who equals an existing **record** shall receive recognition for that time.

Motion Carried.

### 10 Statistician’s Report as presented by Sarah Leslie

- Started tracking numbers and trending
- Injury reports – thanks to the clubs who have submitted these. Graph in AGM Manual are outdated as 8 more forms showed up in the past two weeks once this document had already been created.
- Approval of the records – does not include the masters records skated at the Masters International.
- Matthew Freitag is a member of the Ottawa club not Kingston, so this change will be made.

**MOTION AGM-14-15:** Moved by Ron Richards, seconded by Kate Lee to accept the records as presented.

Other items for discussion:

- Updating club registration forms for meets – new skaters only need times listed. Returning skaters times are taken from Ranking List.
- Updated forms for host clubs.
- Officials scheduled from host club.
- Ranking List will be posted in minutes.
- Result List for Long Track.
- Club registrars – share the paperwork with coaches attending meets.
- Equipment – loose ankle protectors, round blade tips.
- Coaching courses open for registration. Get delegates registered for the Intro to Comp course no later than May 30<sup>th</sup>.
- Competition calendar – is constantly changing. Provincial C Championship confirmed for London March 21<sup>st</sup> and 22<sup>nd</sup>.
- Updating the forms for meets, is it possible to have multiple sections to register skaters on one form?
- CWG trials are Friday, Saturday, Sunday, a 3 day event, not 2
- Demographic is showing a drop off in certain age categories – refer to Technical Committee

### 11. Approval of Club Reports

Discussion:

No discussion.

### 12. New Business

#### a) Budget for 2014 – 2015

Graham calls for a moment of silence to remember Joyce Leggatt and Roger Buxton who both passed away this past year.

- Graham reviews the budget.

Discussion:

- Page 3, line 53 Auditors Fee is missing from the Actual column. Will be amended now that we have received the audited financial statements.
- Bank charges and interest were not aligned – this is because we had to run the association on borrowed funds until the government money came in.

## OSSA | Annual General Meeting Report

- Marketing budget – is the revenue anticipated from the inventory too high given that the products are not that desirable? Perry has budgeted \$5000 in his report to give merchandise to the clubs.
  - Line item 5572, page 6 Newsletter budget, is also included in the marketing budget.
  - Page 5, item 5290 other technical expenses – the entries that are made for our skaters that are outside of Ontario. We collect the funds from them and then pay the host club.
- b) Declaration of the fee structure
- The fee increase that is happening this year is just a confirmation of the fees that were proposed 2 years ago by SSC. This information is found in the OSSA Information Manual.
- c) High Performance Management Program (HPMP)
- A huge project undertaken this year.
  - Canadian Sport Institute – Ontario & Dr. Peter Davis
  - Focus on 1 format (short track).
  - 4 Pillars for High Performance: Athlete Development, Coach and Official Development, Communications, High Quality Training and Competition Environment
  - Competition structure across the country is changing and Ontario is falling behind.
  - We need to get a provincial coach, who will work with our clubs and go to meets.
  - The HPMP addresses the gaps that are developing amongst the provinces.
- d) Sport Priority Funding (SPF)
- Annual funding that used to be \$30,000 but this year it is available at \$100,000 – must be used in either Capacity or Excellence stream; OSSA's application has been put forth under the Capacity stream for 2 years to strengthen OSSA's infrastructure.
  - OSSA chose Capacity because it addresses these areas; Governance (Risk Management), Accountability, Consistency, Alignment and Foundation for Growth.
  - Club Excellence – Governance
  - Application has been submitted and we should find out in the fall if we were successful.

### Discussion:

- Clubs believe that many of the clubs are strong and in fact, are the strength of the OSSA. So why is it that OSSA is trying to decide what is going to make the clubs strong? Why have they not been consulted in this process?
- Answer – feedback from the clubs over the past few years has been collected and used in the application that was put forth.
- Club Excellence will eventually be a mandated program from the Province, so OSSA's intends to get the clubs
- We have to be conscious of what we are all doing; that we do this for the kids. So if it involves dealing with this project now and putting forth the effort, then we need to do this as there is a lot of funding on the line.

### 13. Elections

The number of votes was 52 club delegates and 3 Director votes for a total of fifty-five (55) votes. Twenty-nine (28) votes were needed to have a majority on any subsequent votes. Note this is a two-thirds majority.

Slate of candidates presented:

**Vice President Finance & Administration (two year term):** Graham Wilkins

**Vice President Athlete Development (two year term):** Blake Morrison

Both candidates were acclaimed.

Patti speaks to the Director of Education position that is vacant and how crucial it is that it be filled. OSSA will circulate the job description and nomination form to the members and will leave this open until June 9<sup>th</sup>, for Clubs to submit nominations.

OSSA will receive a report from the Ministry for an overview of the answers that the clubs responded to Barbara's questionnaire.

**MOTION AGM-14-16:** Moved by Dennis Vogt that the meeting be adjourned at 15:10.

### Attendees – OSSA Annual General Meeting

<i><b>First</b></i>	<i><b>Last</b></i>	<i><b>Club</b></i>	<i><b>Title</b></i>	<i><b>Vote</b></i>
Mike	Allen	Barrie	President	1
John	Ambrose	St. Lawrence	President	1
Stephen	Arnold	Kingston	Treasurer	1
Kelly	Ball	Kingston	Head Coach	1
Simon	Barker	Kawartha	President	1
Nick	Beck	Markham	Equipment Manager	1
Marc	Besner	St. Lawrence	Coach	1
Sarah	Beynon	Barrie	Vice President	1
Ron	Blackwell	Markham	Head Coach	1
Cam	Boyd	Toronto	High Performance Coach	1
Marion	Chase	Ottawa	Chief Recorder	1
Scott	Cooper	Ministry T, C, S	Quest for Gold	0
Michael	Cvitkovic	OSSA	Consultant	0
Don	Clarke	KW Sertoma	Director	1
Dave	Clements	Quinte	Director	1
Laura	Crack	OSSA	Athlete Rep	0
Kent	Cunnington	London	President	1
Jacqueline	Deschenes	OSSA	Executive Director	0
Paul	Emblin	Milton	President	1
Peter	Fergusson	London	Secretary	1
Doug	Flynn	KW Sertoma	President	1
James	Fraser	Kingston	President	1
Jennifer	Gemmell	Ottawa	Revenue & Fundraising Coordinator	1
Doug	Gibbons	KW Sertoma	Director	1
Stephen	Glos	Cambridge	Board Member	1
Les	Goldberg	Newmarket	Executive Board Member	1
Ray	Himbeault	Toronto	Club Member	1
Tim	Howell	Milton	Vice President	1
Jean	Hurtubise	Gloucester	Vice President	1
Hannah	Juneau	OSSA	Manager, Administrative Programs	0
Dirk	Kassenaar	Toronto	Director at Large	1
Debby	Langridge	KW Sertoma	Director	1
Jack	Lapum	Kawartha	Head Coach	1
Kate	Lee	Brampton	Registrar	1

<b><i>First</i></b>	<b><i>Last</i></b>	<b><i>Club</i></b>	<b><i>Title</i></b>	<b><i>Vote</i></b>
Sarah	Leslie	OSSA	Manager, Sport Programs	0
Josee	Letarte	Toronto	Treasurer	1
Lisa	Liew	Markham	President	1
Perry	Lo	OSSA	VP Marketing	1
Barbara	Lyon-Stewart	Ministry T, C, S		0
Sandra	MacClennan	Sault Ste. Marie	President	1
Anne-Marie	Malcolm	Brampton	President	1
Colin	McAnuff	Oakville	Parent / Club Member	1
Paula	McConvey	Barrie	Coach	0
Joanne	Michaud-Parent	Gloucester	Member at Large	1
Neil	Mitchell	Newmarket	Technical Committee Member	0
Mark	Miyasaki	Cambridge	President	1
Ian	Moss	SSC	CEO	0
Mike	Murray	Hamilton	President	1
Emma	O'Donnell	OSSA	VP Technical	1
Mark	O'Donnell	Oakville	President	1
Matt	O'Donnell	Oakville	Coach	1
Marg	Oliveira	Cambridge	Coach	1
Jesse	Pauley	Ottawa	Coach	1
Celeste	Peixe-Bouma	Ottawa	President	1
Patti	Pokol	OSSA	President	0
Desmond	Preudhomme	Toronto	President	1
Ron	Richards	Clarington	President	1
Laurel	Rockwell	Gloucester	President	1
Kelly	Schmidtke	KW Sertoma	Director	1
Diane	Simpson	Newmarket	President	1
George	Simpson	Newmarket	Media Relations	0
James	Simpson	Newmarket	Skater & Official	0
Peter	Skov	Oakville	Coach	1
Sue	Townley	Ottawa	Oval Manager	0
Mariska	Vergeer	Cambridge	General Manager	1
Don	Verhage	Quinte	President	1
Dennis	Vogt	Gloucester	Registrar	1
Graham	Wilkins	OSSA	VP Finance and Administration	1
Richard	Young	Ottawa	Technical Director	1



## Appendix A – Proposed Amendments

### OSSA Regulations Amendment Form #1

DOCUMENT TO BE AMENDED (i.e. By-law): BY-LAWS	
SECTION HEADING: VARIOUS	REGULATION #: various see below
TITLE: CLERICAL CHANGES	
EXISTING REGULATION (EXACT WORDING)	
1.02 / Pg. 2 Board of directors (last line). 5.01 / Pg. 6 5.01(c) subsections (i) and (ii) not indented. 11.02 / Pg. 13 <u>no</u> period at end of sub-clause. 11.04 / Pg. 14 <i>"The Secretary shall"</i> the subsequent subclauses, currently stated as (d) through (j), 14.02 / Pg. 18 extra spacing within content of clause.	
PROPOSED AMENDMENT (EXACT WORDING)	
1.02 / Pg. 2 <u>Clerical change</u> : capitalize "D" in Board of Directors (last line). 5.01 / Pg. 6 <u>Clerical change</u> : 5.01(c) subsections (i) and (ii) should be indented. 11.02 / Pg. 13 <u>Clerical change</u> : 11.02.2 insert period at end of sub-clause. 11.04 / Pg. 14 <u>Clerical change</u> : 11.04.5 insert colon <i>"The Secretary shall:"</i> <u>Clerical change</u> : 11.04.05(c) the subsequent subclauses, currently stated as (d) through (j), to be second indented under subclause (c). 14.02 / Pg. 18 <u>Clerical change</u> : delete extra spacing within content of clause.	
RATIONALE	
Clerical changes to correct punctuation and formatting	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY: The Board of Directors
DATE OF LAST REVISION:	
PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)	

## OSSA Regulations Amendment Form #2

DOCUMENT TO BE AMENDED (i.e. By-law): By-Law	
SECTION HEADING: Cover Page & Repeal of By-Law	REGULATION #:: Cover Page, & 21.0
TITLE:	
EXISTING REGULATION (EXACT WORDING)	
<p>Cover Page By-Law No. 7, Updated May 27, 2012</p> <p>“Please note, changes to the By-Law, adopted in May 2012, are highlighted in red and underlined.”</p> <p>21.0 / Pg. 20</p> <p><i>“By-Law Number 6 is revoked on the coming into effect of this By-Law Number 7 (May 27, 2012).”</i></p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>Cover Page <u>Clerical change</u>: Reflect the new update date and the “Please Note” regarding highlighted areas throughout the by-laws.</p> <p>“By-Law No. 8”</p> <p>“Updated May 24, 2014”</p> <p>“Please note, changes to the By-Law, adopted in May 2014, are highlighted in red and underlined.”</p> <p>21.0 / Pg. 20 <u>Clerical change</u>: insert 21.07 to be reflective of By-Law No. 8.</p> <p><i>“By-Law Number 7 is revoked on the coming into effect of this By-Law Number 8 (May 24, 2014).”</i></p>	
RATIONALE	
Clerical change to reflect current date and by-laws #	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION:	
<p>PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)</p>	

Annex A7: OSSA Regulations Amendment #3

DOCUMENT TO BE AMENDED (i.e. By-law): BY-LAW	
SECTION HEADING: Meeting Of Members & Voting Delegates	REGULATION #:6.07.02(b)
TITLE:	
EXISTING REGULATION (EXACT WORDING)	
(b) if the Member is at least eighteen (18) years of age, if sent in writing or sent by facsimile transmission to the Member at his/her last known address as shown on the books of the Association, or if served personally on the Member.	
PROPOSED AMENDMENT (EXACT WORDING)	
(b) "if the Member is at least eighteen (18) years of age, if sent in writing, sent by facsimile transmission or sent electronically, to the Member at his/her last known address as shown on the books of the Association, or if served personally on Member."	
RATIONALE	
Add to words "sent electronically" as this is considered an acceptable form of communication.	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION:	
PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)	

Annex A7: OSSA Regulations Amendment #4

DOCUMENT TO BE AMENDED (i.e. By-law): BY-LAWS	
SECTION HEADING: DIRECTORS	REGULATION #:8.04
TITLE:	
EXISTING REGULATION (EXACT WORDING)	
The Board shall consist of five (5) individuals. The size of the Board may be increased or decreased by Special Resolution.	
PROPOSED AMENDMENT (EXACT WORDING)	
The Board shall consist of six (6) individuals. The size of the Board may be increased or decreased by Special Resolution.	
RATIONALE	
Despite the by-law currently stating differently, there are six (6) board positions as per by-laws 9.03.2.	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY:
DATE OF LAST REVISION:	
PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)	

Annex A7: OSSA Regulations Amendment #5

DOCUMENT TO BE AMENDED (i.e. By-law): BY-LAWS	
SECTION HEADING: ELECTION OF DIRECTORS	REGULATION #: 9.03.02
TITLE:	
EXISTING REGULATION (EXACT WORDING)	
<p>The Voting Delegates at the Annual Meeting shall elect by separate vote an Ordinary Member or Independent Member for each of the following six (6) positions:</p> <ul style="list-style-type: none"> <li>(a) Director and President;</li> <li>(b) a Director and Vice President Administration and Finance;</li> <li>(c) a Director and Vice President Development;</li> <li>(d) a Director and Vice President Marketing;</li> <li>(e) a Director and Vice President Technical Programs Administration;</li> <li>(f) a Director and Vice President Coaching and Officiating</li> </ul>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>“The Voting Delegates at the Annual Meeting shall elect by separate vote an Ordinary Member or Independent Member for each of the following seven (6) positions:</p> <ul style="list-style-type: none"> <li>a) Director and President</li> <li>b) a Director and Vice-President Administration and Finance</li> <li>c) a Director and Vice-President Athlete Development</li> <li>d) a Director and Vice-President Marketing &amp; Communications</li> <li>e) a Director and Vice-President Sport Development</li> <li>f) a Director and Vice-President Education</li> </ul>	
RATIONALE	
To better align the functionality of the VP portfolios as part of the reorganization of the Board of Directors to better serve the membership.	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION:	
PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)	

## Annex A7: OSSA Regulations Amendment #6

DOCUMENT TO BE AMENDED (i.e. By-law): BY-LAWS	
SECTION HEADING: ELECTION OF DIRECTORS	REGULATION #: 9.03.1
TITLE:	
EXISTING REGULATION (EXACT WORDING)	
<p>The Voting Delegates at the Annual Meeting shall elect the Directors and officers of the Association save and except an individual who is ex officio a Director and save and except the Secretary of the Association. Directors are elected for a two-year term. In odd years, the President, the Vice President Technical Programs Administration and the Vice President Marketing are elected. In even years, the Vice President Administration and Finance, Vice President Coaching and Officiating and the Vice President Development are elected.</p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>The Voting Delegates at the Annual Meeting shall elect the Directors and officers of the Association save and except an individual who is ex officio a Director and save and except the Secretary of the Association. Directors are elected for a two-year term. In odd years, the President, the Vice President Sport Development and the Vice President Marketing &amp; Communication are elected. In even years, the Vice President Administration and Finance, Vice President Education and the Vice President Athlete Development are elected.</p>	
RATIONALE	
<p>To change to name of the VP portfolios in accordance with of the reorganization of the Board of Directors to better serve the membership.</p>	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION:	
<p>PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)</p>	

Annex A7: OSSA Regulations Amendment #7

DOCUMENT TO BE AMENDED (i.e. By-law): BY-LAWS	
SECTION HEADING: Offices and Officers	REGULATION #: 11
TITLE:	
EXISTING REGULATION (EXACT WORDING)	
The offices of the Association shall be the following: President Secretary Vice President Administration and Finance Vice President Development Vice President Marketing Vice President Technical Programs Administration and any other office(s) which is approved and created by resolution of the Board from time to time.	
PROPOSED AMENDMENT (EXACT WORDING)	
The offices of the Association shall be the following: President, Secretary, Vice President Administration and Finance, Vice President Athlete Development, Vice President Marketing & Communication, Vice President Sport Development, VP President Education and any other office(s) which is approved and created by resolution of the Board from time to time.	
RATIONALE	
Clerical change: add commas after each office and to update portfolio names and to include VP Education (Coaching & Officiating pervious omitted).	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION:	
PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)	

## Annex A7: OSSA Regulations Amendment #8

DOCUMENT TO BE AMENDED (i.e. By-law): BY-LAW	
SECTION HEADING: COMMITTEES	REGULATION #:12.04.1 & 12.04.2 &12.04.4
TITLE:	
EXISTING REGULATION (EXACT WORDING)	
<p>12.04.1 The Technical Committee is composed of the Vice-President Technical Programs Administration, Vice-Chair Short Track,</p> <p>12.04.2 The Vice-Chair Short Track and Vice-Chair Long Track shall be an Ordinary member who is appointed by the Vice President Technical Programs and hold office from the termination of the meeting at which he/she is selected until the next Annual Meeting or until his/her successor is elected or appointed.</p> <p>12.04.4 The election of the Skaters' Representative for the ensuing year shall take place on such date and at such place as the Vice President Technical Programs Administration shall determine. The election shall be supervised by the Technical Committee.</p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>12.04.1 The Technical Committee is composed of the Vice-President Sport Development, Vice-Chair Short Track, Vice-Chair Long Track, the Skater's Representatives and not more than an additional five (5) Ordinary Members of which the Official's Development and Coaches Development Committees shall nominate one member each respectively. The Vice President shall appoint the additional three (3) Ordinary Members to the Technical Committee.</p> <p>12.04.2 The Vice-Chair Short Track and Vice-Chair Long Track shall be an Ordinary member who is appointed by the Vice President Sport Development and hold office from the termination of the meeting at which he/she is selected until the next Annual Meeting or until his/her successor is elected or appointed.</p> <p>12.04.4 The election of the Skaters' Representatives for the ensuing year shall take place on such date and at such place as the Vice President Technical Sport Development shall determine. The election shall be supervised by the Technical Committee.</p>	
RATIONALE	
To change name of VP Technical Programs Administration to VP Sport Development	
DATE SUBMITTED: March 31 <sup>st</sup> , 2014	SUBMITTED BY: Board Of Directors
DATE OF LAST REVISION:	



Annex A7: OSSA Regulations Amendment #9  
(excerpted from information Manual)

DOCUMENT TO BE AMENDED (i.e. By-law): Section B – Competition Regulations	
SECTION HEADING: Annex B3	REGULATION #:
TITLE: Conditions for Recognition of Ontario Records	
EXISTING REGULATION (EXACT WORDING)	
<p>ANNEX B3: CONDITIONS FOR RECOGNITION OF ONTARIO RECORDS</p> <p>The Record must be skated in Ontario.</p> <p>The meet must be sanctioned by OSSA and advertised a minimum of twenty (20) days before the event.</p> <p>The meet must be conducted according to OSSA Procedures and Regulations.</p> <p>The record must be applied for on the approved OSSA or SSC "Application for Record" Form and substantiated by the following documents:</p> <ul style="list-style-type: none"> <li>a) The original or authorized photocopy of the time slip for the event showing the readings of a minimum of two (2) watches plus the official time and signed by the Chief Timer and Referee.</li> <li>b) The original or authorized photocopy of the Judge's slip for the event showing the order of placing and signed by the Chief Judge.</li> <li>c) A certificate from a qualified surveyor that the measurements of the track used for the event comply with the standard track measurements approved by the SSC, plus a diagram of the track.</li> <li>d) The program for the meet plus a full set of results.</li> </ul> <p>If the existing record is broken by more than one (1) skater in the same competition, only the best time from the meet will be recognized.</p> <p>For new distances, the best time over the first season will be recognized as the established record.</p> <p>Any competitor who equals an existing shall receive recognition for that time.</p> <p>Note: In cases where a National record is established, meet co-ordinators are to forward the original documentation to SSC, and photocopies to the OSSA office.</p>	
PROPOSED AMENDMENT (EXACT WORDING)	

#### ANNEX B3: CONDITIONS FOR RECOGNITION OF ONTARIO RECORDS

The Record must be skated in Ontario.

Genders and age groups must not be combined. Master competitors may race against other master skaters and mixed gender. Refer to current Technical Bulletin for additional details.

The meet must be sanctioned by OSSA and advertised a minimum of twenty (20) days before the event.

The meet must be conducted according to OSSA Procedures and Regulations.

The record must be applied for on the approved OSSA or SSC "Application for Record" Form and substantiated by the following documents:

- a) The original or authorized photocopy of the time slip for the event showing the readings of a minimum of two (2) watches plus the official time and signed by the Chief Timer and Referee.
- b) The original or authorized photocopy of the Judge's slip for the event showing the order of placing and signed by the Chief Judge.
- c) A certificate from a qualified surveyor that the measurements of the track used for the event comply with the standard track measurements approved by the SSC, plus a diagram of the track.
- d) The program for the meet plus a full set of results.

If the existing record is broken by more than one (1) skater in the same competition, only the best time from the meet will be recognized.

For new distances, the best time over the first season will be recognized as the established record.

Any competitor who equals an existing shall receive recognition for that time.

Note: In cases where a National record is established, meet co-ordinators are to forward the original documentation to SSC, and photocopies to the OSSA office.

#### RATIONALE

More specific guidelines are required as the racing circuit continues to evolve.

DATE SUBMITTED: March 24<sup>th</sup>, 2014

SUBMITTED BY: Sarah Leslie

DATE OF LAST REVISION:

PROPOSALS TO CHANGE THE BY-LAW MUST BE SUBMITTED TO THE OSSA OFFICE NO LATER THAN 60 DAYS PRIOR TO THE AGM AND WILL BE POSTED NO LESS THAN 21 DAYS PRIOR. (Administrative Regulations - Article A3)

## REPORTS

### PRESIDENT

It has been a year of opportunity for OSSA and our staff. In June we welcomed back our Executive Director, Jackie Deschenes. We took this opportunity to make a few changes. Over the summer months we (and by we, I mean Jackie) moved our office from Lakefield to Oshawa; while still outside of the GTA, allowing us to continue to benefit from lower rent. It gave us the opportunity to move our office closer to Toronto, making frequent meetings with the Ministry, SAO and other partners more efficient. It also gave us the opportunity to embrace a little technology. Our Executive Director researched and found an internet based phone system that not only saves us money but allow us to offer one toll free number that would connect one with both Jackie and Sarah, even though they are in two different cities. She also made the number very easy to remember 844-677-6772 (OSSA). Having a toll free number will make it easier for our membership to call us when needed.

September brought with it the first opportunity for me to have a face-to-face meeting with the branch presidents. Although due to distance, some participated via conference call, it was very beneficial. We were able to discuss insurance, mat regulations and many other issues that concern all our clubs. It allowed for the sharing of ideas and formulation of a short lived, but very vital committee, which put together a comprehensive look at our requirements and recommendation, as a province, for Safety Mats.

This lead to our next opportunity, again Jackie stepped up to the plate and offered to do some research to find out if we could save some money by ordering new mats as a provincial association rather than as individual clubs, since several of our branch clubs had received Trillium Foundation Grants to buy new mats. And save money we did! Jackie coordinated the ordering of the mats and the delivery to each club. Everyone benefited from the lower pricing and our skaters benefited from having a safer racing and training environment.

The new year brought many opportunities for Ontario Speed Skaters to shine both at international and national events. We proudly sent a large team of skaters to Saskatoon for the Canadian Age Class Long Track Championships; 34 skaters brought home 5 gold, 6 silver, and 15 bronze medals. We sent a team of athletes ready to skate to the Canada Winter Games in Prince George; our team came home with 2 medals. Team Ontario was well represented at the Canada East Short Track Championship in Fredericton, New Brunswick. Many of the 33 skaters from across Ontario had excellent results and 5 skaters reached the podium. Junior Open Championships took place in Toronto, Canada Cup #3 and Canadian Junior LT Championship in Quebec City, and Cup #4 in Calgary. At the Canadian Open Championships, Patrick Duffy (Oakville) finished 3rd, winning him the opportunity to skate in Moscow at the World Championships, (as well as World Cups 5 & 6).

At the long track World Cup Final in Erfurt Germany, Vincent de Haître (Gloucester) earned his first ever world cup medal, a bronze in the 1000m and Ivanie Blondin (Gloucester) was named the overall women's mass start champion for the season.

We had many Ontario skaters participating in the long track world cups and single distance championships; Jordan Belchos, Ivanie Blondin, Vincent De Haître, Robert Watson, Isabelle Weidemann, Alexandra Ianculescu and Richard MacLennan.

Our congratulations go out to all of our athletes!

As winter rolls into spring we are present with yet another opportunity, the ISU has announced that Speed Skating Canada will host a World Cup in Toronto. This is a huge opportunity to raise awareness of our sport in Ontario. With national and international media presence all Ontario clubs are invited to get involved; join a committee, volunteer, share, work and attend. This will truly be an exciting event for Toronto, for Ontario Speed Skating and for our athletes to have the opportunity to watch world class skating. I encourage everyone to get involved.

I hope that the 2015-16 season bring with more opportunities for OSSA, for the branch clubs and most importantly for our skaters.

Patti Pokol

#### VICE PRESIDENT ATHLETE DEVELOPMENT

Since joining the High Performance Management Program offered by the Canadian Sport Institute – Ontario in December 2013, research and analysis has been completed for OSSA's short track and long track development plans. The completion of the HPMP will result in OSSA being able to offer programs, illuminate pathways, identify future High Performance skaters and position OSSA as an organization and its athletes for future funding opportunities.

This past February I attended the Canada Winter Games in Prince George, B.C. as the lead coach for the Ontario short track team. It was a great opportunity for me to connect directly with our top athletes in the province. The skaters were able to relay their thoughts and feeling about a wide variety of issues, positive and negative that they face as a competitive skater in Ontario. I was also able to discuss with numerous other high level coaches from across Canada issues that we had in common and how best to resolve them.

I have submitted several changes to the current racing format to the VP Sport Development and Technical Committee which directly affect the development of our Ontario skaters, especially our competitive skaters. Continued discussions are required.

The foundation to a clear pathway of development for our skaters and to sustainability for the future has been created. More information will be circulated as our timeline unfolds. The future is looking much brighter.

Respectfully submitted, Blake Morrison.

## VICE PRESIDENT EDUCATION

As most of you know this was first year as VP Education and it certainly was learning year for me, with working on the Board as well as the Officials and Coaching Committees. The coaching aspects was quite new for me and I learned a lot. The officials committee was more familiar since I had been on the committee for the past 6 yrs.

The coaches committee met regularly with good attendance by all. There were many discussions about the technical aspects of our sport and whether our athletes were skating the correct distances for their development. Coaches were assigned to the top meets and excellent reports were submitted after indicating how our athletes did and where we can improve. A big THANK YOU goes out to the coaches for the great job they did this season. Clinics were held to develop new coaches and upgrade existing coaches. Plans are in the works for more clinics this summer and next season. It is good to see so many junior coaches coming up and working on their certification.

Again this season we had some concerns about the short fall of officials for some meets. Again we saw that the same experienced officials doing the bulk of the meets. We tried to hold both level 1 & 2 clinics this past season, but due to poor response we had to cancel them. We did manage to hold one level 1 and one level 2 clinic for timers and place judges. I do see on our officials data base a lot of level 1 members but unfortunately many of them are not coming forward to work meets other than their own club or coming forward to be upgraded. We will be trying to correct this issue in the new season. We hope to be able to get clubs to host a clinic prior to a meet that they may be hosting to try to develop a stronger base in each club. There were occasions where the member volunteering as a chief was not to proper level. If a meet is sanctioned by SSC and this happens there is a good chance that records earned would be invalid.

I look forward to working with the board and both committees again next season. I strongly encourage our members to come forward as a coach or an official to fill the ranks. Without your help our athletes will not be afforded the opportunity to excel in the sport they love. Over the next few years I know some of our senior officials and coaches will be looking at retiring, so we certainly do need your help. They have a lot of experience to pass on and are only too willing to do so.

Doug Flynn

## VICE PRESIDENT ADMINISTRATION AND FINANCE

Report will be included with draft financial statements separately from this report.

## VICE PRESIDENT MARKETING AND COMMUNICATIONS

### **Committee Members**

Perry Lo – Oakville

Jennifer Gemmell – Ottawa

Shiny Mathew – Oakville

Karen Pan - Oakville

I wanted to first thank my fellow committee members for their time and efforts on marketing OSSA this past year. Without their dedication, it would have been difficult to complete the work that we set out to do.

This is the summary of the activities that we have worked on this past year.

1. Creation of the marketing brochure for each club – A PDF document was sent to all club presidents
2. Social media updates and initiatives including Twitter, Facebook and LinkedIn – This has been updated and continues to show growth.
3. Sponsorship dollars raised - \$2,000 dollars raised and currently held in bank account
4. Amount of money spent - \$200 for a sponsorship banner
5. Vendor Guidelines published and provided to all club presidents
6. Excess Inventory – Will be distributed at AGM
7. List of potential sponsors contacted on following page

For the 2014-2015 year, we propose the following activities

1. Continued sponsorship drive with a revised sponsorship document (included in the AGM package)
2. Continued engagement with National and other provincial organizations

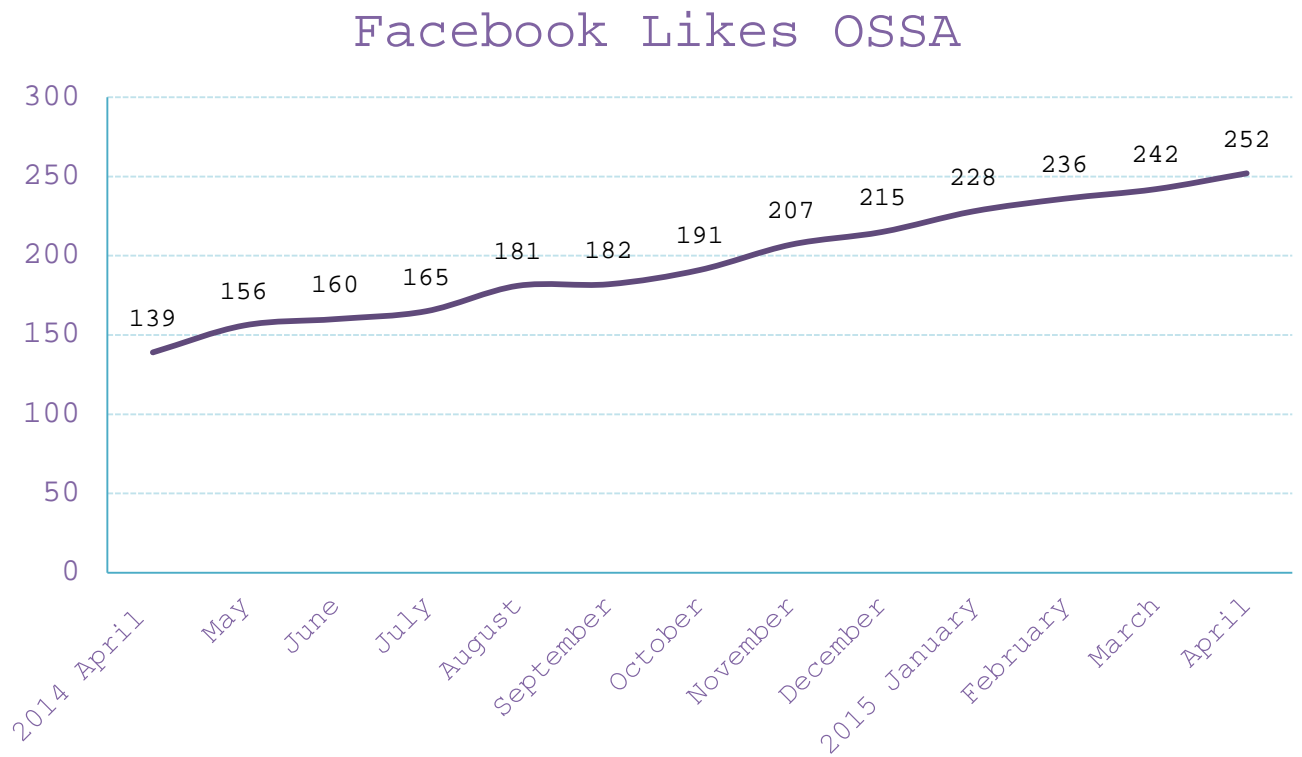
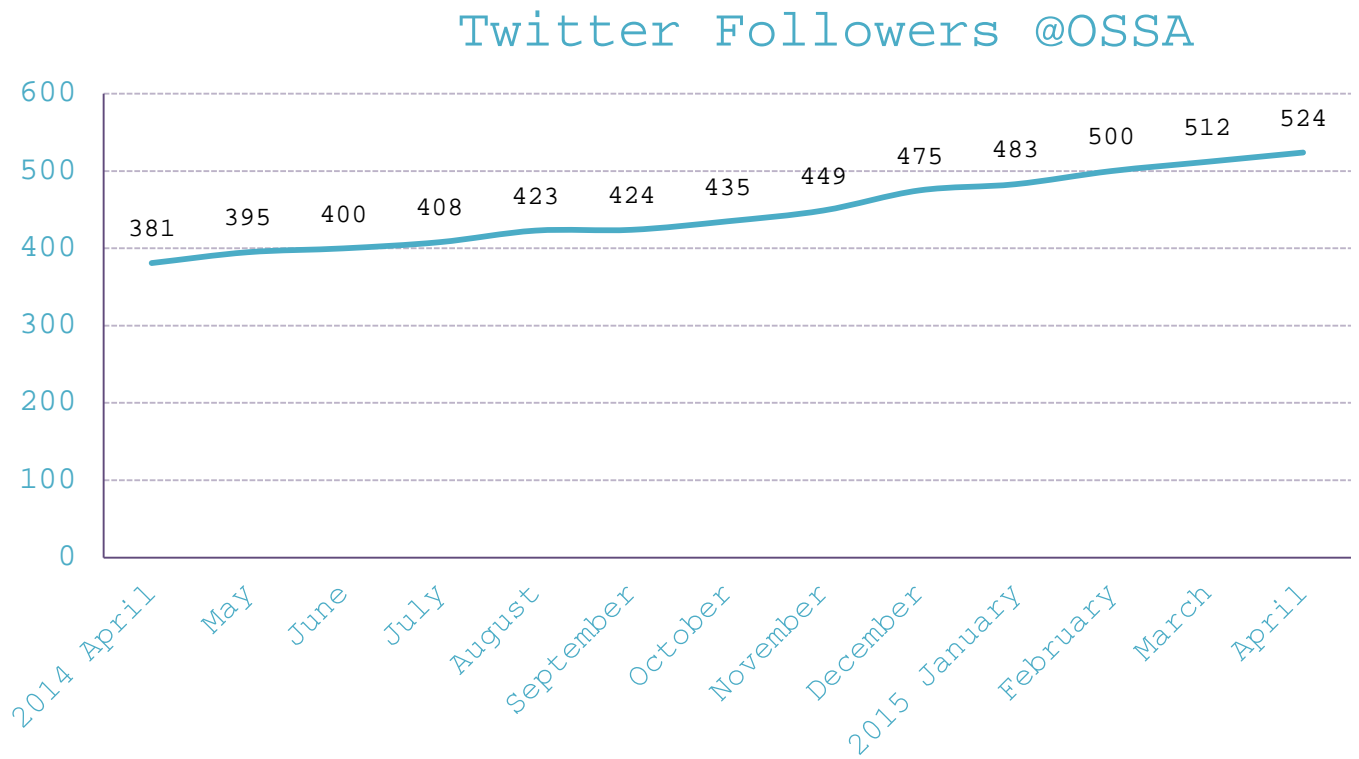
It is imperative that we have volunteers from member clubs in order to realize the activities and promotion that we would like to do. Without volunteers, it will be difficult for us to succeed in our mandate.

If you have any questions, please feel free to discuss this with us at anytime.

**List of Potential sponsors contacted**

Vertex	Rimowa
Intact Insurance	Tim Hortons
Samsung	Saputo
LG	Chapmans
Genworth Financial	Kawartha Lakes
PwC	Rogers TV
Hyundai Cars Canada	Shoei Creations
Porsche Cars Canada	Gavin Zt Sports
Toyota Canada	Huawei Technologies
TD Waterhouse	Clearcut Fitness
RBC	Dennis Goodwin
P&G	FGL Sports
Kraft	Subway
CPA Association	Pita Pit
Bont	Coca Cola
Viking Netherlands	Gatorade
Maple	VH Speedskates
Louis Garneau	Booster Juice
Loblaws	Goodlife Fitness
Walmart	Adidas
Whole Foods	I love Speed Skating
Source for Sports	Devault Sports
Air Canada	Red River Speed
West Jet	Sprintz Skinsuits
Porter Airlines	SST Canada Training
Apex Racing Skates	Pyro Apparel
Marc Evon Enterprises/Guardog	Slingshot Photography

SOCIAL MEDIA RESULTS





## INCREASE YOUR BUSINESS PROFILE TO A KEY GROUP OF CONSUMERS



## SPONSORSHIP OPPORTUNITIES

*presented by*

**Ontario Speed Skating Association**

## ONTARIO SPEED SKATING ASSOCIATION

Link your company's name to Canada's most successful Olympic Sport!!

**Speed skating** has gained international recognition during the Sochi Olympics.

Many of Canada's Olympic and national team athletes develop their skills at a home club in their younger years. However, it is something they couldn't achieve without the support of the Ontario Speed Skating Association and its sponsors.

Ontario Speed Skating Association (OSSA) offers the following benefits to their sponsors:

- Increase product/service awareness to parents and friends from across Ontario
- An opportunity to show your community support, and assist in fostering a healthy community
- An opportunity to showcase your business to a safety conscious and active group of consumers
- An opportunity to partner your business with our Elite Skaters during their training, and their provincial and national competitions

### ***Promoting Fitness and Building Future Champions!***

The long and short of it is...ice speedskating is a sport for all ages and skill levels, from the beginning novice through Olympic and world class speed skaters.

Whether skaters choose entry level skating, are looking for a recreational experience or a viable cross training alternative, or want a chance at the Olympic rings, speedskating offers unique developmental opportunities for a variety of athletic involvement and success.

OSSA currently supports 27 speed skating clubs and over 2,200 members in Ontario. These clubs provide members of the Association with opportunity to learn to speed skating as well as practice and race under the guidance of qualified volunteer coaches.

Ontario clubs are run by volunteers who form a Board of Directors who are responsible for the collection of membership dues and management of club activities. The fees paid by members to local clubs covers the cost of ice time and club safety equipment like mats as well as dues paid to the Ontario Speed Skating Association and Speed Skating Canada. The provincial and national associations are responsible for providing members with a racing program for skaters at all levels of skill and interest as well as programs designed to develop both coaches and officials. Together, the two Associations also provide members and clubs with liability insurance and accident insurance.

## **ASSOCIATION SPONSORSHIP**

Our association could not function without the work of its volunteers and the support of its sponsors. We hope that your organization will join our team and become a sponsor for the Ontario Speed Skating Association. Your support will help us continue our successes, and develop more athletes in “Canada’s Most Successful Olympic Sport”!

Just as importantly, your organization will have more visibility among a key audience in Ontario and across the nation.

The use of the funds raised will include:

- Purchase of new state of the art electronic timing equipment and software
- Subsidies for school skating programs that will be launched
- Other new initiatives at promoting the sport
- Fund coaches and officials education and training
- Support various meets and volunteer operations (need computers for recorders, etc.)
- Purchase of other meet operations equipment such as starters

### **SPONSORSHIP PACKAGE OPTIONS (ON A PER YEAR BASIS, FROM SEPTEMBER TO AUGUST)**

#### **Gold Package \$5,000 (only one)**

This package would allow maximum exposure of your corporation via a variety of media and events:

- Exclusive sponsor for your industry. No other company in your specific industry will be accepted as a sponsor for the length of your sponsorship.
- Provincial Series “A” Championship to be marketed with your company name as the presenting sponsor
- Provincial LT Championship to be marketed with your company name as the presenting sponsor
- Sponsor name and logo on Team Ontario's toques; these toques will be awarded to skaters who qualify for national level competition, as well as the coaches selected for these competitions (up to 36 skaters and coaches) These toques are kept by the athletes after their participation
- Sponsor name and logo showcased at OSSA's head office.
- Sponsor name and logo on OSSA's Website, Facebook and Twitter pages.
- Exhibition table for all provincial events where your products/services can be showcased to attendees.
- Sponsor provided banner (maximum 3’ by 10’) to be prominently displayed at all provincial meets and championships (up to 8 events throughout Ontario). Each of these

events bring in 100 to 200 skaters along with coaches, family members and members of the public.

- Sponsor name and logo on all meet announcement forms.
- Weekly tweets with sponsor name.

### **Silver Package \$1,000 (only one)**

- Provincial Series “B” and “C” Championship to be marketed with your company name as the presenting sponsor.
- Sponsor name and logo showcased at OSSA's head office.
- Sponsor name and logo on OSSA's Website, Facebook and Twitter pages.
- Sponsor provided banner (maximum 3’ by 10’) to be prominently displayed at all provincial meets and championships (up to 8 events throughout Ontario). Each of these events bring in 100 to 200 skaters along with coaches, family members and members of the public
- Sponsor name and logo on all meet announcement forms.
- Weekly tweets with sponsor name.

### **Bronze Package \$500 (up to 20)**

- Sponsor name and logo showcased at OSSA's head office.
- Sponsor name and logo on OSSA's Website, Facebook and Twitter pages.
- Sponsor banner will showcase logos of all Bronze Level sponsors - exact banner and logo size to be determined based on total number of sponsors.

Media Sponsor – In kind – Please contact us for more details

Apparel Sponsor – In Kind – Please contact us for more details

## **HOW TO REACH US**

For more information on how you can benefit from sponsoring the Ontario Speed Skating Association, please contact:

Perry Lo, CA, Vice President Marketing  
Ontario Speed Skating Association  
[vpmarketing@ontariospeedskating.ca](mailto:vpmarketing@ontariospeedskating.ca)  
416.662.1570

## VICE PRESIDENT SPORT DEVELOPMENT

The Vice President Sport Development's Report consists of the Draft Technical Bulletins distributed separately.

## COACHING DEVELOPMENT COMMITTEE

### Budget

This season the committee maintained our commitment to staying on budget. Furthermore we met all our coaching and apprenticeship needs. With the different competition formats it has been a continuous struggle to stretch our funds. However, with the cooperation of all our coaches we have done a great job on making it work.

### Coaching courses

This season we ran an *Intro to Comp* course A-B. We had great participation having 9-14 coaches attending one or both courses. I would like to thank Mike Murray for his time in leading the course.

We also ran *Fundamentals* A-B. We had 6-8 coaches attend. Thank you to Patti Walsh for instructing the course.

This season we were awarded one apprentice coach for the CWG. Julie Walsh was selected. She had several tasks to achieve along with attending several meets. In talking with her she said the experience was outstanding. The learning curve was very interesting and informative. The knowledge will definitely help her move forward in the sport as a high-level coach.

The last coaching course is the *Comp Dev* pilot held by SSC. This is due to start in May and we have a potential of 6 coaches making that commitment which involves going to Winnipeg, Montreal and taking a webcast course every month.

In review, we are starting to get some positive momentum established in training our coaches. I want to thank those involved who organize these events. This next wave of coaches is very important to the success of Ontario Speed Skating in the future.

Overall it was a positive progression for the coaches in the province. I would like to thank all the coaches at all levels for putting in the time and effort to the sport and the skaters. Coaching is an important key to the growth and strength of the sport. I encourage you to continue to develop yourselves in your coaching abilities. Get involved in the coaching committee and to inspire other parents to become club coaches.

I would like to thank Sarah and Jackie for all their time and effort they put into the development of coaching in Ontario

Thank you  
Ron Richards

## OFFICIALS DEVELOPMENT COMMITTEE

This season our official committee was quite small. It consisted of Laurel Rockwell, Dale Coolidge and Tim Howell. Rocky La Montagne represented SSC and Sarah and myself represented the Board.

We tried to hold numerous clinics this season with not much luck. Even though we scheduled clinics the response was very poor and the clinics had to be cancelled. We did manage to hold one Level 1 clinic and one Level 2 clinic for place judges and timers at the Provincial "A" meet. We will be upgrading 6 individuals to Level 2 this season in various job categories. As a committee we do recognize that we are very short of qualified officials that are able to take on the leadership role of a chief at the regional meets and even shorter when it comes to Provincial series meets and higher.

One of our goals for the coming season will be to develop more officials, but this can only be done if the clubs talk to their members and encourage them to step up and take the clinics and assist at the meets. We do have a large number of Level 1 members, but again we find that they are not coming forth to assist at the meets or take the Level 2 clinics.

Thanks to Sarah and input from the committee a Hosting Manual has been developed to assist the meet coordinators in putting together a meet. This manual will give them the guidelines as to time lines for booking ice , securing first aid , acquiring chief officials , facility requirements to name a few. The committee will also be looking at who is requesting a meet and what the past history of that club has been when putting together a quality meet. This season we found that some of the meets did not have proper officials in place for the level of meet they were hosting, facility was too small, (ice surface) and not meeting the mat requirements. These are all things that will be addressed in the Hosting Manual.

I would like to thank the committee for their work this season and all the officials that worked the meets to make a positive experience for the athletes. It seems that the same officials are working most of the meets and we all know this can lead to burn out or officials just dropping out. I certainly do appreciate your efforts this past season.

The committee is always looking for new members , so if you are interested just leave your name with Sarah at the AGM , or send an e-mail to Sarah or Myself (V.P. Education) and we will get in touch with you to let you know when we hold our meeting . All meetings are by way of a conference call.

Doug Flynn - V.P. Education

## SAFETY TASK GROUP – CALL TO ACTION

Dear OSSA Members and Delegates:

Organized sport in Canada is characterized by a hierarchal structure from community/club level sports organizations to provincial sport governing bodies to national sport governing bodies. It is widely recognized in injury prevention literature, that these governing bodies are responsible for identifying and managing the risks associated with their sport, which includes setting clear policies and responsibilities as well as disseminating and supporting efforts to prevent and reduce the risk of injuries (Emery et al, 2006; Fuller, 2007; Skille, 2008).

The Sport Safety Task Group (STG) was formed in 2012 with an 18 month mandate to investigate safety issues affecting Ontario clubs, develop and implement a plan to identify methods to promote safety practices and supply the Officials Committee with recommendations to reduce the risk and impact of injury to participants. The five “E’s” of injury prevention are:

- Education: to increase awareness and knowledge.
- Enforcement: policy directives, regulations and legislation that directs behaviours and consequences.
- Engineering: to alter the design of playing environments and equipment.
- Environment: addresses actions that relate to response to conditions in the sport setting (e.g. ice surface, weather conditions, etc.)
- Evaluation: to assess the effectiveness of actions, to inform allocation of resources and aids in the development of strategies to mitigate injury and risk.

Some progress has been made on initiatives directed at engineering a safer practice environment (e.g. a newer safety mat system standard for club practices and meets), notification of availability of coach safety education (Making Head Way, Concussion e-learning series for speed skating) and interest in injury policy directives. However uptake has been hampered due a number of contextual barriers related to time, resources, and logistical capacity to support adoption, implementation, and evaluation which accounts for the disparity in safety practices between clubs.

The STG has been largely inactive the past year. I am interested in reactivating the group's initiatives and feel that it can have a greater influence on safety practices in clubs. Injury prevention within a community sport context is a best practice and needs to be **proactive** and **ongoing** to fulfill its mandate of promoting safe participation in sport and provide support for all stakeholders to improve on current safety standards as both a top-down and bottom-up approach. Evidence based practices need to be employed and sport governing organizations need to facilitate diffusion of practices and ensure that stakeholders at the club level have the means and capacity to adopt, implement and sustain safe practices through policy development, ongoing/seasonal training for all stakeholders and evaluation among other things. Action planning of this type is an iterative (repetitive) and collaborative process that

starts with gathering data, interpreting data, acting on evidence, evaluating results followed by continuous improvement of operating and safety procedures which includes the following:

- Training for stakeholders that address knowledge, attitudes, beliefs and intentions.
- Risk assessment (ascertainment of the incidence and severity of injuries) and risk factor analysis (relationship between risk factors and observed incidence).
- Risk control analysis (identification of potential solutions to control risk factors and appropriate preventive measures).
- Programme development that is tailored to the club context.
- Evaluation of injury prevention measures to assess the impact of the program and analysis of the motivators and barriers to adoption, implementation and maintenance.
- Ongoing organizational support.

This starts with a reliable injury reporting/tracking system. The current injury surveillance and tracking system is under-utilized by speed skating clubs due to a lack of resources and reliance on volunteer personnel with competing demands on their time. Consequently we know very little about the true rate and type of injuries related to speed skating in this province upon which to base prevention strategies. An electronic literature search for injuries in speed skating returns very few hits, all of which were directed to the elite level and therefore not relevant to understanding the extent of the injury problem in club level populations.

A 2014 study by Ekegren and colleagues in the open journal *Injury Epidemiology*, investigated injury surveillance system implementation and evaluation in a community setting, <http://www.injepjournal.com/content/1/1/19>, among the many recommendations provided to improve adoption and implementation, provision of a real time injury reporting/tracking app was suggested. Most injury tracking apps that I have researched have an associated cost, which is an additional barrier to adoption and implementation. A user-friendly, **free, secure**, real time injury tracking app developed with researchers at Lakehead University in Thunder Bay, is available through the Play Safe Initiative (PSI) [Play Safe Initiative](#). The objectives of the Play Safe Initiative are:

- *“To collaborate by establishing a partnership of organizations committed to pursuing the objective of safe and healthy physical activity in Ontario.*
- *To learn by creating an injury surveillance system that is a secured web-based database that will enable comprehensive data collection, data storage, data processing, and reporting of results aptly named WISE™(Web-enabled Injury Surveillance Enterprise) and that can deliver timely information about injury prevention and injury treatment, and identifies resources for key stakeholders.*



- *To understand the facilitators and barriers of injury data sharing for key stakeholders”*

The Ekegren study also indicated that despite the ease of use of any system, due to the voluntary nature of injury surveillance in club settings, increasing club personnel’s understanding of the importance of injury surveillance for legal, communication and injury prevention purposes is critical to adoption and maintenance. This requires support for training and the development of clear guidelines/ definitions for injuries, which the STG would be instrumental in developing through a partnership with PSI.

Does this mean that OSSA must wait until it receives injury incidence data before it can act upon initiatives that prevent injury? No.

Injury incidence data will inform OSSA, STG and speed skating clubs where to allocate scarce financial and human resources to maximize injury risk reduction in our sport at the appropriate contextual levels. Furthermore, there are many areas that the STG and OSSA can act on now to strengthen, promote and expand on universally recognized injury prevention practices within Ontario’s speed skating clubs.

The first of which is to reaffirm as a sport governing body and as stakeholders that we prioritize injury prevention and commit to adopting, implementing and maintaining changes that value the priorities that we set. OSSA can partner with research driven injury prevention coalitions such as PSI which has received endorsement from the Public Health Agency of Canada, Canadian Sport for Life, and the Coaches Association of Ontario among others. The STG has a safety management leadership role to play and can be a repository and available resource to provide support and information to Ontario speed skating clubs regarding injury prevention practices. A universally accepted injury prevention tool that the STG and clubs can use now is the Haddon Matrix which provides a framework suggesting opportunities for intervention in the injury process that applies to the athlete, equipment and environment and the three phases of an injury event (pre-injury, injury and post injury) with an emphasis on measures that address the components in the pre-injury phase. Such as the 10 point Sport Smart Plan developed by Patricia Hume (PhD) Director of the Sport Performance Research Institute at the Auckland Institute of Technology:

1. **Screening:** to identify factors that may make athletes prone to injury (e.g. record of past injuries). *Many clubs already include a request for this information upon registration.*
2. **Warm-up, Cool-down and Stretch:** developmentally appropriate warm-up to prepare athletes for practice/competition; cool-down and stretch that hastens recovery and improves range of movement. STG can assist clubs with development of these programs.
3. **Physical Conditioning:** encouraging participants’ involvement in suitable activities in the off-season which maintains conditioning and develops flexibility, agility and co-ordination.

4. **Technique:** emphasize the importance of correct technique and the role that skill mastery plays in control that improves athletic performance and reduces the risk of injury.
5. **Fair Play:** upholding the principles of good sportsmanship which is the responsibility of athletes, parents, coaches and officials ( e.g. anticipation in pack skating to avoid/minimize contact with other skaters, importance of making a clean pass, not kicking out at the finish line, etc.).
6. **Protective Equipment:** should fit properly, be worn consistently and properly maintained.
7. **Hydration and Nutrition:** understanding how both affect skaters and importance of making healthful choices before and after training.
8. **Injury Reporting:** regular collection and analysis can inform injury prevention strategies.
9. **Environment:** ensuring that practice and competition facilities are safe and prepared for the events that will take place there (e.g. suitable safety mats, ice surfaced, heated shelter for long track events, etc.).
10. **Injury Management:** all clubs have an emergency action plan known to all club personnel, on ice assistants and coaches have received first aid training, have a fully stocked first aid kit, concussion awareness training, understand and are willing to enforce return to play guidelines.

How the STG can increase club capacity:

- Assist coaches with first aid training by: consulting with them to determine barriers to training and how they can be overcome (e.g. cost as a barrier and subsequent negotiation of a volume discount for training).
- Provide clubs with a list of supplies to stock and replenish a first aid kit.
- Assist coaches with training to create developmentally appropriate warm up, cool down, stretch programs and training programs that reduce the risk of injury.
- Provide assistance with development of an emergency action plan (EAP) and encourage all club personnel to familiarize themselves with the EAP and review seasonally and amend if necessary.
- Protective Equipment: Encourage and assist with training with regard to organization of seasonal helmet fitting clinic that coincides with registration, which additionally presents an opportunity to address athlete and parent knowledge, attitudes and beliefs around injury prevention. At the same time skaters can be reminded to bring in other protective equipment for inspection and provide training and information on equipment maintenance.
- Provide organizational sponsorship and assistance with policy development to support coaches in the event that unpopular decisions accompany RTP guidelines.

- Improve/update injury reporting surveillance system, analyze, evaluate and communicate results with clubs and collaborate on strategies tailored to club needs.
- Promote and support development, adoption, implementation of injury prevention policy that includes a concussion policy as part of a club's code of conduct.
- Liaise with SSC to inform them of safety practice challenges and collaborate to develop standards that mitigate risk and injury that is feasible at the development/club level.

These are but a few suggestions; the STG needs dedicated, motivated members to assist with the co-ordination and advancement of injury prevention efforts in our sport as a best practice. Please consider lending your skills and time to this worthwhile initiative which promotes a positive culture around injury prevention and ultimately improves the viability of our sport through the development of a larger pool of athletes.

Thank you for your kind attention,  
Cheryl Marinsky BSc (hon), MPH (c)  
Coach, Cambridge Speed Skating Club

#### References:

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## **SPEED SKATING CANADA – CLUB AND MEMBERSHIP DEVELOPMENT COMMITTEE CENTRAL REPRESENTATIVE**

### **Committee Members:**

Derrick MacLeod - Chair – Atlantic

Stephanie Mierschs – Quebec

Peter Birse – West

Mandy Hickey – Central

Margaret Kriek – Far West

The Club and Membership Development Committee (CMDC) met throughout the season via conference calls. The committee welcomed Mandy Hickey as the new representative for the Central region. The committee held their annual In Person meeting in Ottawa June 6-7 2014. This meeting will serve as a venue to discuss and develop the committee's work plan for the 2014-15 season. At this time also welcomed our new SSC Liaison Janice Dawson who replaced long time representative Dawn Currie.

### **Summary of Activities:**

#### **Cutting Edge Pin Program**

This is perhaps one of the most widely used and popular programs SSC offers. The committee reviewed the program and found that while the pins and the program itself were current the report cards appeared somewhat dated. CMDC updated and redesigned the report card document to make it more kid/parent friendly and allow for an easier understanding of the various levels of achievements. A writeable PDF report card was posted to the website making it easily accessible for downloading by those clubs utilizing the program.

The pin order form was also updated and an order deadline imposed. This new form and deadline will help ensure the office has the supply of pins required to deliver order requests on time.

#### **Resources & Documents**

The committee remains committed to reviewing and updating older but still relevant resource materials. Considerable time and effort was spent updating the Parents' Guide (LTPAD Guide) which can be found on the Speed Skating Canada website.

#### **Moving Forward**

The committee is looking forward to identifying and starting the planning process for the 2015-16 seasons. Among some of the programs and projects the committee hopes to continue offering and work on are; The Cutting Edge Pin Program, Event in a Box, and Membership Guide.

### **Submitted by:**

Mandy Hickey

SSC Club and Membership Development Committee representative for Ontario & Nunavut

SPEED SKATING CANADA – COACHING DEVELOPMENT COMMITTEE CENTRAL REPRESENTATIVE  
Report not available.

SPEED SKATING CANADA – COMPETITIONS DEVELOPMENT COMMITTEE CENTRAL  
REPRESENTATIVE

SUBMITTED BY: SANDRA CHENARD (OSSA / Nunavut Representative)

SUCCESSFUL ACTIONS:

- Announcement templates for all CDC managed competitions were provided to hosts to input local information. This allowed us to get the announcements out in a timely fashion.
- Host committees received the hosting packages early in September along with half the hosting grant.
- Invitations to submit host bids for 2015-2016 were issued in December with a late February deadline. The committee received multiple bids for all competitions this year.
- Canada Winter Games was a success for all participants. The new format was well received. Long Track ice was a challenge because of the warm weather but one day of racing was completed before moving the whole contingent to Fort St John. The spectators' stands were full for the racing in PG. Both disciplines received excellent coverage. Branch coaches and managers provided feedback for the final report. A first draft of the 2019 Technical Package will be reviewed immediately so no good suggestion is forgotten. SSC will meet with the Canada Games Council in late May to complete the post Games interview/evaluation.
- Participation numbers increased for all domestic competitions. Canadian Age Class Long Track with 172 was almost too successful to finish in 2 days.
- The Competition Bulletin was reviewed in April 2015 with some clarification and few changes. It will be circulated immediately following the AGM.
- Coverage of events was much improved thanks to Patrick Godbout and Jeff MacKinnon.
- Terms of Reference have been developed following the Boards new policy. Following the SSC AGM more information will follow re committee membership. Committees will be established with expertise that is necessary rather than regional representation. More information to follow.

CONCERNS:

- No progress has been made at developing new competition software. With no budget and planning meetings being postponed we have been unable to follow through with our plan. We are presently working with FPVQ to see if we can get Meet Manager to manage the new format. There will have to be changes to the HP format for this to be accomplished,

- CDC approached HPST/LT proposing that CDC prepares all announcements and entry forms for 2014-15. The information was still difficult to get from HP ST and LT organizing committees so in some cases this process was not successful. We must press forward with this initiative to meet the needs of the Branches.
- Results posting on the website continued to be a challenge this season. CDC contacted the Host Committees and the assigned recorder/competitor steward with directions on what was required at the end of each day of racing. The format being used by STHP on several competitions made it difficult to post results quickly causing much frustration to the recorders/competitors stewards, coaches, branches and media. CDC must improve this next year.
- The increase to four-day events in three competitions increased hosting costs. Local organizing committees had difficult time finding volunteers; bear the extra costs associated with a four-day meet. This is a concern across the country.
- Branches need to have a consistent schedule time frame to host their qualifiers for our competitions, and are often required to book ice 12 – 18 months in advance. Changes have been made from the initial 4-year AGM calendar presentations, and Branches are challenged with trying to plan their schedules.

I thank the members of Ontario and Nunavut who have sent suggestions and concerns to me throughout the year. It has allowed me to take them to the CDC or other relative SSC Committees quickly and hopefully we were able to come up with a solution. Any member may reach me at [sgchenard@sympatico.ca](mailto:sgchenard@sympatico.ca) or by calling 613-830-8214.

#### SPEED SKATING CANADA – OFFICIALS COMMITTEE CENTRAL REPRESENTATIVE

Ted Houghton, Chair – Far West

Dave Thomson – West

Jacques Grégoire – Quebec

Roger Cole - Atlantic

Rocky Lamontagne – Central

#### **Activities:**

- Seven (7) conference calls. Face to face meeting was not held this year in order to better utilize the funding allocated for the meeting to officials' development.
- Eight (8) Canadian officials (2 referees, 3 Starters, 3 Competitors Stewards) attended an ISU Short Track Officials seminar in Frankfurt, Germany in September 2014.
- Two (2) Canadian officials attended an ISU Speed Skating Referees Course in St. Petersburg Russia.
- 15 Canadian officials on the ISU List were appointed to 12 ISU events held in Salt Lake City, Calgary, Montreal, Korea, Netherlands, Spain, Poland, Japan, Kazakhstan, and Russia.

- Currently 11 Canadian officials are on the ISU List, with an additional 26 on the International list. A review of the International List over the year saw a reduction in the number of officials to allow for additional advancement in the future, as ISU only allows 10 from each country.
- 96 Officials were assigned by ODC to 17 SSC competitions this past season.
- Of the 96 officials assigned, 14 development officials were assigned to national events appropriate to their skill level to assist in their progression to the next level and ensure the continued strength of the cadre of officials available.
- 20 officials were advanced from level 2 to level 3 in May 2014, ensuring we continue to have officials with the appropriate experience available for regional and national competitions.
- 7 Ontario officials were assigned to 8 national events

For a third year, budget constraints required ODC to assign some domestic appointments based on the proximity of officials' home to the location of the competition. This unfortunately reduces the exposure of officials to regional differences and other officials, but will remain a consideration in the process.

ODC remained within budget for the fiscal year.

ODC made recommendations to the SSC governance working group regarding the structure and terms for Officials' Development Committee going forward. These will be reviewed at the SSC AGM In June 2015.

Rocky Lamontagne  
SSC ODC Ontario/Nunavut Representative

## EXECUTIVE DIRECTOR

Back to work! This year was a whirlwind for me as I returned to the office after taking a year long leave. The Board of Directors generously allowed me to move our office closer to my home and I am very grateful as that has made a big, positive, difference for me. Thank you! Fortunately it also means that OSSA will be saving hundreds of dollars each month on rent, internet and telephone expenses. If you haven't visited me in Oshawa please stop by!

We continued to work to improve our online offerings to ensure that we communicate with our members in every way possible so that they get the information they need when they need it. If you aren't getting our eNews, following us on twitter or facebook or checking our website once a week then you aren't in the loop! Visit [ontariospeedskating.ca](http://ontariospeedskating.ca) to find links to all of these information sources. In addition to all of this I deal with about 100 emails a day. If there is something you need to know just send me a note, I can point you in the right direction!

I managed to make it out to a regional meet in each region, three of the provincial series meets and all of our championships. I met with many members and learned about what they like, don't like and need. We're always looking for feedback – if you don't tell us we can't improve! Visiting members at these events is another way we connect and I hope to continue this next season.

We are currently working through a strategic planning process and we hope to unveil that in September. We have consulted with all of our club presidents as well as some key informants and we have a planning workshop at the end of May. This planning process is going to create for us a roadmap to achieving our goals as well as help us determine what those goals are. I can't wait to get a plan in place and share it with you.

Thank you to all of our volunteers and members who make our sport great, without you OSSA could not exist. A special thank you to all of our Board Members who dedicate so much time to our sport. Please read our meeting minutes, you'll see how much they do on a monthly basis. Their contribution is invaluable.

August will mark the beginning of my eighth year with Ontario Speed Skating. It has been a pleasure and I look forward to continuing to improve and build future champions.

Jacqueline Deschenes



## MANAGER, SPORT PROGRAMS

As you will read in the reports from the various committees, the 2014-2015 season provided many service and development initiatives for our members.

Officiating courses were offered with mixed attendance results. Coaching courses were well attended but the certification rate is very low. Four coaches are currently attending Competition-Development modules offered by Speed Skating Canada. Three technical bulletins, 21 short track ranking lists, and a new long track results list were posted. Financial assistance was provided to 32 athletes through the Provincial Training & Development Teams and Quest for Gold programs. Ten coaches provided support to Ontario athletes at 9 national meets. Selection events and a training camp were held in advance of the 2015 Canada Winter Games. OSSA benefited from a coach being selected for the Women in Coaching apprenticeship program. Thirty three skaters represented Ontario at the Canadian Age Class Long Track Championships. Thirty three skaters represented Ontario at the Canada East Short Track Championships. A new section on the OSSA website – The Library – provides additional resources for clubs and parents.

Communication is one of the largest hurdles at the moment. When members aren't aware of the programs and resources available or their administrative requirements, the result is a lack of engagement in the sport and anger directed towards the office. President and Coaching conference calls are now taking place to increase communications directly with the clubs. The OSSA website, e-News, Twitter account, and Facebook account are routinely being updated and all OSSA members should be signed up to receive information. Improved communications between the clubs, coaches and their members would go a long way to inform and strengthen the membership.

Jackie and I have been busy planning more programming initiatives and development opportunities for 2015-2016. Be sure to stay informed and encourage participation from your club members.

Sarah Leslie

## BOARD OF DIRECTORS – VICE PRESIDENT SPORT DEVELOPMENT NOMINEES

### EMMA O'DONNELL – INCUMBENT

I have been involved in speed skating for approximately nine years, as a competitive skater, a coach and now a member of the Board of Directors of OSSA.

As a skater I competed at the Provincial level and represented Ontario at National and North American Championships. My last competitive season was only 3 years ago and I have a keen understanding of what it is actually like to race competitively in Ontario and other parts of Canada and the USA. I strongly believe that OSSA competitions must offer a product that skaters are excited to consume because they see them as meaningful, fun, and useful.

One of the greatest characteristics of speed skating is that it has the opportunity to be almost completely objective. In many other sports, athletes are judged on their appearance in addition to their talent (ie. figure skating, freestyle skiing). In other sports still, athletes are selected (or not selected) for competitive opportunities based largely on another individual's subjective opinion of you and not on your actual skill (ie. all team sports).

In speed skating, one qualifies for a competition by skating a time or achieving a certain placement at a qualifying competition. In this way, our sport treats all its participants equally. Today so many youth sports are plagued by parental politics and malicious intent, all in the name of ensuring that certain individuals "make the team." Speed skating has the opportunity to be a respite from this storm – a place where kids can all be judged on the same criteria and where the kids, not the adults, determine the outcome. This is a major selling point for our sport. However, it can only be this way, if all the participants are actually required to follow the same rules.

For this reason, I am dedicated to upholding the rules of the association as they are set out in the bylaws, technical bulletins and other related documents.

If re-elected, I am personally committed to developing OSSA's competitions for the benefit of the skaters involved. It is my goal to help as many skaters as possible qualify for national level competitions without having to leave the province to do so. I am also committed to maintaining the timely release of the Technical Bulletin – in the past two years I have delivered it to the membership well in advance of the AGM.

## MARG OLIVEIRA - CANDIDATE

I have submitted my nomination for Vice President-Sport Development (Technical). As a long standing member of this organization, I have great respect for all of our athletes, at every level. This has developed since my first introduction to the sport, in 1986, when my own family became members of the Cambridge club.

Since then, I have become a certified coach, focusing primarily on fundamental and entry skaters, at club practice and competition. Up until 2013, I have supported Ontario athletes at several Canadian and North American Championships, National Team and Junior selection events, as well as 2 Canada Winter Games, as either assistant coach or team manager. The Cambridge club has hosted several national events, where my role was either recorder or meet coordinator, level 2.

I feel that this exposure to the various training and competition streams, in both short and long track, has provided me with an understanding of athlete development. I am very aware of their own needs and dreams, training and competition requirements, as well as which opportunities they should take advantage of, as appropriate to their age, skill and maturity. This knowledge extends to racing formats, and the technical requirements of each level of competition too.

With the exception of members new to the sport in the past 2 years, I am familiar to a large contingent of the OSSA family.

I am willing to commit to this role, so that, together with a strong committee, we can all continue to build on our vision, supporting all athletes, and promote speed skating as a lifelong activity.

Respectfully  
Marg Oliveira

## CLUB REPORTS

### SEASON HIGHLIGHTS AND SUCCESSES

- This was a great season for the Newmarket Jets Speed Skating Club with many activities to report. The most exciting news was that we successfully were awarded a Trillium grant. Our local MPP acknowledged the grant with a presentation at our meet. The grant, which will be paid in two installments, enabled us to bring our mat system up to the Level 3 SSC standards this year and Level 4 next year. The grant will also be used to refresh a significant portion of our rental skate inventory.
- The Jets successfully hosted the Provincial Meet #4 on February 7th and 8th, 2015 despite having the Canadian long track championship being held the same weekend.
- We had six skaters attend the Provincial Championships in Kingston and two members from our club join Team Ontario in the Canada East Championships. We also sent the biggest number of skaters we have ever sent to a regional meet. That was very exciting for us!
- We held a concussion seminar through a local sports physiotherapy clinic. This was well received by our members. Skate sharpening clinics were also held to help increase our members' understanding of the proper care of equipment.
- After several years of considering incorporation, this year, we have completed the process.

Diane Simpson, Newmarket

- Significant technical advancements for most club skaters whether provincial, regional, recreational or adult levels.
- 4 of the 10 on the Ontario short track team at the 2015 CWG.
- Strong showing at national meets including 11 skaters at the Canadian Junior Open, more than any other club in Canada!
- 4 Provincial A Champions.
- Drove innovation in meet system with the Invitational.
- Hosted 3 meets this past season.

Desmond Preudhomme, Toronto

- 76 members this season. An increase of 12 over last year's numbers.
- 15 of our members chose to race this season.
- We started a Woman's program, running 2 sessions; one before the Christmas holiday and one after.

Simon Barker, Kawartha

- Realized significant growth in our Learn To Speed Skate program.
- Realized significant growth in our long track program.
- Success hosting both Regional and Provincial meets

- Great joint work with sister club, Ottawa Pacers, in promotion and development of long track speed skating in the city of Ottawa.
- successful year 2 of paid coaching model
- Significant officials development and coaching development
- 3 skaters named to SSC National Teams, 7 skaters named to OSSA Provincial Teams.

Laurel Rockwell, Gloucester

- Full Membership in all of our diverse and affordable Programs on an Olympic Ice Pad. All sessions during held during fantastic prime times. All due to the Ability to effectively and co-operatively work with the Town of Oakville and convince it of the wisdom of what the Club is trying to achieve and its Accomplishments year after year. Consistent and Traditional significant successes and Participation and Excellence at ALL levels of Competition. Continued Development of a superb and entirely volunteer and Dedicated Extensive Coaching Staff led by a Level III Coach. Two dedicated and talented Members sitting as Board Members. Club members had significant enjoyment watching alumnus Patrick Duffy Competing and having solid success on the World Cup Stage.

Mark. M. O'Donnell, Oakville

- Dedicated team of coaches
- Developing database of volunteers
- New look for the Ottawa Pacers with the introduction of a new logo that was well received by the membership
- Successful short track and long track meets as well as long track camp
- Successful trial programs
- Continued partnership with Gloucester Concorde
- Strong performance by our skaters during the season

Celeste Peixe-Bouma, Ottawa

- Approval from Ontario Trillium Fund to upgrade mats, skates and numerous other activities over the next 12 months.
- Successful L2SS sessions, have had over 75 participants over the past 12 months.
- Increased membership.
- Successful Regional meet and Provincial 'C' Championships this year.
- With all of the above, it has put the club back into stronger financial position.

Kent Cunningham, London

- Provincial skater placed second at Eastern Nationals
- Some success at Regionals
- 4 Special O skaters all qualified for Nationals
- TryB4 at Legends a great success - many attended and interest was garnered

Duncan LeBlanc, Durham

- This past season we had the honor of having Olympian Jessica Hewitt visit our club and skate with the kids. We had local media coverage for the event where we were also treated to a viewing of her silver medal which she brought with her, kindly allowing us to hold it while taking photos with the club members. Thanks Jessica! You rock!
- Good season overall with a much needed small increase in membership.

Maria Costanzo, Northwestern Ontario

- We hosted a successful race meet in November for the 6th year. We hosted a fun Girls Go Fast event in December, both of which we are hoping to do again. We had lots of new skaters and lots of development within the skaters.

Lisa Liew, Markham

## MAJOR CHALLENGES

- Starting the season without meeting the SSC and OSSA safety mat standard was one of the biggest challenges this season. The Trillium grant helped to resolve the mat situation by January. Storage of the new mats presented some problems at our facility. We worked with the Town of Newmarket to secure a dedicated storage location for our current complement of mats. Getting the mats (level 2) on and off the ice at practice quickly without using up precious practice time is a continuous challenge. Having enough parents to move the mats on and off the ice can be problematic week to week.
- A major challenge going into next season will be obtaining a storage solution for the remaining mats that will bring us up to Level 4. It will most likely become necessary for the club to secure a storage container to be located outside of the arena itself at considerable expense. The Town will not allow us any more storage within the facility itself.

Diane Simpson, Newmarket

- Integrating with a disjointed and confused Ontario meet calendar and technical rules.

Desmond Preudhomme, Toronto

- Finding ice time to accommodate the increase in membership, and also to accommodate the different age groups that make up our club.
- Our 'beginner' hour is at capacity.
- Our beginners, and competitive skaters, are on the ice on Tuesday, our high school students skate on Friday and our adult recreational skate is on Saturday.
- The fragmented nature of the weekly on-ice program puts pressure on both our coaches, and our volunteers.
- Ice availability meant that we had to run our Woman's program on a Monday during the day, with one session running before the Christmas holiday and one after.

Simon Barker, Kawartha

- Promotion and fund raising for special programs.
- Volunteer recruitment.

Laurel Rockwell, Gloucester

- Due to the Demonstrated Ability of the current Technical Committee to implement a Broader Vision as to how to advance the Sport, many of the prior and chronic complaint by very knowledgeable, but frustrated Parents were significantly contained. The Technical Bulletin was understandable and readable.
- For the Fees being charged for Meets which, in part, are used by certain Clubs as Fundraisers, Parents/Skaters quite rightfully insist upon an appropriate level of on ice officiating. Referees should be
- Compensated to the extent necessary to reasonably secure their necessary services and the Meet fees can be put to such use.

Mark. M. O'Donnell, Oakville

- Arriving at a balanced budget
- Sustaining oval operations
- Recruiting next generation of officials and volunteers

Celeste Peixe-Bouma, Ottawa

- With the increased membership came the juggling of skaters into the various ice-time allotments to get the right assortment of skaters on the ice in a safe manner.

Kent Cunningham, London

- acquiring pads based on changes at beginning of season, not planned
- recruitment
- coaching - needing more coaches
- exposure - working to move locations for better exposure - current arena is limited

Duncan LeBlanc, Durham

- The challenges we faced were, and have continued to be, financial in nature.
- With the purchasing of new mats our finances were certainly tapped out, and over the past few seasons we've struggled with declining membership - only a small increase this past season.
- We continue to brainstorm as a club on how to create interest in our sport in a town where the majority of kids are involved in hockey. Yes, we are a Canadian city and this is our game, but it sure would be nice to share some of the popularity of hockey and get more kids into a pair of speed skates.
- Ice time is also a struggle. We have very little choice when it comes to ice booking as the hockey teams dominate the best time slots. Oh well, we take what we can get.

Maria Costanzo, Northwestern Ontario

- Getting consistent volunteer help. Getting consistent coaching support, especially for the provincial level skaters and at race meets.

Lisa Liew, Markham

#### LESSONS FROM THIS SEASON'S CHALLENGES

- Recruiting enough volunteers to run a successful club is an ongoing process. We have found that getting people involved and invested in the club from the very first year they join helpful in order to keep a flow of volunteers going. No matter how great a plan is, without enough volunteers to execute, it is difficult to get any plan off the ground.

Diane Simpson, Newmarket

- Focus on what we can control, and work within our sphere of control, disregarding the direction of the Provincial body if it does not align.
- Work with SSC to build nationally to ensure our skaters get the opportunities they deserve based on their ability and demonstrated achievements.

Desmond Preudhomme, Toronto

- That 'money in the bank' makes some of the 'burdens' of an increased membership easier to accommodate.

Simon Barker, Kawartha

- Continue to approach OSSA, as the need may arise, to ensure appropriate on ice Officiating is provided for taking into account the level of the Meet and circumstances.

Mark. M. O'Donnell, Oakville

- Need to review and adapt funding model to new considerations
- Continue to work in partnership with Gloucester Concorde and engage the City in developing a sustainable model of operations for oval operations
- Overarching support to help recruit and train officials would be very beneficial
- Developing

Celeste Peixe-Bouma, Ottawa

- The need to plan more with the increased membership and look at what are some max skater numbers before needing more ice.

Kent Cunningham, London

- Working with Trillium foundation to close past grants in order to move forward. the executive was left with a bit of a mess to try to correct



- Exposure is important. when we had our TryB4 event at Legends, there was a great deal of interest. We need to be in an arena that has traffic.
- Need to develop coaches - all want to skate and race - how do we facilitate

Duncan LeBlanc, Durham

- In a nutshell, go with the flow, strive forward to survive dry seasons when numbers are low because the next season will likely be better. At least that's what history has taught us.

Maria Costanzo, Northwestern Ontario

- We are hoping to host more inter club mini camps etc. April was a great success our skaters and coaches really enjoyed it.
- We need to find creative ways to fill in gaps in things that people want/need and the amount of people willing to volunteer.

Lisa Liew, Markham

## PLANNED PROJECTS

- We need to replace two Advisory Board members who have stepped down this year. They leave very big shoes to fill! Other specific goals include:
  - Secure an appropriate storage location for our remaining mats
  - Get all of our regional skaters to attend at least one meet
  - Increase our local coaching capabilities
  - Continue to train our skaters and families on good skate care, specifically how to sharpen them properly
  - While we have hosted provincial level meets for several years, we plan to host a regional series meet

Diane Simpson, Newmarket

- Hosting the 1st ever ISU World Cup in Ontario.
- Continued growth of the club's high performance programming to ensure skaters get to the national or even international levels.
- Build on our adult programming.

Desmond Preudhomme, Toronto

- Repairing, and adding to the number of, our safety pads.

Simon Barker, Kawartha

- Depending on the results of the AGM and the work of OSSA's current Independent Consultant, the Club is preparing to implement a new Membership/Admission Protocol for the upcoming Season.

- The Club is actively attempting to enlist a number of knowledgeable non Coach Parents to become Referees. The Association is fortunate to have several competent Referees who could serve as role models and tutors.

Mark. M. O'Donnell, Oakville

- Develop a sustainable model of operations for the oval
- Celebrate the club's 35th anniversary

Celeste Peixe-Bouma, Ottawa

- Continue to grow the club.
- Work through our Trillium approval over the Summer and purchase the various pieces of equipment that are needed.
- Coaching development - with some new coaches onboard, get them into the coaching development courses being held this summer as well as our Junior coaches who help on the ice.

Kent Cunningham, London

- Goals - improve pads acquisition
- look at alternate fundraising

Duncan LeBlanc, Durham

- We are looking a few changes for next season. For one, we hope to send a few of our competitive skaters to a meet or two. We are also looking to promote the club by signing up with the local schools for their Winter Electives program, encouraging kids to try out speed skating.

Maria Costanzo, Northwestern Ontario

- Planning our third Girls go Fast event for December 27th, hoping to get some new female coaches to join us. Planning a regional race meet for December 5th.
- Hoping to get our new coaches into coaching clinics to get them accredited.
- Hoping to purchase new skates to update our aging skate inventory.

Lisa Liew, Markham

## WHAT IS OSSA DOING WELL AS AN ORGANIZATION

- OSSA has done several things well this year. Organizing and hosting Presidents' meetings was well received this year and should be carried forward into future years. Having a President who actively seeks out information and listens to its membership is refreshing. Having a leader who plans for the future of the association by working with a consultant to help develop a plan rather than just managing the association is a good thing. OSSA adopting its own mat safety system

standards outside of the SSC recommendation was crucial this year for the clubs' ability to meet guidelines.

Diane Simpson, Newmarket

- OSSA's website is very informative. And if the website doesn't have something that I am looking for, an e-mail to the OSSA office is always responded to promptly.

Simon Barker, Kawartha

- All of the Volunteers directly assisting OSSA should be Congratulated as should its paid Staff who at times work in difficult and demanding circumstances.
- Communication has improved and response times are excellent.
- Thank you to the Board for your Dedication and Professionalism.
- The Oakville Club specifically requests that the Entirety of the following Relay comments be published.
  - THE RELAY ISSUE - "Technical Committee Well Done" for not being chained endlessly to the Past.
  - Anyone who had any true effective long term experience with O-Cup/Provincial Series Relays knows full well a great many skaters had Absolutely no interest or desire to skate in "meaningless hastily thrown together" races with skaters they had no familiarity with to form
  - a "Team". In fact, Referees routinely had to resort to threats of negative Event consequence to cajole many skaters to even participate. In addition, certain concerns over safety were raised which should never be pushed aside.
  - Removal of Relays at such Competitions does not in any true sense delay or frustrate the skill or development of skaters. Those who worship the "Quebec System" would know full well of the absence of Relays at Espoir and Elite Meets and even the being entirely optional at Senior Trials.
  - Some Clubs will, of course,
  - use Relays at Practices as a training tool. In addition, in Preparation for certain competitions the selected skaters could appropriately be assembled to prepare.
  - The allocation of the precious ice time at the 4 Provincial Meets, which for many skaters is their only opportunity to formally race, is far better reserved for skaters to meaningfully compete in Ranking Distance Races that are of importance to them. It is critical to understand that a great number of OSSA Skaters and Families do not in any sense whatsoever have the "Financial Means/Resources" to chase Ranking Times at very costly out of Province Meets.
  - Permitting skaters to productively make proper use of their time and effort at the 4 Provincial Series Events is a very welcome and laudable change by the current Technical Committee. It would be regressive and unproductive to return to the old forced/failed Relay scenario.

Mark. M. O'Donnell, Oakville

- Following the long term athletic development program
- General administration (i.e. Updating website, coordinating activities around Team Ontario selection and participation, developing and publishing technical bulletins, communicating rules of competition, selection criteria, maintaining the ranking list)
- Engaging clubs throughout the year via President's meeting
- Taking steps to establish a common approach and guidelines on areas of common interest (e.g. safety mats)

Celeste Peixe-Bouma, Ottawa

- Supporting the clubs whether it be organizing a discount on the mats that were ordered or issues that may arise within a club during the year.

Kent Cunningham, London

- working with Preidents
- racing
- Inclusion of Special O

Duncan LeBlanc, Durham

- As club president, I appreciate and congratulate OSSA on its committment to it's members by sharing with information pertaining to the association in a timely way. Thanks for those reminders too, like this one I am finally responding too. It helps a great deal when life gets crazy busy.

Maria Costanzo, Northwestern Ontario

#### WHAT DOES OSSA NEED TO IMPROVE ON

- Revisit the wording of the MOU and make necessary changes so that clubs are in a position to be able to sign the document without putting some clubs in a non-compliant state.
- Although one board member usually attends meets, OSSA needs to have a more visible presence at these events. An OSSA representative should be introduced and say a few words to the membership. Staying for a longer period of time rather than just making an appearance would also be beneficial.
- OSSA, more specifically the Technical Committee, should revisit the distances skated at meets and consider shortening some of those long distances for the younger skaters. Some meets ran way too long, even though there were not a large number of skaters.
- OSSA should consider hiring a marketing consultant or get SSC to help us promote the sport provincially.
- Continue to work on transparency. Transparency gains trust which leads to greater collaboration.

Diane Simpson, Newmarket

- Communication, communication, communication. It is unacceptable that we do not give opportunities to our best because of inconsistent communication.
- Take a leadership role within the sport, as the sport is evolving beyond where OSSA is taking it.
  - what is the plan to make the Provincial Championships relevant?
  - what is the plan to make the Provincial Series relevant?
  - what is the plan to make the Regional Series relevant?
  - what is the plan to develop Ontario skaters that can be competitive outside the province / country.
  - what is the plan to expose the sport to a greater audience than the few parents that attend meets.
- What is the OSSA board doing to change the status quo? It is not evident: we seem weaker than we have been in past years!

Desmond Preudhomme, Toronto

- OSSA needs to counter the negative "perception" that the Association is an obstacle - 'something' to be avoided rather than something that can help. The clubs need to have the feeling that OSSA is going to bat for them, rather than work to hinder them.

Simon Barker, Kawartha

- program development that allows for easier movement of skaters between Regional and Provincial competitions.
- short and long track meet coordination.

Laurel Rockwell, Gloucester

- When entirely legitimate Conflict of Interest issues arise, it is never acceptable to immediately fall back on the "Volunteer Card."
- Affected persons can be approached and asked to reasonably "Waive" the conflict if appropriate safeguards are in place. "Waivers" should only be sought if there does not exist a viable alternative to resolve the Conflict issue. It is not OSSA who grants the "Waiver", but the Affected persons.

Mark. M. O'Donnell, Oakville

- In the immediate short term:
  - minimizing scheduling conflicts between short track and long track events and facilitating the participation of athletes in these two events should the athletes choose
- In the medium to long term
  - Taking more of a leadership role (although steps are being taken to develop vision and strategic plan)
  - Seeking sponsors at the provincial level and helping clubs seek sponsors at the regional level.

- Fostering partnerships and alliances and have a greater lobbying voice before government and other organizations involved in sports and recreation

Celeste Peixe-Bouma, Ottawa

- With the updated 'Code of Conduct' being introduced at the OSSA AGM, make it mandatory if not already in the bylaws that all clubs adopt the code.

Kent Cunningham, London

- Work with SOO for opportunities to race at regionals

Duncan LeBlanc, Durham

- Greater promotion of the sport.

Lisa Liew, Markham

#### REQUESTS OF OSSA (I.E. COACHING CLINICS, BOARD VISITS)

- Province wide on-line meet registrations would be beneficial. The on-line information would need to be made available to not only to OSSA but as well as to the Recorder, the Referee preparing the meet and to the club's Meet Coordinator.
- Offering an e-learning clinic option to becoming an official would be beneficial and should more rapidly increase the number of officials available throughout the province.
- It would be helpful if officials from each category would be decided amongst themselves at the beginning of the season who is assigned to each meet and then notify the Meet Coordinator from each club with this information at the beginning of the season. This would save a lot of time for all involved. This is also important for upgrading officials.
- It would be beneficial if OSSA could help clubs find and develop coaches. Being able to offer a financial incentive to those young adults who have school loans to pay off would go a long way in developing coaching for future years and keeping our athletes in the sport. Rather than these athletes finding jobs elsewhere while in school, their job could be coaching our clubs if there was a monetary incentive.

Diane Simpson, Newmarket

- Build an organization that addresses the needs of the membership, as opposed to focussing on "rules".
- Take a leadership role to build the sport in Ontario.
- Remove the barriers to innovation and encourage out of the box thinking!

Desmond Preudhomme, Toronto

- Support long track speed skating development in the province by clearing the schedule of short track competitions in January.

Laurel Rockwell, Gloucester

- OSSA absolutely must explore and consider new processes and methods in terms of certifying level one and level two coaches.

Mark. M. O'Donnell, Oakville

- Promote and standardize on-line registration and accept on-line click waiver forms
- Develop and offer on-line training to support official training from level 1 and above
- Seek on-line training to support coaches' development

Celeste Peixe-Bouma, Ottawa

- With the limited number of referee's who are able to do a meet, possibly hold an information clinic for any current skaters who might be interested in being a referee after they are done racing. What does it take to be a referee, what do they need to know?
- Similar to the mats that were purchased at a discount, what about looking into the bulk purchase of club skates to see if a discount could also be achieved.

Kent Cunningham, London

- Offering a few more coaches clinics would be good.
- Would it be feasible to have a coaches certified in any other way other than in person? On line courses for example with video component to demonstrate skill? Many clubs struggle to meet the financial burden of travel expenses?

Maria Costanzo, Northwestern Ontario

- I Have one coach Kim Batistta from Laval who is looking to get Ontario accreditation to be in the box for our provincial skaters,

Lisa Liew, Markham

## OTHER COMMENTS FOR OSSA MEMBERS

- This is an awesome sport and so under rated by the general public mostly because they just don't know we exist in their communities. We generally suffer from a lack of visibility. We need to get the word out people! Speed skating is a great sport, but it is still a closely kept secret.

Diane Simpson, Newmarket

- No, other than to say a profound thank you, to those who have helped our Kawartha Quarks skaters at meets this past season. It was all very much appreciated.

Simon Barker, Kawartha

- Positive steps have been taking this year by OSSA and it's greatly appreciated!
- We look forward to continuing to work with OSSA to help develop it's strategic plan on the way forward.

Celeste Peixe-Bouma, Ottawa

- Just a reminder that we are doing this volunteer work for the kids and to grow this great sport. Club egos need to be put aside to do what's best for the sport when making decisions.

Kent Cunningham, London

## SUMMARY OF INJURY REPORTS

27 reports received from 6 clubs (42 in 2013-2014, 44 in 2012-2013, 9 in 2011-2012)

Gender breakdown: 9 female, 18 male

74% injuries reported were from skaters at competitions

No visible trend based on years of experience.

82% of injuries sustained at competitions occurred between 11am - 4pm.

### **Most Common Injuries Reported:**

Cut or laceration to body: 22%

Sore back or neck: 26%

Bruised (knee, hip): 15%

Fracture (ankle): 4%

Ankle damage (twist or sore): 15%

Head discomfort or suspected concussion: 7%

General uneasiness: 0%

Other: 11%

### **Location in Venue of Incident:**

Fall before apex: 4%

Fall after apex: 70%

Fall on straight: 22%

Collision with other skater: 37%

7% had previous injury/ condition that was aggravated

4% cite poor ice conditions



**Ages and Genders of reports:**

<b>Age</b>	<b>2014-2015</b>	<b>2013-2014</b>	<b>2012-2013</b>
7	1 male	1 male	0
8	0	1 male, 1 female	1 male
9	2 male	0	1 male, 1 female
10	1 female	2 male	1 male, 2 female
11	1 male	0	1 male
12	3 male	6 male, 3 female	3 male, 2 female
13	4 male, 3 female	3 male, 3 female	1 male, 2 female
14	0	1 male, 3 female	4 male, 1 female
15	2 male	2 male, 2 female	6 male, 2 female
16	3 male	3 male, 3 female	3 male, 1 female
17	1 male, 1 female	3 male	4 male
18-19	0	1 male	1 male
20-29	1 male, 1 female	0	2 male, 1 female
30-39	0	0	0
40-49	1 female	2 male	1 female
50-59	0	1 male, 1 female	0
60-69	0	0	1 male
unknown	2		

**MEET PARTICIPATION AND TIMES****Meet Registration Numbers**

<b>Season</b>	<b>Meets Offered</b>	<b>Registrations</b>	<b>Average Provincial Attendance</b>	<b>Average Regional Attendance</b>	<b>Average LT Attendance</b>	<b>Membership Totals</b>
2014-2015	20	2398	125	118	126	2186
2013-2014	24	2624	120	109	109	2272
2012-2013	23	2763	131	115	102	2293
2011-2012	22	3307	180	156	110	2346
2010-2011	18	3195	185	175	Cancelled	2569

Note: meets offered includes Kingston Ladder but does not include mini meets, master capacity, Ontario Winter Games, or other formats.

## Provincial Championships Times 2011-2015

	2011 London		2012 Kingston		2013 Kitchener-Waterloo	
	Fastest 500m	Avg 500m	Fastest 500m	Avg 500m	Fastest 500m	Avg 500m
Girls Open (15+)	49.38	50.693	48.846	50.75	49.61	50.96
Boys Open (15+)	44.75	45.612	44.427	45.49	44.66	45.62
	Fastest 400m	Avg 400m	Fastest 400m	Avg 400m	Fastest 400m	Avg 400m
Girls 12	44.97	46.458	42.38	46.15	40.491	43.38
Girls 13	NT	NT	43.68	45.02	41.2	44.84
Girls 14	NT	NT	41.29	44.29	40.96	42.91
Boys 12	40.2	42.297	40.95	42.89	41.11	43.22
Boys 13	39.42	42.348	39.76	41.97	38.78	41.93
Boys 14	NT	NT	41.2	41.76	40.01	42.14

	2014 Newmarket		2015 Kingston	
	Fastest 500m	Avg 500m	Fastest 500m	Avg 500m
Girls Open (15+)	49.34	51.02	46.30	50.39
Boys Open (15+)	45.20	46.03	44.50	46.04
	Fastest 400m	Avg 400m	Fastest 400m	Avg 400m
Girls 12	42.52	45.05	43.44	45.74
Girls 13	40.99	43.65	42.04	44.21
Girls 14	40.45	43.73	40.79	44.28
Boys 12	40.36	43.57	41.38	43.40
Boys 13	39.58	41.22	40.00	42.90
Boys 14	37.97	39.65	39.07	40.03

Note: average time calculated by fastest 500m or 400m per skater in the age group. Top 10 results only.

NT: distance not skated

## Gender and Age Participation 2014-2015 - Short Track Ranking List

Age	Males 2014-2015	2013-2014	2012-2013	Females 2014-2015	2013-2014	2012-2013
6	17	16	26	5	10	14
7	30	35	29	13	15	20
8	50	36	39	20	20	19
9	50	33	44	25	18	26
10	39	46	56	20	26	19
11	43	49	38	29	15	32
12	48	31	47	15	23	26
13	32	35	32	21	19	22
14	30	27	41	12	15	21
15-16	49	45	49	24	40	40
17-18	14	18	17	17	8	12
19+	15	18	20	13	13	12
Master	32	42	unknown	11	15	unknown
<b>Total</b>	<b>449</b>	<b>431</b>	<b>438</b>	<b>225</b>	<b>237</b>	<b>263</b>

Totals include OOP skaters.

## 2015-2016 COMPETITION CALENDAR – DRAFT

Note: Provincial A, B, C and Masters and Ontario Winter Games TBD

Date (Sat)		Short Track					Long Track
		Regional West	Regional Central	Regional East	Provincial	National	
Oct	3			Ottawa (3)	Ottawa (3 - evening)		
	10	Thanksgiving					
	17	K-W (17)		Quinte (17)	K-W (18)		
	24		Brampton (24)				
	31				Series #1 Cambridge		
Nov	7	World Cup					
	14	West		Kingston (14)			
	21		King (21)			National Qualifier (19-22) Calgary	
	28				Series #2 Clarington		Canada Cup 1 - TBC
Dec	5		Markham (5)				
	12	London (Sat 12)		Gloucester TBC			
	19					Junior ST Champs (18-20) QC	
	26	Holidays					
Jan	2						Canada Cup 2
	9				Series #3 Clarington		
	16					Senior #1 (15-17) Montreal	Provincial Long Track
	23	Milton TBC (23)					
	30		Toronto (Sun 31st) TBC				
Feb	6				Series #4 Barrie TBC		CACLTC - TBC (6-7)
	Family Day 13	Burlington (15) TBC		St. Lawrence (13) TBC			
	20		Newmarket (Sat 20)				
	27						
Mar	5	K-W - Championship TBD					
	12					Senior #2 (10-13) Montreal	
						Junior #2 (17-20) Fredericton, NB	
	19						
Easter	26					Canada East - TBC (26 - 27)	

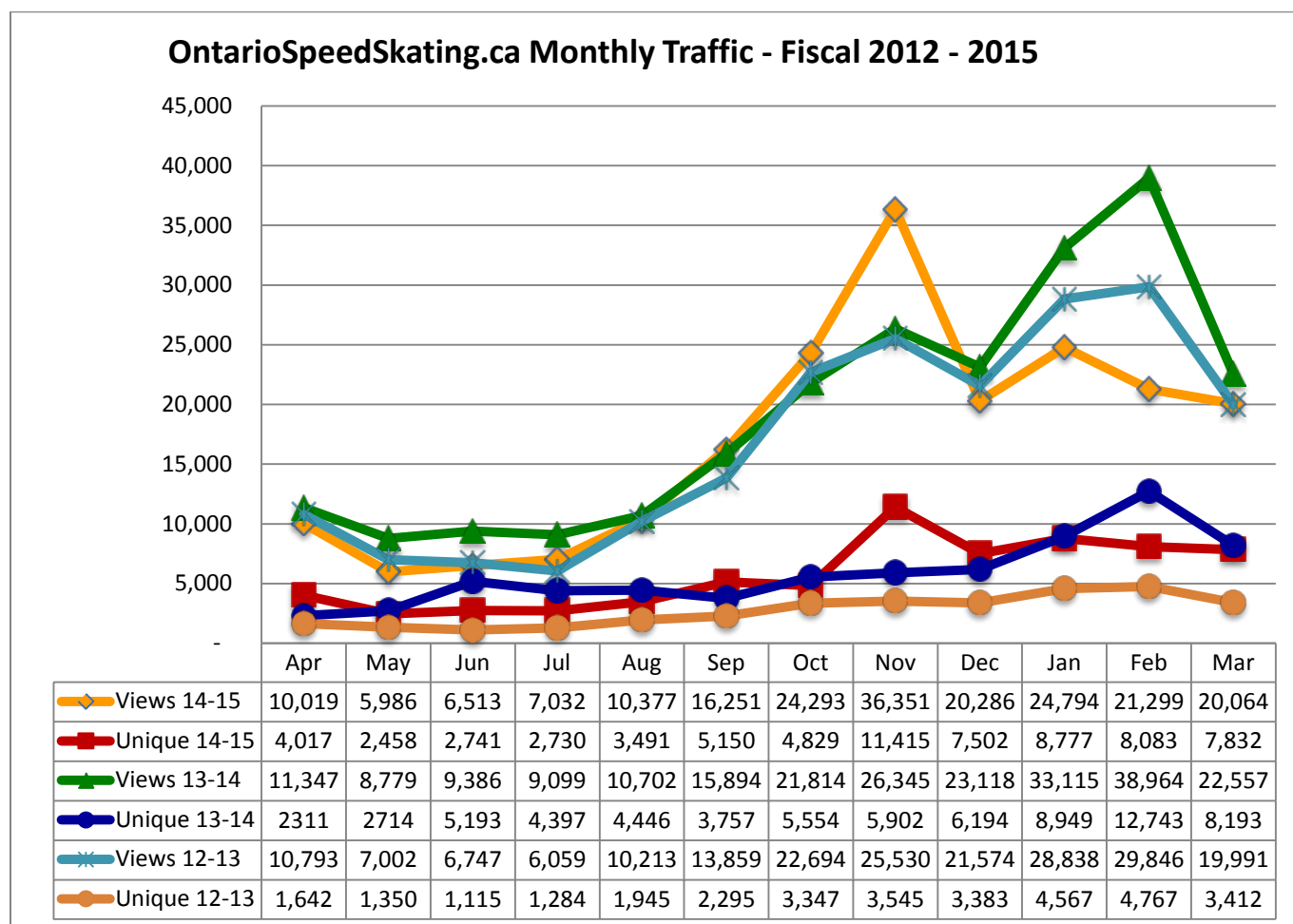
## MEMBERSHIP TOTALS

Historical 2008 – 2015

Club	2008	2009	2010	2011	2012	2013	2014	2015
Barrie	39	20	64	70	65	65	68	68
Brampton	86	64	90	98	76	91	70	78
Cambridge	138	165	157	201	174	153	151	153
Clarington	102	67	62	53	59	60	37	33
Durham	25	43	35	57	48	49	41	32
Gloucester	150	97	267	219	205	182	158	132
Golden Horseshoe	-	-	-	-	-	32	22	22
Hamilton	27	27	28	48	34	34	70	60
Kawartha	69	62	44	51	42	57	68	79
King	-	-	-	-	18	16	77	55
Kingston	126	103	360	120	107	77	111	118
K-W Sertoma	153	131	152	182	168	214	217	210
Lakefield	10	16	31	31	33	35	20	-
London	77	64	60	112	93	80	71	90
Markham	53	63	106	139	111	110	125	132
Milton	29	27	30	42	53	62	64	75
Newmarket	26	34	66	57	62	55	64	62
Niagara	32	37	36	27	33	26	-	13
Oakville	116	109	115	123	103	120	154	108
Ottawa Pacers	194	205	290	373	286	278	245	251
Portland	55	10	-	5	1	1	10	-
Quinte Blades	76	85	91	91	83	91	80	69
Sault Ste. Marie	47	45	37	43	43	36	26	16
St. Lawrence	56	68	86	99	79	65	77	81
Sudbury	28	27	36	38	38	35	28	26
Thunder Blades	28	40	29	46	35	19	13	21
Toronto	57	84	67	240	192	193	201	225
<b>Totals</b>	<b>1802</b>	<b>1702</b>	<b>2359</b>	<b>2569</b>	<b>2241</b>	<b>2239</b>	<b>2268</b>	<b>2209</b>

## ONLINE PRESENCE

## WEBSITE TRAFFIC



	Views 2014-15	Unique 2014-15	Views 2013-14	Unique 2013-14	Views 2012-13	Unique 2012-13
Totals	203,265	69,025	231,120	70,353	203,146	32,652

## FACEBOOK

- Currently we have 255 total Likes on the OSSA Facebook page
- Our most popular age group is 18-24 years old
- 59% of our Facebook Fans are women
- Link: [facebook.com/OntarioSpeedSkating](https://facebook.com/OntarioSpeedSkating)

## TWITTER

- We have posted 796 tweets at [twitter.com/OSSA](https://twitter.com/OSSA)
- We have 524 followers

## E NEWS

This past year nineteen editions of the eNews emails were sent to members and posted on the website. Here are the details of the emails sent:

Date	# Sent	Open	Click	Bounce	Unsub
10/07/2014	2036	35.80%	20.50%	0.30%	1.00%
13/08/2014	436	62.84%	53.90%	0.23%	0.23%
12/09/2014	426	62.68%	57.28%	0.00%	0.00%
09/10/2014	429	56.18%	48.95%	1.17%	0.00%
24/10/2014	438	57.99%	8.45%	0.23%	0.23%
14/11/2014	439	59.68%	40.77%	0.23%	0.00%
28/11/2014	441	56.46%	9.75%	0.23%	0.23%
12/12/2014	442	50.45%	8.37%	0.68%	0.23%
23/12/2015	439	43.51%	0.00%	0.00%	0.00%
23/01/2015	439	61.50%	6.61%	0.00%	0.00%
13/02/2015	447	57.05%	30.43%	0.45%	0.22%
27/02/2015	445	56.85%	21.12%	0.45%	0.00%
13/03/2015	443	55.76%	10.38%	0.23%	0.00%
27/03/2015	444	61.04%	58.56%	0.23%	0.00%
Average	553	55.56%	26.79%	0.32%	0.15%

## AWARDS

### KIT JAROSZ AWARD WINNER

Renee Steenge

### RICK MORRISON AWARD WINNER

Gibson Himbeault

Our Coaches of the Year, Official of the Year, Outstanding Administrator, Rising Stars, Skaters of the Year and Volunteer of the Year will be announced at the Annual General Meeting.

## RECOGNITION

### NATIONAL TEAMS

#### 2014 – 2015 NATIONAL TEAM – LONG TRACK

Ivanie Blondin  
Christine Nesbitt

#### 2014 – 2015 NATIONAL TEAM – SHORT TRACK

Patrick Duffy  
Keri Morrison

#### 2014 – 2015 NATIONAL DEVELOPMENT TEAM – LONG TRACK

Jordan Belchos	Richard MacLennan
Vincent DeHaître	Lauren McGuire
Alexandra Ianculescu	

#### 2014 – 2015 NATIONAL DEVELOPMENT TEAM – SHORT TRACK

Jacob McKenzie

#### 2014 – 2015 NATIONAL TALENT SQUAD – LONG TRACK

Isabelle Weidemann

#### 2015 CANADIAN JUNIOR WORLD CHAMPIONSHIPS TEAM – LONG TRACK

Ben Donnelly  
Isabelle Weidemann

### PROVINCIAL TEAMS

#### PROVINCIAL TRAINING TEAM

Long Track		Short Track	
Female	Male	Female	Male
Alexandra Ianculescu*	Martin Corbett*	Laura Crack*	William Preudhomme*
Lauren McGuire*	Ben Donnelly*	Hannah Morrison*	Arye Richards*
Isabelle Weidemann*	Rob Watson*	Samantha Morrison*	Ian Smibert*

#### PROVINCIAL DEVELOPMENT TEAM

Long Track		Short Track	
Female	Male	Female	Male
Jasmine Chase*	Dan Carruthers*	Ayanna Badali*	Samuel Chin-Cheong*
Claire Mallard	Mitchell Richmond	Innzbruk Richards*	Matt Daly
Bethany McKinley-Young	Adam Szkraba	Olivia Scott*	Nils Engholm*



Marianne Portelance*	Jake Weidemann*	Renee Steenge*	Gibson Himbeault
*This athlete also received Quest for Gold Funding	Erin Stewart	Taylor White	Ryan McAnuff*
			Kevin Sun*

#### CANADA WINTER GAMES – TEAM ONTARIO

Long Track		Short Track	
Female	Male	Female	Male
Sylvie Carruthers	Nick Everett	Ayanna Badali	Nils Engholm
Adrienne Gaudreault	Caleb Hovey	Innzbruk Richards	Gibson Himbeault
Bethany McKinley-Young	Cameron Mason	Olivia Scott	Sam McEachran
Taylor White	Jake Weidemann	Renee Steenge	Alphonse Ouimette
		Erin Stewart	Aidan Preudhomme

#### CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS – TEAM ONTARIO

Zain Ahmed	Emil Hodzic-Santor	Cole Rogerson
Kiera Bayne	Arielle Howell	Connor Rogerson
Autumn Bland	Adam Johnson	Taylor Saravanamuttoo
Max Brant	Sierra Johnson	Oliver Scharf
Kelsey Carr	Erik Jolliffe	Chloe Segal
Jeslyn Chantler	Kaelan Jolliffe	Connor Taugher
Max Cole	Krista Laing	Amanda Tickner
Charles Coupland	Christopher Langridge	Aidan Van Beek
Rachel Freitag	Claire Liew	Emma Varden
Robert Gaudreault	Hannah MacDougall	Emma Grace Wheller
Jaylen Gordon	Claire Mallard	Westley Yates

#### CANADA EAST CHAMPIONSHIPS – TEAM ONTARIO

Tara Lynn Allen	Kassidy Greulich	Owen McKinley-Young
Alexa Annecca	Claudia Heeney	Ethan Oppitz
Jazmine Baatje	Austin Hendy	Ian Ramzy
Danna Ballantyne	Zakariya Jackson	Cole Rogerson
Autumn Bland	Jacob Koenig	Eren Rudy
Max Brant	Bennett Lai	Alina Santos
Sebastian Champagne	Christopher Langridge	Tiago Santos
Maxwell Cole	Nathaniel Leighninger	Mika Sun
James Dennison	Claire Liew	Emma Varden
Dania El Sammak	Claire Mallard	Nicole Vrazinovski
Kennedy Feasby	Samuel Mathew	Eugene Wong
William Gibbons	Ethan McKinley-Young	

## PROVINCIAL AND REGIONAL MEET HOSTS

Barrie	Central Regional #4
Brampton	Western Regional #2
Cambridge	Provincial Series #1
Clarington	Provincial Series #2, Provincial Series #3, Canada Games Trials (ST)
Gloucester	Eastern Regional #2, Provincial B and Masters Championships
Golden Horseshoe	Western Regional #5
Kingston	Provincial A Championships
Kitchener-Waterloo	Western Regional #1
London	Western Regional #3, Provincial C Championships
Markham	Central Regional #2
Milton	Western Regional #4
Newmarket	Provincial Series #4
Ottawa	Eastern Regional #1, Provincial Long Track Championships
Quinte	Eastern Regional #3
St. Lawrence	Eastern Regional #4
Toronto	Central Regional #3

## SPEED SKATING CANADA COMMITTEE VOLUNTEERS

Sandra Chenard – Competitions Committee

Mandy Hickey (NUV) – Club and Membership Development Committee

Rocky Lamontagne – Officials Development

Mike Rivet – Coaching Development

## ONTARIO SPEED SKATING ASSOCIATION COMMITTEE VOLUNTEERS

### Board of Directors

Patti Pokol – President  
Graham Wilkins – Vice President Administration and Finance  
Emma O'Donnell – Vice President Sport Development  
Perry Lo – Vice President Marketing and Communications  
Blake Morrison – Vice President Athlete Development  
Doug Flynn – Vice President Education

### Technical Committee

Kristi Copeland – Member at Large  
Marion Chase – Vice-chair long track  
Laura Crack – Athlete Representative  
Neil Mitchell – Vice-chair short track  
Ron Richards – CDC Representative  
Dennis Vogt

### Coaching Development Committee

Ron Richards – Chair  
Kelly Ball – Member at Large  
Paula McConvey – Member at Large  
Blake Morrison – Member at Large  
Marg Oliveira – Member at Large

### Marketing Committee

Jennifer Gemmell – Member at Large  
Shiny Mathew – Member at Large  
Karen Pan – Member at Large

### Officials Development Committee

Dale Coolidge – Member at Large  
Dale Coolidge – Member at Large  
Tim Howell – Member at Large  
Rocky Lamontage, SSC ODC Chair  
Laurel Rockwell – Member at Large

## SERVICE RECOGNITION

<i><b>Volunteer</b></i>	<i><b>Club</b></i>	<i><b>Role</b></i>	<i><b>Years Served</b></i>
Elio Cozzarini	Kawartha	Integral Club Member and Volunteer	15
Jack Lapum	Kawartha	Integral Club Member and Volunteer	15
Maurice Malan	Kawartha	Integral Club Member and Volunteer	15

## APPENDIX 1 – DRAFT TECHNICAL BULLETINS

The draft bulletins will be provided as a supplementary hand out.

## APPENDIX 2 – AUDITED FINANCIAL STATEMENTS

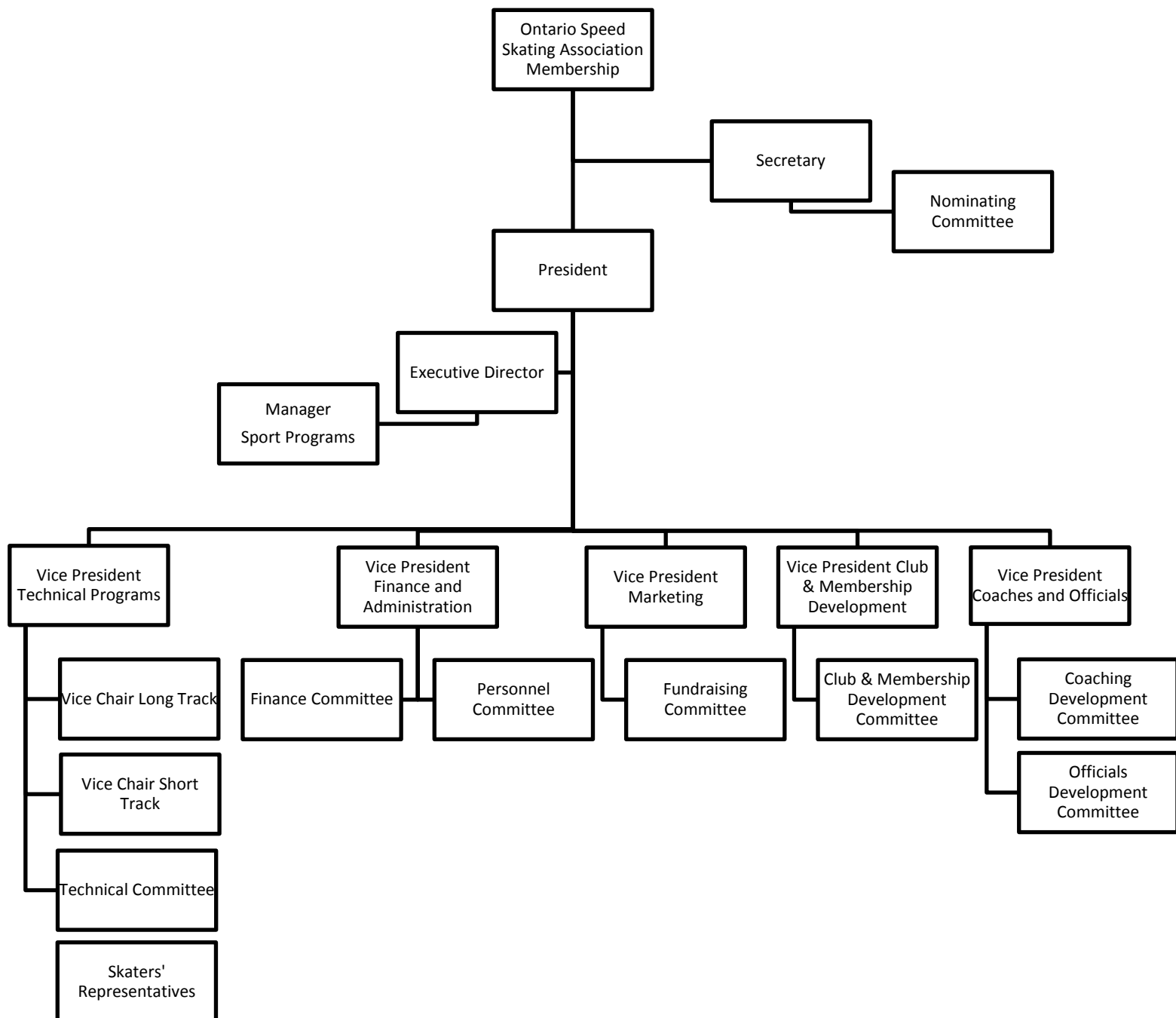
The audited financial statements will be included as a supplementary hand out.

## APPENDIX 3 – PROPOSED AMENDMENTS

DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Annex A1	REGULATION #: N/A
TITLE: OSSA Organizational Chart	
EXISTING REGULATION (EXACT WORDING)	
See below.	
PROPOSED AMENDMENT (EXACT WORDING)	
See below.	
RATIONALE	
Update the chart to reflect new job titles.	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

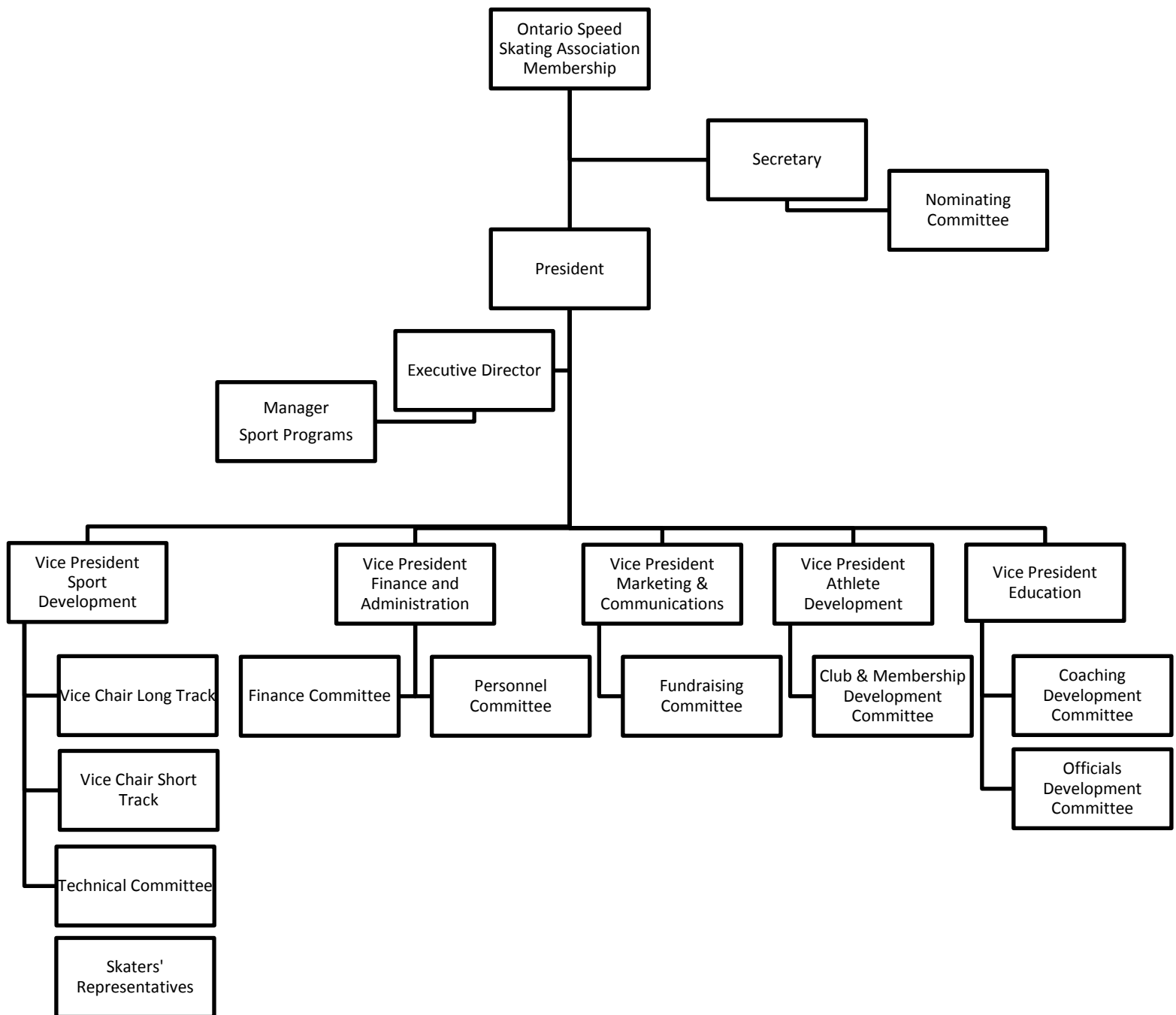
Annex A1: OSSA Organisational Chart (CURRENT)

Note: The Board reports directly to the membership at the Annual General Meeting or Special Meeting. The Secretary reports directly to the membership at the Annual General Meeting or Special Meeting, but is appointed by The Board.



# Annex A1: OSSA Organisational Chart (PROPOSED)

Note: The Board reports directly to the membership at the Annual General Meeting or Special Meeting. The Secretary reports directly to the membership at the Annual General Meeting or Special Meeting, but is appointed by The Board.



DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Annex A2	REGULATION #: N/A
TITLE: Job Descriptions, Board Structure	
EXISTING REGULATION (EXACT WORDING)	
See below.	
PROPOSED AMENDMENT (EXACT WORDING)	
See below.	
RATIONALE	
To adopt more fully developed and detailed job descriptions that reflect new position titles.	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

## Annex A2: Job Descriptions, Board Structure (CURRENT)

### PRESIDENT

1. is responsible to the Board of Directors for all programs and activities of OSSA and for the smooth and efficient operation of OSSA:
  - serves as an ex officio member of all Committees
  - oversees the activities of the Vice Presidents and has veto option for any and all decisions of individual Board members so that these decisions may be brought to the Executive Committee by means of a meeting or conference phone call for reconsideration and Executive Committee approval or denial
  - plans and co-ordinates the activities of the Executive and Board
  - serves as liaison between OSSA and SSC
  - performs ceremonial and honorary activities on behalf of OSSA
  - Performance and Review Committee Chairperson

### VICE-PRESIDENT FINANCE AND ADMINISTRATION

2. is responsible to the President for the smooth and efficient administration of OSSA and for all financial aspects of OSSA
  - liaises, as required, with SSC
  - in conjunction with the Director, and as a member of the Finance Committee, coordinates and manages the budget
  - in conjunction with the Director, develops the budget for the administration/financial area prior to the incoming fiscal period

- Chairperson of the Personnel Committees (a. Director, b. other OSSA employees)

#### VICE-PRESIDENT CLUB AND MEMBERSHIP DEVELOPMENT

3. is responsible to develop the sport with regards to starting new clubs and ensuring existing clubs are strong
  - keeps clubs informed of where and how new equipment may be obtained
  - in conjunction with the Director, develops the budget for the Development area prior to the incoming fiscal period
  - liaises with SSC Club and Membership Development personnel
  - oversees the membership processing details
  - Volunteer Recognition Program
  - Volunteer Development Program
  - Chairperson of Club and Membership Development Committee
  - Chairperson of Risk Management Committee

#### VICE-PRESIDENT TECHNICAL PROGRAMS ADMINISTRATION

4. is responsible for the welfare and development selection of the Provincial Training Team, Development Team and makeup of special teams, for special rules applicable to OSSA sanctioned competitions and championships
  - chairs the Technical Committee
  - oversees the development of sanction criteria and the granting of sanctions
  - oversees the development and implementation of selection criteria
  - oversees the development and implementation of competition formats and rules for OSSA sanctioned competitions
  - recommends team managers to accompany Ontario teams
  - in conjunction with the Director, develops the Technical budget prior to the incoming fiscal year
  - is responsible for establishing a process for determining the calendar of events for the coming seasons and overseeing its implementation
  - liaises with appropriate SSC personnel
  - oversees the production of OSSA technical bulletins

#### VICE-PRESIDENT MARKETING

5. is responsible for the promotion and marketing of speed skating throughout the Province, working closely with the Zone Representatives and clubs to assist them in promoting the sport
  - in conjunction with the Director, develops the budget for the Marketing area prior to the incoming fiscal year
  - liaises, as required, with SSC
  - oversees the publishing of the OSSA newsletter



- oversees OSSA's merchandise program
- coordinator of the Fundraising Committee

#### VICE-PRESIDENT COACHING AND OFFICIATING

6. is responsible for the development and welfare of coaching and officiating throughout the Province, working closely with the Coaching Development Committee Chair, Officials Development Committee Chair and clubs to assist them achieving this goal
- in conjunction with the aforementioned Chairs, develops the budget for the Coaching and Officiating Development Committees prior to the incoming fiscal year
  - liaises, as required, with SSC
  - oversees the activities of the Coaching Development Committee
  - oversees the activities of the Officials Development Committee

## Annex A2: Job Descriptions, Board Structure (Proposed)

### ***All Positions***

All members of the Board of Directors are volunteers appointed or elected bi-annually at the Annual General Meeting for two years and are responsible for the items listed on this page. Specific requirements for each Board of Directors position are described in detail in the following pages.

#### **Accountability**

The board of directors is collectively accountable to the Ontario speed skating community, funders and other stakeholders. They are accountable for the Association's performance in relation to its mission and strategic objectives, and for the effective stewardship of financial and human resources.

#### **Authority**

Individual board members have no authority to approve actions by the Association, to direct staff, or to speak on behalf for the Association, unless given such authority by the board.

#### **Responsibility**

Board members are responsible for acting in the best interests of the organization and the speed skating community and will bring to the task of informed decision-making a broad knowledge and an inclusive perspective.

#### **General Board Duties**

Every member of the board of directors is expected to:

- Abide by the by-laws, code of conduct and other policies that apply to the board.
- Prepare for and participate in board meetings.
- Participate as a team player in helping the board direct the Association.
- Articulate alternative points of view and support board decisions once made.
- Participate in the review of the Association's mission and objectives and in the development of a strategic plan.
- Help the board to monitor the performance of the Association in relation to its mission, objectives and core values.
- Participate in the approval of the annual budget and monitor the financial performance of the Association in relation to it.
- Help establish, review and monitor policies that direct operational practices (e.g. financial management, human resource management).
- Participate in the hiring of, evaluation, and if required, the releasing of, the executive director.
- Recruit new board members.
- Participate in the evaluation of the board itself (annual board self-evaluation).
- Contribute to the work of board as a member of assigned board committees.
- Attend and participate in the Annual General Meeting.
- Stay informed about speed skating community and club issues relevant to the mission of the Association and the interests of key stakeholders.

### **Evaluation**

The performance of individual directors is evaluated annually in the context of the evaluation of the whole board and is based on the carrying out of duties and responsibilities as outlined above.

### **Removal of a Board Member**

A Director may be removed from the board, by two-thirds majority vote, for not performing his/her duties. Being absent from three consecutive board meetings without reasonable cause will result in the automatic removal from the board unless otherwise determined by a decision of the board.

## ***President***

**Time Commitment:** 10 to 15 hours per week (meetings, preparation, consultation)

### **Specific Duties of the President:**

In addition to general board duties listed on page (insert appropriate Information Manual page number), the President is:

- Accountable to the Board of Directors for all programs and activities of OSSA and for the smooth and efficient operation of OSSA.
- An ex-officio member of all committees of the Association.
- Overseeing the activities of all Vice-Presidents and has veto option for any and all decisions of the individual Board members or committees so that these decisions may be brought to the Board by means of a conference call for reconsideration and Executive Committee approval or denial.
- Planning and coordinating the activities of the Executive and Board.
- Serves as the main liaison between OSSA and Speed Skating Canada.
- Serves as main liaison between OSSA and the Ministry of Tourism, Culture and Sport.
- Performs ceremonial and honorary activities on behalf of OSSA.

### **Qualifications**

The following are considered key job qualifications:

- Knowledge of the Ontario speed skating community.
- Understanding of the Non-Profit governance.
- Commitment to organization's mission and strategic directions.
- A commitment of time.
- Openness to learning.

## ***Vice-President, Finance***

**Time Commitment:** Five to 10 hours per week (meetings, preparation, consultation)

### **Specific Duties of the Vice-President, Finance:**

In addition to general board duties listed on page (insert appropriate Information Manual page number), the VP, Finance is:

- Accountable, in collaboration with the Executive Director, for the development of the Association's annual budget.
- Ensuring the Association properly manages the annual budget in accordance with financial controls and regulatory policies for Non-Profit organizations.
- Providing the Board of Directors with an updated financial summary at each scheduled meeting.
- Responsible for ensuring all appropriate documentation is available in a timely manner to the approved auditor of annual financial statements.
- Chair of the Finance and Budget Committee.
- Chair of the Fundraising Committee.

### **Qualifications**

The following are considered key job qualifications:

- Knowledge of the Ontario speed skating community.
- Understanding of common financial practices for Non-Profit organizations.

- Commitment to organization's mission and strategic directions.
- A commitment of time.
- Openness to learning.

### ***Vice-President, Athlete Development***

**Time Commitment:** Five to 10 hours per week (meetings, preparation, consultation)

**Specific Duties of the Vice-President, Athlete Development:**

In addition to general board duties listed on page (insert appropriate Information Manual page number), the VP, Athlete Development is responsible for:

- Ensuring the Association aligns its programming with the Long-Term Athlete and Participant Development Model prescribed by Speed Skating Canada.
- Leading, in conjunction with the Manager, Sport Programs, the strategic direction, application and implementation of all high performance and recreation grants.
- Liaising with High Performance staff at Speed Skating Canada.

**Qualifications**

The following are considered key job qualifications:

- Knowledge of the Ontario speed skating community.
- Commitment to the principles and pathway of long term athlete and participant development for speed skating.
- Commitment to organization's mission and strategic directions.
- A commitment of time.
- Openness to learning.

### ***Vice-President, Sport Development (aka Technical)***

**Time Commitment:** Five to 10 hours per week (meetings, preparation, consultation)

**Specific Duties of the Vice-President, Sport Development:**

In addition to general board duties listed on page (insert appropriate Information Manual page number), the VP, Sport Development is:

- Responsible for the welfare and development selection of the Provincial Training Team, Development Team and makeup of special teams, for special rules applicable to OSSA sanctioned competitions and championships.
- Chair of the Technical Committee.
- Chair of the Safety Committee.
- Responsible to oversee the development and implementation of sanction criteria, along with the granting of such sanctions.
- Tasked to oversee the development and implementation of competition formats and rules for OSSA sanctioned competitions.
- In conjunction with the Vice-President, Finance and Executive Director, develops the Sport Development budget prior to the incoming fiscal year.
- Responsible for establishing a process for determining the calendar of events for the upcoming seasons and overseeing its implementation.
- After consultation with President and/or Executive Director, liaise with appropriate Speed Skating Canada personnel.
- Oversees production of OSSA technical bulletins.

**Qualifications**

The following are considered key job qualifications:

- Knowledge of the Ontario speed skating community.
- Understanding of speed skating competition format and technical components.
- Commitment to organization's mission and strategic directions.
- A commitment of time.
- Openness to learning.

## ***Vice-President, Marketing and Communications***

**Time Commitment:** Five to 10 hours per week (meetings, preparation, consultation)

**Specific Duties of the Vice-President, Marketing and Communications:**

In addition to general board duties listed on page (insert appropriate Information Manual page number), the VP, Marketing and Communications is:

- Responsible for the promotion and marketing of speed skating throughout the Province, working closely with the clubs to assist them in promoting the sport.
- In conjunction with the VP Finance and Executive Director, develops budgets for the Marketing and Communications area prior to the incoming fiscal year.
- Liaises with Speed Skating Canada on marketing initiatives.
- Oversees the production of OSSA publications in conjunction with the Executive Director.
- Provides leadership in the development of a digital strategy, including website, social media and other forms of online communications.
- Oversees OSSA merchandise program.

**Qualifications**

The following are considered key job qualifications:

- Knowledge of the Ontario speed skating community.
- Understanding of emerging sports marketing trends.
- Familiar with advancing digital environments.
- Commitment to organization's mission and strategic directions.
- A commitment of time.
- Openness to learning.

## ***Vice-President, Education (aka Coaches & Officials)***

**Time Commitment:** Five to 10 hours per week (meetings, preparation, consultation)

**Specific Duties of the Vice-President, Education:**

In addition to general board duties listed on page (insert appropriate Information Manual page number), the VP, Education is:

- Responsible for the development of speed skating coaching, officiating and volunteers throughout the Province, as a member of the Coaching Development Committee and the Officials Development Committee. Is the liaison to the Board for both committees.
- In conjunction with the chairs of the Coaching and Officials Development Committees, the VP Finance and Executive Director, develops budgets for the Education portfolio prior to the incoming fiscal year.
- Recommends team managers to accompany Ontario teams. Accountable for Terms of Reference and chairing Selection Committee to determine team managers and other Team Ontario personnel.
- Liaises with Speed Skating Canada on coaching development and officiating development initiatives.
- In conjunction with Manager, Sport Programs, liaise with Coaching Association of Ontario (CAO) to ensure OSSA coaches are informed, educated, certified and comply with CAO guidelines.
- Leads the creation of volunteer standards and screening process.
- Manages the recruitment, development, and recognition of volunteers.

**Qualifications**

The following are considered key job qualifications:

- Knowledge of the Ontario speed skating community.
- Understanding of coaching development.
- Understanding of officiating development.
- Commitment to organization's mission and strategic directions.
- A commitment of time.
- Openness to learning.

DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Annex A2	REGULATION #: N/A
TITLE: Job Descriptions, Board Structure	
EXISTING REGULATION (EXACT WORDING)	
None.	
PROPOSED AMENDMENT (EXACT WORDING)	
(To be inserted after description of Vice Chair in Technical Committee – Short Track)  Provincial Registrar  The position of Provincial Registrar will be appointed by the Board of Directors to an experienced registrar in good standing on a yearly basis. The Provincial Registrar will have access to all membership data and uphold the privacy of OSSA members when accessing information. The appointed person will report to the Officials Committee and liaise with the Technical Committee. Primary duties include: maintaining the integrity of the Meet Manager data base; being the initial person to whom all registrations for all meets during the season are submitted thus ensuring consistency across the province to ensure that meets are opened to the correct regions in a timely fashion if entry numbers have not been maximized.	
RATIONALE	
The position of Provincial Registrar has existed for two seasons and the role should be formalized and included in the Information Manual.	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Annex A4	REGULATION #: N/A
TITLE: Fees, Dues, Special Assessments	
EXISTING REGULATION (EXACT WORDING)	
See below.	
PROPOSED AMENDMENT (EXACT WORDING)	
See below.	
RATIONALE	
<p>To adopt the fees and dues for the 2015-16 season. Please pay particular attention to Note 12 on page 3. We have removed the family member fee discount as we are not permitted by the Ministry of Tourism, Culture and Sport to offer discounted memberships.</p>	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: March 9, 2015	

Club Fees - Affiliation (see Note 1)	2014-15	2015-16	Notes
<b>10-50 ordinary members</b>	<b>320</b>	<b>320</b>	<p>Note 1: Based upon membership as of March 31 of previous season. For a new club, the affiliation club fee is not charged for the first year of membership. The second year is charged at ½ of the regular fee and for the third year, ¾ of the regular fee.</p> <p>Note 2: From each elite skater, competitive skater, recreational skater, associate, independent and special event skater fee received by OSSA, \$30, \$25, \$5, \$5, \$5 and \$0, respectively, is remitted to Speed Skating Canada. Furthermore, \$2 of each membership fee is classified by OSSA as insurance revenue.</p>
<b>51-100 ordinary members</b>	<b>370</b>	<b>370</b>	
<b>101-150 ordinary members</b>	<b>420</b>	<b>420</b>	
<b>151-200 ordinary members</b>	<b>470</b>	<b>470</b>	
<b>201+ ordinary members</b>	<b>520</b>	<b>520</b>	
<b>Liability and sport accident insurance</b>	<b>230</b>	<b>230</b>	
Membership Fees (see Note 2)	2014-15	2015-16	
<b>Elite skater (see Note 3 &amp; 12)</b>	<b>125</b>	<b>145</b>	Note 3: This type of member is a skater who competes in International and/or Domestic sanctioned competitions including SSC National

			Championships (Age Class, Junior, Senior) Qualifiers, Canada Cups, North Americans, Canada Winter Games and selection events in Canada.
<b>Competitive skater</b> (see Note 4 & 12)	<b>110</b>	<b>110</b>	Note 4: This type of member is a skater who competes in any SSC or Branch sanctioned competition not listed in note 3.
<b>Recreational skater</b> (see Note 5 & 12)	<b>90</b>	<b>90</b>	Note 5: This type of member is a skater who is a member of OSSA who does not compete in a sanctioned event.
<b>Family (min. 4 family members)</b>	<b>230</b>	<b>N/A</b>	
<b>Associate, Associate-Coach, Associate-Official</b> (see Note 6 & 12)	<b>20</b>	<b>20</b>	Note 6: This type of member contributes as a coach, official, volunteer or parent who does not participate as a skating member. The Associate-Coach and Associate-Official categories should be used to designate registered coaches and officials.
<b>Independent skater</b>	<b>125</b>	<b>125</b>	
<b>Independent associate</b>	<b>25</b>	<b>25</b>	
<b>Introductory member</b> (see Note 7 & 12)	<b>10</b>	<b>10</b>	Note 7: This type of member can participate for a maximum of ten <b>weeks</b> .
<b>Special event</b> (see Note 8 & 12)	<b>5</b>	<b>5</b>	
<p><b>Note 8: Special Event Members will be those individuals who become non-competitive Members on a single-event basis. That is, they are Members only for the duration of an event. Furthermore, they can only take out such a membership once per season. To formally take part in more than one speed skating event in a season, they must register as an Ordinary Member. The Special Event Membership class is meant to accommodate volunteers who may assist at only one event a year. These individuals would not formally participate in speed skating at any other time. It is also meant for those individuals who come out to try speed skating once on a trial basis whether through a clinic, drop-in class, try-out class, or camp.</b></p>			
<b>Competition Fees</b>			
	<b>2014-15</b>	<b>2015-16</b>	
<b>Sanction fee (club)</b>			
<b>Two day</b>	<b>100</b>	<b>100</b>	
<b>One day</b>	<b>85</b>	<b>85</b>	
<b>½ day (check-in fee is waived)</b>	<b>25</b>	<b>25</b>	
<b>Cradle</b>	<b>0</b>	<b>0</b>	
<b>Max entry fee per individual</b> (see			
	<b>2014-15</b>	<b>2015-16</b>	

Note 9)			
<b>Two day</b>	<b>100</b>	<b>100</b>	Note 9: The maximum entry fee is the upper limit that a club can charge for an event and includes the check-in fee if charged separately
<b>One day</b>	<b>80</b>	<b>80</b>	
<b>Platinum Two day</b> (see Note 10)	<b>125</b>	<b>125</b>	Note 10: The Platinum Two day fee is for an event wherein a special sanction is permitted once or twice a year and is provided by the Technical Committee for a trials type event such as the Ontario Winter Games, Canada Winter Games Trials, or as preparation for such an event in years without that level of competition.
<b>Check-in fee per individual</b> (see Note 11)	<b>4.25</b>	<b>4.25</b>	Note 11: No check-in fee is charged for a Special Event Member.

Note 12: Should Speed Skating Canada raise fees at their 2015 Annual General Meeting, to be held in June, OSSA will increase the corresponding fees the same amount.



DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Annex A4: Fees, Dues, Special Assessments	REGULATION #: Note 8
TITLE: Introductory member	
EXISTING REGULATION (EXACT WORDING)	
Note 8: This type of member can participate for a maximum of ten ice sessions. This type of member cannot participate in sanctioned competition.	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>Note 8: This type of member is a skater who participates in a learn to skate (LS), learn to speed skate (LSS) or student (S) program of not more than 16 weeks. This type of member cannot participate in a sanctioned competition. Furthermore, a LSS or S member cannot be registered more than once in a season as an introductory skater. However, a LS member can be registered more than once in a season in the introductory membership category. Upon the first registration, they are registered as an Introductory-LS1. For the second registration, they are registered as an Introductory-LS2 and for a third registration, Introductory-LS3.</p>	
RATIONALE	
<p>This amendment makes the OSSA definition consistent with Speed Skating Canada's definition of an introductory member in terms of the type of time period, i.e., weeks instead of sessions, and the maximum length of an introductory program, i.e., 16 weeks instead of 10 sessions. This specification of a longer maximum length increases the likelihood that the introductory member will convert to a recreational member when the program is over. This specification also gives each club more flexibility in creating their own introductory programs in terms of length and number of sessions given their own coaching, ice time and financial resources.</p> <p>Being able to register an Introductory-LS member more than once in a season is intended to encourage and facilitate the creation of programs targeted at those in Stage 1 of the LTPAD model, that is, Active Start (0-6 years). Programs for these new skaters providing their own skates and hockey helmet are typically offered as once per week, half hour sessions and organised by local government or hockey and figure skating organisations and offered through the entire skating season. To be competitive with these other programs and, to be able to introduce the new skater to the local speed skating club, such a club offering a LS program cannot afford to pay OSSA the \$90 Recreational fee after just 10 sessions with the new skater rather than staying with the \$10 Introductory fee. Even 16 weeks is not sufficient as it takes at least one or two seasons for the Stage 1: Active Start children (likely 3-5 year olds) to learn to skate to a level that permits them to participate in a learn to speed skate program.</p> <p>Identifying the Introductory member as LS1, LS2, LS3, LSS or S is similar to OSSA and SSC being able to distinguish the three kinds of Associate members: Associate, Associate-Coach and Associate-Official. It also permits OSSA and SSC to charge additional fees for the re-registrations. For instance, at the end of the season, OSSA would charge a club \$10 for an Introductory-LS1 member, \$20 for an Introductory-LS2 member and \$30 for an Introductory-LS3 member.</p>	
DATE SUBMITTED: March 22, 2015	SUBMITTED BY: Kingston Striders Speed Skating Club

DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Article B5	REGULATION #: B5.05
TITLE: Registration	
EXISTING REGULATION (EXACT WORDING)	
<p>Registration for events <u>with an OSSA two-day sanction shall take place the evening prior</u> to the start of competition. The deadline for entries to all OSSA sanctioned events shall be 10 p.m. on the Wednesday the week preceding the registration date. <u>The Meet Co-ordinator may, at his/her discretion, decline to accept late entries, or assess a late entry fee for any entry submitted or fee paid after the deadline. Late entry fees may not be more than double the regular entry.</u> (note underlining is to help identify changes and will not be in Information Manual update)</p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>Registration for events <u>shall take place the morning of</u> the start of competition. The deadline for entries to all OSSA sanctioned events shall be 11:59 p.m. on the Wednesday the week preceding the registration date. <u>Any entries submitted after this time will be accepted and assessed a late entry fee double the regular entry fee. Late entries will be closed by 12 noon on the following Friday. Please note that for the purposes of this article a week is considered to begin on Mondays.</u> (note underlining is to help identify changes and will not be in Information Manual update)</p>	
RATIONALE	
<ul style="list-style-type: none"> <li>• Change to reflect current practice for event registration.</li> <li>• Allow for late entries to be accepted to benefit the skaters as well as the host club, but limit the additional work caused by <i>severely</i> late entries.</li> </ul>	
DATE SUBMITTED: March 24, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: March 24, 2015	

DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Article B5	REGULATION #: B5.01
TITLE: Registration	
EXISTING REGULATION (EXACT WORDING)	
<p>If a skater has submitted a properly completed entry form but cannot produce proof of OSSA membership (<u>OSSA card, or membership number</u>), the skater shall pay a fee equal to twice the current skater membership rate in addition to the regular entry fee.</p> <p>(note underlining is to help identify changes and will not be in Information Manual update)</p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>If a skater has submitted a properly completed entry form but cannot produce proof of OSSA membership, the skater shall pay a fee equal to twice the current skater membership rate in addition to the regular entry fee.</p>	
RATIONALE	
<p>We no longer have OSSA cards and there are many ways to offer proof of membership. We do not want to limit the member by only listing one option.</p>	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

DOCUMENT TO BE AMENDED (i.e. By-law): By-law	
SECTION HEADING: Article 9	REGULATION #: 9.08.2
TITLE: Election of Directors	
EXISTING REGULATION (EXACT WORDING)	
<p>A Director shall be removed from office by resolution, which includes reasons for removal, passed by at least two-thirds of the votes of the Voting Delegates cast at a General Meeting duly called for such purpose provided that the notice with respect thereto shall indicate the intention to present at such meeting a resolution to remove the Director named therein. At such time as a Director has been removed pursuant to this <u>Article 9.10.2</u>, the Voting Delegates at such meeting may by a Simple Majority of the votes cast, elect any eligible individual to fill the vacancy.</p> <p>(note underlining is to help identify changes and will not be in Information Manual update)</p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>A Director shall be removed from office by resolution, which includes reasons for removal, passed by at least two-thirds of the votes of the Voting Delegates cast at a General Meeting duly called for such purpose provided that the notice with respect thereto shall indicate the intention to present at such meeting a resolution to remove the Director named therein. At such time as a Director has been removed pursuant to this <u>Article 9.08.2</u>, the Voting Delegates at such meeting may by a Simple Majority of the votes cast, elect any eligible individual to fill the vacancy.</p> <p>(note underlining is to help identify changes and will not be in Information Manual update)</p>	
RATIONALE	
<ul style="list-style-type: none"> <li>Article 9.10.2 does not exist. The context of the reference to 9.10.2 suggests it should be referring to itself, Article 9.08.2.</li> <li>Changing other references from article 9.10 to article 9.08.2 make sense in the context of the reference so it is logical that this was the intended reference.</li> </ul>	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

DOCUMENT TO BE AMENDED (i.e. By-law): By-law	
SECTION HEADING: Article 9	REGULATION #: 9.09.1
TITLE: Election of Directors	
EXISTING REGULATION (EXACT WORDING)	
<p>Subject to <u>Article 9.10</u>, if there is a quorum of Directors remaining in office, those Directors so remaining, may by resolution elect an eligible individual to fill any vacancy on the Board for the remainder of the term.</p> <p>(note underlining is to help identify changes and will not be in Information Manual update)</p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>Subject to <u>Article 9.08.2</u>, if there is a quorum of Directors remaining in office, those Directors so remaining, may by resolution elect an eligible individual to fill any vacancy on the Board for the remainder of the term.</p> <p>(note underlining is to help identify changes and will not be in Information Manual update)</p>	
RATIONALE	
<ul style="list-style-type: none"> <li>• Article 9.10 does not exist.</li> <li>• The context of the reference implies that should article 9.08.2 not apply then this process can be followed.</li> <li>• Changing other references from article 9.10 to article 9.08.2 make sense in the context of the reference so it is logical that this was the intended reference.</li> </ul>	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

DOCUMENT TO BE AMENDED (I.E. BY-LAW): BY-LAW	
SECTION HEADING: Article 11	REGULATION #: 11.07.3
TITLE: Offices and Officers	
EXISTING REGULATION (EXACT WORDING)	
<p>An officer elected by the Voting Delegates at a Meeting of Members may be removed in accordance with <u>Article 9.10.2</u>. At such time as an officer has been removed pursuant to this Article and <u>Article 9.10.2</u>, the Voting Delegates at such meeting may by a Simple Majority of the votes cast, elect an eligible individual to fill any vacancy.</p> <p>(note underlining is to help identify changes and will not be in Information Manual update)</p>	
PROPOSED AMENDMENT (EXACT WORDING)	
<p>An officer elected by the Voting Delegates at a Meeting of Members may be removed in accordance with <u>Article 9.08.2</u>. At such time as an officer has been removed pursuant to this Article and <u>Article 9.08.2</u>, the Voting Delegates at such meeting may by a Simple Majority of the votes cast, elect an eligible individual to fill any vacancy.</p> <p>(note underlining is to help identify changes and will not be in Information Manual update)</p>	
RATIONALE	
<ul style="list-style-type: none"> <li>• Article 9.10.2 does not exist.</li> <li>• Article 9.08.2 describes the process for removing an officer.</li> <li>• Changing other references from article 9.10 to article 9.08.2 make sense in the context of the reference so it is logical that this was the intended reference.</li> </ul>	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

DOCUMENT TO BE AMENDED (i.e. By-law): Information Manual	
SECTION HEADING: Section G	REGULATION #: N/A
TITLE: Code of Conduct	
EXISTING REGULATION (EXACT WORDING)	
See below.	
PROPOSED AMENDMENT (EXACT WORDING)	
See below.	
RATIONALE	
Update our Code of Conduct to broaden the application to all members at all times.	
DATE SUBMITTED: March 23, 2015	SUBMITTED BY: Board of Directors
DATE OF LAST REVISION: February 16, 2015	

## SECTION G — CODE OF CONDUCT

### Preamble

The purpose in establishing a Code of Conduct is to articulate the norms of behaviour that are expected of members of the Association and those associated with OSSA and OSSA members when they are present or engaged in activities sponsored or sanctioned by the Association or in which the Association is otherwise involved.

It is not the intent of this Policy to try to dictate what an individual's lifestyle should be. The guidelines are designed to ensure that all concerned conduct themselves in a manner that protects the reputations and well being of the Association, its coaches, officials, administrators and athletes alike. The purpose of the Code is to identify clearly what is acceptable conduct and what is not. Also, the Code indicates that non-compliance may result in disciplinary action being invoked in accordance with the process outlined.

### Application

This Code is applicable to all OSSA members and those associated with OSSA participating as:

an athlete with an official Ontario team or squad or affiliated club;

as a coach, manager or other designated personnel accompanying an official Ontario team or squad or affiliated club;

or other members acting on behalf of the Association

OSSA members attending and/or participating;

at any speed skating event or activity anywhere, whether funded or not by OSSA.

These guidelines also apply, where appropriate, to all OSSA members when representing their respective clubs at any speed skating event or activity. It is suggested that individual affiliated clubs adopt the Policy for its members when representing their respective clubs at speed skating events or activities.

## General

When engaged in speed skating events or activities, persons covered by this Code should act in a manner that reflects respect for oneself, respect for the OSSA, and respect for others. As such, the Association expects adherence to the following guidelines:

- a) Team Leaders, coaches with the assistance of team managers, where applicable, are responsible for ensuring that athletes and those acting in a support role with Ontario teams conduct themselves in an appropriate manner;
- b) No one shall act in a manner that places, or that may be construed as placing, athletes or other team personnel at risk;
- c) Rude comments, gestures, foul and inappropriate language, or other forms of harassment are not acceptable;
- d) No one shall say or do anything that is designed to damage deliberately the well being , reputation or character of others, a member club or the OSSA;
- e) No one shall deliberately damage personal or public property or act in a manner that could result in such damage;
- f) No one shall deliberately injure another person or act in manner that could result in such injury;

## Use of Alcoholic Beverages and Banned or Illegal Substances

- a) No one under the legal drinking age shall consume alcoholic beverages or be in a place in which only alcoholic beverages are served unless accompanied by the parent or guardian of the person in question;
- b) Athletes of legal drinking age must consult with the Team Leader/Coach **and** the team manager, where applicable, prior to consuming alcoholic beverages while participating as member of an OSSA sponsored team or squad. Notwithstanding this, in any case, such athletes may not consume alcohol in rooms where the team or squad is accommodated. Moreover, no one is to provide alcohol to anyone under the legal drinking age.
- c) No one is, knowingly, to use any banned or illegal substance, provide to others a banned or illegal substance or encourage the use of banned or illegal substances.

## Excessive Noise

- a) All persons covered by this Code must observe any specific noise regulations of any public establishment and "quiet hours" rules of any private establishment in which they are staying.
- b) In any case, all persons covered by this Code are expected to exercise self-discipline at all times and to respect the rights of others who are also using the establishment.

## Roles and Responsibilities

To ensure that the Code is followed, a team approach is essential. Protecting the well being of OSSA team personnel, including athletes, coaches, and other officially designated support personnel, is a collective responsibility. Nevertheless, the Team Leader/Coach is accountable for ensuring adherence to the Code at events or activities involving official Ontario teams or squads. Other coaches who form part of the support team at such events or activities will assist the Team Leader/Coach. Where a manager is also appointed, he or she will also assist the Team Leader/Coach.



The Team Leader/Coach and the Manager shall each submit a report to the Director immediately following the event or activity providing details of any incidents and describing the circumstances where the Code has been any violated.

#### Observance of Curfews

The setting of curfews is a normal condition with respect to participation at speed skating events. Curfews will be established by the Team Leader/Coach in consultation with the Manager, where a manager has been appointed.

- a) All athletes must observe curfews that have been established;
- b) An athlete may request an exemption from the established curfew. Such a request must be discussed with the Team/Leader/Coach in consultation with the Manager.
- c) The Team Leader/Coach may approve an exemption following consultation with the manager. Curfews will be established taking into account the competition circumstances, the age of the athletes in question, and the considered well being of the athletes and other team personnel.
- d) The Team Leader/Coach may approve an exemption following consultation with the manager. Curfews will be established taking into account the competition circumstances and the considered well being of the athletes and other team personnel.

#### Room Sharing Policy

- a) It is the responsibility of the Manager to assign rooms. Where a manager has not been appointed, the Team Leader or Coach will exercise this responsibility.
- b) Athletes must occupy the rooms assigned to them by the Manager. The Manager, or as appropriate the Team Leader/Coach, must approve any changes to room assignments.
- c) Athletes must seek approval from the Team Leader or Coach in consultation with the Manager prior to inviting parents or relatives, non-team athletes or friends to share their room. Any self-invited guests must be reported to the Manager or Team Leader/Coach immediately.
- d) Except in extenuating or emergency circumstances, coaches and managers shall not share a room with an athlete. In any case, an effort must be made to secure verbal consent of the parents or guardians of any minor athletes.

#### Disciplinary Action

- a) Violations of the Code are subject to disciplinary action up to and including suspension of membership by the Board ;
- b) In connection with an event or activity involving an official team or squad, the Team Leader/Coach in consultation with the Manager and other officially designated team personnel is responsible for taking any appropriate action. This may include loss of privileges at the event or activity and/or suspension from team at the event or activity.
- c) The Team Leader/Coach and the Manager shall submit reports to the Director immediately following the event or activity, providing the details of any violation of the Code and how the matter was handled, including any specific action taken in respect of the violation.
- d) Violations may also be subject to disciplinary action by the Board which may include a letter of reprimand, loss of funding in whole or in part, suspension or dismissal from the Provincial Training Squad, or Canada Winter Games Development Squad or other OSSA sponsored teams or programs.

- e) In any case where compensation for damage to property is required, restoration of privileges will not take place until restitution has occurred.
- f) In cases where disciplinary action is being contemplated by the Board, the person and, in the case of a minor, the parents or guardian also, will be notified that disciplinary action is contemplated
- g) Parents and guardians will also be notified of incidents involving any disciplinary action that has taken place in connection with a specific event or activity.

#### Representations

With respect to any contemplated disciplinary action, the person or persons involved may make written representations to the Board not later than 15 days following receipt of notification by the Board that such action is being considered. The Board shall render its decision not later than 30 days following receipt of such written representations or following any verbal representations to the Board, if requested.

## SECTION G — CODE OF CONDUCT

### PREAMBLE

The Code of Conduct articulates the norms of behaviour that are expected of all members of the Ontario Speed Skating Association (volunteers, employees, parents, guardians and staff). It is not the intent of this Policy to try to dictate what an individual's lifestyle should be. The guidelines are designed to ensure that all concerned conduct themselves in a manner that protects the reputations and well-being of the Association. Non-compliance may result in disciplinary action being invoked in accordance with the process outlined.

All OSSA members shall:

Refrain from words, actions and behaviors – in any medium – that demonstrate disrespect or poses a threat for others. This includes electronic communications and social media.

Contribute to a club and competition environment where all members are safe from emotional, physical, verbal, and sexual abuse.

Contribute to a club and competition environment where discrimination on the basis of race, religion, sex, age, mental or physical ability, socio-economic beliefs, or any other grounds is not tolerated.

OSSA members attending meets and events:

No one under the legal drinking age shall consume alcoholic beverages or be in a place in which only alcoholic beverages are served unless accompanied by the parent or guardian of the person in question. No one is to provide alcohol to anyone under the legal drinking age.

No one is, knowingly, to use any banned or illegal substance, provide to others a banned or illegal substance or encourage the use of banned or illegal substances.

All persons covered by this Code must observe any specific noise regulations of any public establishment and "quiet hours" rules of any private establishment in which they are staying.

Except in extenuating or emergency circumstances, coaches and managers shall not share a room with an athlete. Should there be any circumstances that require an adult to share a room with an athlete, an effort must be made to secure verbal consent of the parents or guardians of any minors.

### Violations of the OSSA Code of Conduct

With respect to any contemplated disciplinary action, the person or persons involved may make written representations to the Board not later than 15 days following receipt of notification by the Board that such action is being considered. The Board shall render its decision not later than 30 days following receipt of such written representations or following any verbal representations to the Board, if requested.

In any case where compensation for damage to property is required, restoration of privileges will not take place until restitution has occurred.

In cases where disciplinary action is being contemplated by the Board, the person and, in the case of a minor, the parents or guardian also, will be notified that disciplinary action is contemplated.

## APPENDIX 4 – RECORDS

## ONTARIO SHORT TRACK (CLOSED) 100 M RECORDS

## Girls 6

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	32.92	Lauren Thomas	Milton	Oakville	March, 2013
400 m	1.07.79	Lauren Thomas	Milton	Oakville	March, 2013
500 m	1.23.34	Lauren Thomas	Milton	Oakville	March, 2013

## Boys 6

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	28.78	Aiden Taylor	Milton	Milton	March, 2014
400 m	57.79	Aiden Taylor	Milton	Milton	March, 2014
500 m	1.11.92	Aiden Taylor	Milton	Milton	March, 2014

## Girls 7

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	28.39	Aaralyn McGill	Milton	Oakville	March, 2013
400 m	55.45	Aaralyn McGill	Milton	Oakville	March, 2013
500 m	1.09.42	Aaralyn McGill	Milton	Oakville	March, 2013

## Boys 7

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	28.65	Miller Ashton	Kawartha	Milton	March, 2014
400 m	53.82	Miller Ashton	Kawartha	Milton	March, 2014
500 m	1.09.11	Miller Ashton	Kawartha	Milton	March, 2014

## Girls 8

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	26.82	Aaralyn McGill	Milton	Milton	March, 2014
400 m	50.38	Aaralyn McGill	Milton	Milton	March, 2014
500 m	1.04.60	Aaralyn McGill	Milton	Milton	March, 2014
<u>800m</u>	<u>1.43.60</u>	<u>Izabella Zakatsiolo</u>	<u>Oakville</u>	<u>London</u>	<u>March 2015</u>

### Boys 8

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	26.47	Seamus Keiley	Kingston	Milton	March, 2014
<u>300m</u>	<u>38.60</u>	<u>Andy Giroux</u>	<u>St.Lawrence</u>	<u>London</u>	<u>March, 2015</u>
400 m	51.66	Seamus Keiley	Kingston	Milton	March, 2014
500 m	1.06.39	Matthew Freitag	Ottawa	Milton	March, 2014
<u>800m</u>	<u>1.47.34</u>	<u>Miller Ashton</u>	<u>Kawartha</u>	<u>London</u>	<u>March, 2015</u>

### Girls 9

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	<del>24.85</del> <u>24.42</u>	<del>Kennedy Feasby</del> <u>Aaralyn McGill</u>	<del>Durham</del> <u>Cambridge</u>	<del>Oakville</del> <u>London</u>	March, <del>2013</del> <u>2015</u>
<u>300m</u>	<u>35.30</u>	<u>Aaralyn McGill</u>	<u>Cambridge</u>	<u>London</u>	<u>March, 2015</u>
400 m	<del>47.80</del> <u>47.25</u>	<del>Kennedy Feasby</del> <u>Aaralyn McGill</u>	<del>Durham</del> <u>Cambridge</u>	<del>Oakville</del> <u>London</u>	March, <del>2013</del> <u>2015</u>
500 m	57.98	Kennedy Feasby	Durham	Oakville	March, 2013
1500 m	<del>3.22.20</del> <u>3.09.53</u>	<del>Andria Scarpelli</del> <u>Aaralyn McGill</u>	<del>King</del> <u>Cambridge</u>	<del>Milton</del> <u>London</u>	March, <del>2014</del> <u>2015</u>

### Boys 9

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	<del>24.79</del> <u>24.47</u>	<del>Phoenix Bouma</del> <u>Seamus Keiley</u>	<del>Ottawa</del> <u>Kingston</u>	<del>Milton</del> <u>London</u>	March, <del>2014</del> <u>2015</u>
<u>300m</u>	<u>35.73</u>	<u>Seamus Keiley</u>	<u>Kingston</u>	<u>London</u>	<u>March, 2015</u>
400 m	<del>48.34</del> <u>47.70</u>	<del>Alexander Giannotti</del> <u>Matthew Freitag</u>	<del>Oakville</del> <u>Ottawa</u>	<del>Oakville</del> <u>London</u>	March, <del>2013</del> <u>2015</u>
500 m	59.98	Alexander Giannotti	Oakville	Oakville	March, 2013
1500 m	<del>3.36.03</del> <u>3.20.03</u>	<del>Phoenix Bouma</del> <u>Matthew Freitag</u>	Ottawa	<del>Milton</del> <u>London</u>	March, <del>2014</del> <u>2015</u>

### Girls 10

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	23.84	Kennedy Feasby	Durham	Milton	March, 2014
<u>300m</u>	<u>35.48</u>	<u>Andria Scarpelli</u>	<u>Toronto</u>	<u>London</u>	<u>March, 2015</u>

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400 m	44.89	Kennedy Feasby	Durham	Milton	March, 2014
500 m	56.78	Kennedy Feasby	Durham	Milton	March, 2014
1500 m	3.07.57	Kennedy Feasby	Durham	Milton	March, 2014

### Boys 10

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	23.99	Frank Feng	Oakville	Milton	March, 2014
<u>300m</u>	<u>35.47</u>	<u>Phoenix Bouma</u>	<u>Ottawa</u>	<u>London</u>	<u>March, 2015</u>
400 m	44.97	Aidan Vanbeek	St. Lawrence	Oakville	March, 2013
500 m	57.39	Kaden Engbers	Gloucester	Oakville	March, 2013
1500 m	3.01.99	Kaden Engbers	Gloucester	Oakville	March, 2013

### Girls 11

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	<u>23.50</u> <u>22.58</u>	<u>Nicole Vrazinovski</u> <u>Kennedy Feasby</u>	<u>Oakville</u> <u>Durham</u>	<u>Newmarket</u> <u>Kingston</u>	February, <u>2014</u> <u>2015</u>
400 m	43.66	Claudia Heeney	Kitchener-Waterloo	Kitchener-Waterloo	February, 2013
500 m	1.02.09	Miranda Grdic	Brampton	Oakville	March, 2013
1500 m	<u>2.57.85</u> <u>2.52.30</u>	<u>Mika Sun</u> <u>Danna Ballantyne</u>	<u>Toronto</u> <u>Ottawa</u>	<u>Newmarket</u> <u>Kingston</u>	February, <u>2014</u> <u>2015</u>

### Boys 11

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
200 m	22.61	Bennett Lai	Markham	Clarington	March, 2014
400 m	43.07	Tiago Lee Santos	Oakville	Oakville	March, 2013
500 m	54.36	Bennett Lai	Markham	Clarington	March, 2014
1500 m	2.50.86	Eugene Wong	Markham	Clarington	March, 2014

### Girls 12 (Juvenile 1)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	12.74	Anaka Will-Dryden	Oakville	London	March, 2011
200 m	22.48	Claudia Heeney	Kitchener-Waterloo	Newmarket	February, 2014
400 m	42.52	Claudia Heeney	Kitchener-Waterloo	Newmarket	February, 2014
500 m	53.60	Anaka Will-Dryden	Oakville	London	March, 2011

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1500 m	2.48.45	Courtney Sarrault	Gloucester	Kitchener-Waterloo	February, 2013
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### Boys 12 (Juvenile 1)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	12.02	Sean McAnuff	Oakville	London	March, 2011
200 m	21.41	Tiago Lee Santos	Oakville	Newmarket	February, 2014
400 m	40.36	Tiago Lee Santos	Oakville	Newmarket	February, 2014
500 m	50.35	Sean McAnuff	Oakville	London	March, 2011
1500 m	2.46.29	Lorenzo Arno	Ottawa	Kitchener-Waterloo	February, 2013

### Girls 13 (Juvenile 2)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	12.46	Taylor White	Cambridge	London	March, 2011
200 m	21.33	Renee Steenge	Brampton	Kitchener-Waterloo	February, 2013
400 m	40.99	Juliette Brindamour	Toronto	Newmarket	February, 2014
500 m	51.05	Paisley Perrie	KWL	London	March, 2011
1500 m	2.45.46	Renee Steenge	Brampton	Kitchener-Waterloo	February, 2013

### Boys 13 (Juvenile 2)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	11.63	Benjamin Donnelly	Clarington	London	March, 2011
200 m	<del>20.88</del> <u>20.86</u>	<del>Gibson Himbeault</del> <u>Tiago Santos</u>	<del>Toronto</del> <u>Oakville</u>	<del>Kitchener-Waterloo</del> <u>Kingston</u>	February, <del>2013</del> <u>2015</u>
400 m	38.78	Joshua Sullivan	Oakville	Kitchener-Waterloo	February, 2013
500 m	48.31	Benjamin Donnelly	Clarington	London	March, 2011
1500 m	2.35.20	Gibson Himbeault	Toronto	Kitchener-Waterloo	February, 2013

### Girls 14 (Junior 1)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	12.51	Madi Wright	Cambridge	London	March, 2011
200 m	20.70	Renée Steenge	Brampton	Newmarket	February, 2014
400 m	40.45	Renée Steenge	Brampton	Newmarket	February,

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					2014
500 m	52.30	Madi Wright	KWL	London	March, 2011
1500 m	2.44.55	Renée Steenge	Brampton	Newmarket	February, 2014

### Boys 14 (Junior 1)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	11.46	Joshua Pimpao	Cambridge	London	March, 2011
200 m	<del>20.51</del> <u>20.24</u>	<del>Joshua Sullivan</del> <u>Austin Hendy</u>	<del>Oakville</del> <u>Newmarket</u>	<del>Newmarket</del> <u>Kingston</u>	February, <del>2014</del> <u>2015</u>
400 m	37.97	Joshua Sullivan	Oakville	Newmarket	February, 2014
500 m	48.52	Cameron Mitchell	Markham	London	March, 2011
1500 m	2.38.05	Joshua Sullivan	Oakville	Newmarket	February, 2014

## ONTARIO SHORT TRACK (CLOSED) 111.11 M OVAL RECORDS

### Junior B Girls (15-16)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	49.61	Innzbruk Richards	Clarington	Kitchener-Waterloo	February, 2013
1000 m	1.45.87	Innzbruk Richards	Clarington	Kitchener-Waterloo	February, 2013
1500 m	2.44.87	Innzbruk Richards	Clarington	Kitchener-Waterloo	February, 2013

### Junior B Boys (15-16)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	44.66	Benjamin Yang	Gloucester	Kitchener-Waterloo	February, 2013
1000 m	1.35.02	William Preudhomme	Toronto	London	March, 2011
1500 m	2.27.85	Cameron Mitchell	Newmarket	Kitchener-Waterloo	February, 2013

### Junior A-Neo Senior Girls (17-22)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	49.38	Keri Morrison	Cambridge	London	March, 2011
1000 m	1.47.55	Keri Morrison	Cambridge	London	March, 2011
1500 m	2.49.17	Keri Morrison	Cambridge	London	March, 2011

### Junior A-Neo Senior Boys (17-22)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	45.20	Alphonse Ouimette	St. Lawrence	Newmarket	February, 2014



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1000 m	1.34.44	Oliver Gervais	Ottawa	London	March, 2011
1500 m	2.34.86	Alphonse Ouimette	St. Lawrence	Newmarket	February, 2014

### Master Women (30-34)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	53.25	Gail Bouchette	Ottawa	Belleville	December, 2012
777 m	1.25.43	Gail Bouchette	Ottawa	Belleville	December, 2012
1000 m	1.51.02	Gail Bouchette	Ottawa	Belleville	December, 2012
1500 m	2.55.19	Gail Bouchette	Ottawa	Kanata	April, 2011

### Master Men (30-34)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	47.36	Rob McGill	Kitchener-Waterloo	Clarington	March, 2013
777 m	1.15.46	Rob McGill	Kitchener-Waterloo	Clarington	March, 2013
1000 m	1.45.70	Rob McGill	Kitchener-Waterloo	Clarington	March, 2013
1500 m	2.34.77	Rob McGill	Kitchener-Waterloo	Clarington	March, 2013

### Master Women (35-39)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
<u>500m</u>	<u>53.79</u>	<u>Gail Bouchette</u>	<u>Ottawa</u>	<u>Gloucester</u>	<u>April, 2014</u>
777 m	<del>1.40.54</del> <u>1.24.83</u>	<del>Sandra Grenier-Howell</del> <u>Gail Bouchette</u>	<del>Milton</del> <u>Ottawa</u>	<del>Kitchener-Waterloo</del> <u>Gloucester</u>	April, <del>2012</del> <u>2014</u>
<u>1000m</u>	<u>1.50.20</u>	<u>Gail Bouchette</u>	<u>Ottawa</u>	<u>Gloucester</u>	<u>April, 2014</u>
1500 m	<del>3.39.08</del> <u>2.54.02</u>	<del>Sandra Grenier-Howell</del> <u>Gail Bouchette</u>	<del>Milton</del> <u>Ottawa</u>	<del>Kitchener-Waterloo</del> <u>Gloucester</u>	April, <del>2012</del> <u>2014</u>

### Master Men (35-39)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500m	49.55	Chris Coons	Kawartha	Belleville	December, 2012
777m	1.19.58	Chris Coons	Kawartha	Kitchener-Waterloo	April, 2012
1000 m	1.48.01	Chris Coons	Kawartha	Belleville	December, 2012
1500 m	2.49.70	Chris Coons	Kawartha	Belleville	December, 2012

### Master Women (40-44)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	56.29	Jen Benedikston	Kitchener-Waterloo	Kitchener-Waterloo	April, 2012

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777 m	1.28.10	Jen Benedikston	Kitchener-Waterloo	Clarington	March, 2013
1000 m	1.53.09	Jen Benedikston	Kitchener-Waterloo	Clarington	March, 2013
1500 m	2.59.51	Jen Benedikston	Kitchener-Waterloo	Clarington	March, 2013

### Master Men (40-44)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	48.80	Paul Pickard	Quinte	Belleville	December, 2012
777 m	1.18.19	Paul Pickard	Quinte	Kanata	April, 2011
1000 m	1.41.04	Paul Pickard	Quinte	Belleville	December, 2012
1500 m	2.39.65	Paul Pickard	Quinte	Kitchener-Waterloo	April, 2012

### Master Women (45-49)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	<del>54.64</del> <u>54.56</u>	Jen Benedikston	Kitchener-Waterloo	<del>Clarington</del> <u>Gloucester</u>	March, <del>2014</del> <u>2015</u>
777 m	<del>1.27.56</del> <u>1.26.77</u>	<del>Sandy Falco</del> <u>Jen Benedikston</u>	Kitchener-Waterloo	<del>Ottawa</del> <u>Gloucester</u>	April, <del>2014</del> <u>2014</u>
1000 m	<del>1.54.45</del> <u>1.52.52</u>	Jen Benedikston	Kitchener-Waterloo	<del>Clarington</del> <u>Gloucester</u>	March, <del>2014</del> <u>2015</u>
1500 m	<del>3.03.15</del> <u>2.55.17</u>	<del>Sandy Falco</del> <u>Jen Benedikston</u>	Kitchener-Waterloo	<del>Ottawa</del> <u>Gloucester</u>	April, <del>2014</del> <u>March 2015</u>

### Master Men (45-49)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	47.28	Michael Murray	Golden Horseshoe	Belleville	December, 2012
777 m	1.16.51	Michael Murray	Hamilton	Clarington	March, 2014
1000 m	1.38.40	Michael Murray	Golden Horseshoe	Belleville	December, 2012
1500 m	2.42.05	Leonardo Frusteri	Toronto	Clarington	March, 2013

### Master Women (50-54)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	<del>59.36</del> <u>56.15</u>	<del>Sandy Ramer</del> <u>Sandy Falco</u>	Kitchener-Waterloo	<del>Clarington</del> <u>Gloucester</u>	<del>March, 2013</del> <u>April, 2014</u>
777 m	<del>1.32.83</del> <u>1.29.16</u>	<del>Sandy Ramer</del> <u>Sandy Falco</u>	Kitchener-Waterloo	<del>Clarington</del> <u>Gloucester</u>	<del>March, 2013</del> <u>April, 2014</u>

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1000 m	<del>2.02.64</del> <u>1.59.21</u>	<del>Sandy Ramer</del> <u>Sandy Falco</u>	Kitchener-Waterloo	<del>Clarington</del> <u>Gloucester</u>	<del>March, 2013</del> <u>April, 2014</u>
1500 m	<del>3.09.65</del> <u>3.03.52</u>	<del>Sandy Ramer</del> <u>Sandy Falco</u>	Kitchener-Waterloo	<del>Clarington</del> <u>Gloucester</u>	<del>March, 2013</del> <u>April, 2014</u>

### Master Men (50-54)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	<del>49.81</del> <u>47.79</u>	<del>Cameron Boyd</del> <u>Michael Murray</u>	<del>Toronto</del> <u>Golden Horseshoe</u>	<del>Kitchener-Waterloo</del> <u>Gloucester</u>	<del>April, 2012</del> <u>2014</u>
777 m	<del>1.19.16</del> <u>1.16.83</u>	<del>Cameron Boyd</del> <u>Michael Murray</u>	<del>Toronto</del> <u>Golden Horseshoe</u>	<del>Kitchener-Waterloo</del> <u>Gloucester</u>	<del>April, 2012</del> <u>2014</u>
1000 m	1.42.58	Cameron Boyd	Toronto	Kitchener-Waterloo	April, 2012
1500 m	<del>2.40.63</del> <u>2.39.87</u>	<del>Cameron Boyd</del> <u>Michael Murray</u>	<del>Toronto</del> <u>Golden Horseshoe</u>	<del>Kitchener-Waterloo</del> <u>Gloucester</u>	<del>April, 2012</del> <u>2014</u>

### Master Women (55-59)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	1.02.21	Kathy Hunt	Kitchener-Waterloo	Kanata	April, 2011
777 m	1.38.19	Kathy Hunt	Kitchener-Waterloo	Kanata	April, 2011
1000 m	2.07.30	Kathy Hunt	Kitchener-Waterloo	Kanata	April, 2011
1500 m	3.15.22	Kathy Hunt	Kitchener-Waterloo	Kanata	April, 2011

### Master Men (55-59)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	54.42	Paul Shoebridge	Kitchener-Waterloo	Clarington	March, 2013
777 m	1.24.26	Paul Shoebridge	Kitchener-Waterloo	Clarington	March, 2013
1000 m	1.52.32	Paul Shoebridge	Kitchener-Waterloo	Clarington	March, 2013
1500 m	2.52.85	Paul Shoebridge	Kitchener-Waterloo	Clarington	March, 2013

### Master Women (60-64)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	<del>1.25.42</del> <u>1.03.70</u>	<del>Carol Anne Gray</del> <u>Kathy Hunt</u>	<del>Quinte</del> <u>Kitchener-Waterloo</u>	<del>Clarington</del> <u>Gloucester</u>	<del>March, 2013</del> <u>April, 2014</u>
777 m	<del>2.19.21</del> <u>1.39.16</u>	<del>Carol Anne Gray</del> <u>Kathy Hunt</u>	<del>Quinte</del> <u>Kitchener-Waterloo</u>	<del>Clarington</del> <u>Gloucester</u>	<del>March, 2013</del> <u>April, 2014</u>

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1000 m	<u>3.02.50</u> <u>2.11.61</u>	<u>Carol Anne Gray</u> <u>Kathy Hunt</u>	<u>Quinte</u> <u>Kitchener-Waterloo</u>	<u>Clarington</u> <u>Gloucester</u>	<u>March,</u> <u>2013</u> <u>April, 2014</u>
1500 m	<u>4.59.11</u> <u>3.26.17</u>	<u>Carol Anne Gray</u> <u>Kathy Hunt</u>	<u>Quinte</u> <u>Kitchener-Waterloo</u>	<u>Clarington</u> <u>Gloucester</u>	<u>March,</u> <u>2013</u> <u>April,</u> <u>2014</u>

### Master Men (60-64)

<u>DISTANCE</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>PLACE</u>	<u>DATE</u>
<u>500 m</u>	<u>59.93</u>	<u>Ross Hanham</u>	<u>Milton</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>
<u>777 m</u>	<u>1.33.77</u>	<u>Ross Hanham</u>	<u>Milton</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>
<u>1000 m</u>	<u>2.02.92</u>	<u>Ross Hanham</u>	<u>Milton</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>
<u>1500 m</u>	<u>3.01.77</u>	<u>Ross Hanham</u>	<u>Milton</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>

### Master Women (65-69)

<u>DISTANCE</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>PLACE</u>	<u>DATE</u>
500 m	1.11.99	Shari Campbell	Newmarket	Kitchener-Waterloo	April, 2012
777 m	1.56.61	Shari Campbell	Newmarket	Kitchener-Waterloo	April, 2012
1000 m	2.33.32	Shari Campbell	Newmarket	Kitchener-Waterloo	April, 2012
1500 m	4.11.04	Shari Campbell	Newmarket	Kitchener-Waterloo	April, 2012

### Master Women (70-74)

<u>DISTANCE</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>PLACE</u>	<u>DATE</u>
<u>500 m</u>	<u>1.36.20</u>	<u>Colleen Lynch</u>	<u>Independent</u>	<u>Belleville</u>	<u>November,</u> <u>2014</u>

### Master Men (75-79)

<u>DISTANCE</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>PLACE</u>	<u>DATE</u>
<u>500 m</u>	<u>1.02.05</u>	<u>Graham Lodge</u>	<u>Kingston</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>
<u>777 m</u>	<u>1.37.19</u>	<u>Graham Lodge</u>	<u>Kingston</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>
<u>1000 m</u>	<u>2.02.46</u>	<u>Graham Lodge</u>	<u>Kingston</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>
<u>1500 m</u>	<u>3.12.80</u>	<u>Graham Lodge</u>	<u>Kingston</u>	<u>Gloucester</u>	<u>April,</u> <u>2014</u>

## ONTARIO LONG TRACK MASS START (CLOSED) RECORDS (400M)

### Girls 8 and under

<u>DISTANCE</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>PLACE</u>	<u>DATE</u>
100 m	16.74	Daria Vogt	Gloucester	Ottawa	January, 2013
200 m	30.73	Daria Vogt	Gloucester	Ottawa	January, 2013

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400 m	1.03.94	Daria Vogt	Gloucester	Ottawa	January, 2013
500 m	1.18.67	Daria Vogt	Gloucester	Ottawa	January, 2013

### Boys 8 and under

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	14.56	Phoenix Bouma	Ottawa	Ottawa	January, 2013
200 m	27.45	Phoenix Bouma	Ottawa	Ottawa	January, 2013
400 m	1.00.20	Phoenix Bouma	Ottawa	Ottawa	January, 2013
500 m	1.08.22	Phoenix Bouma	Ottawa	Ottawa	January, 2013

### Girls 9-10

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
300 m	37.03	Danna Ballantyne	Ottawa	Ottawa	January, 2013
500 m	1.03.87	Claire Mallard	Ottawa	Ottawa	January, 2013
800 m	1.42.03	Danna Ballantyne	Ottawa	Ottawa	January, 2013
1000 m	2.12.57	Claire Mallard	Ottawa	Ottawa	January, 2013

### Boys 9-11

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
300 m	35.06	Erik Jolliffe	Gloucester	Ottawa	January, 2013
500 m	58.14	Samuel Hurtubise	Gloucester	Ottawa	January, 2013
800 m	1.40.61	Samuel Hurtubise	Gloucester	Ottawa	January, 2013
1000 m	2.03.85	Samuel Hurtubise	Gloucester	Ottawa	January, 2013

### Girls 11 – To Be Established

#### Girls 12

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
300 m	32.97	Aliya Howard	Kingston	Ottawa	January, 2013
3000 m	6.29.45	Aliya Howard	Kingston	Ottawa	January, 2013

#### Boys 12

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
300 m	31.08	Oliver Scharf	Ottawa	Ottawa	January, 2013
3000 m	5.56.19	Noah Bouma	Ottawa	Ottawa	January, 2013

## Girls 13 – To Be Established

## Boys 13

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
300 m	30.35	Nicholas Everett	St. Lawrence	Ottawa	January, 2013
3000 m	6.02.88	Nicholas Everett	St. Lawrence	Ottawa	January, 2013

## Girls 14 – To Be Established

## Boys 14

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
300 m	29.82	Cameron Mason	Cambridge	Ottawa	January, 2013

## ONTARIO LONG TRACK OLYMPIC STYLE RECORDS – 400M

## Girls 11 (Age Class, Olympic Style)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	<del>13.06</del> 12.76	<del>Claire Mallard</del> <u>Kennedy Feasby</u>	<del>Ottawa</del> <u>Durham</u>	Ottawa	January, <del>2014</del> 2015
500 m	56.36	Claire Mallard	Ottawa	Ottawa	January, 2014

## Girls 12 (Age Class, Olympic Style)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	12.75	Emma Grace Wheeler	St. Lawrence	Ottawa	January, 2014
500 m	52.78	Aliya Howard	Kingston	Ottawa	January, 2013

## Boys 12 (Age Class, Olympic Style)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	12.38	Oliver Scharf	Ottawa	Ottawa	January, 2013
500 m	50.30	Oliver Scharf	Ottawa	Ottawa	January, 2013

## Junior Men (ISU Age: Junior C, B, A, Ages 13-18)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	11.27	Connor Taugher	St. Lawrence	Ottawa	January, 2014
500 m	41.14	Richard MacLennan	Sault Ste. Marie	Ottawa	January, 2008
1000 m	1.26.45	Maxim Morris	Gloucester	Ottawa	January, 2012
1500 m	2.06.74	Brock Anderson	Gloucester	Ottawa	2003
3000 m	4.36.97	Brock Anderson	Gloucester	Ottawa	2003
5000 m	8.02.20	Cameron Mason	Cambridge	Ottawa	January, 2014

**Junior Women (ISU Age: Junior C, B, A, Ages 13-18)**

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
100 m	12.60	Kara Neveau	Sault Ste. Marie	Ottawa	January, 2014
500 m	44.71	Isabelle Weidemann	Gloucester	Ottawa	January, 2013
1000 m	1.30.62	Isabelle Weidemann	Gloucester	Ottawa	January, 2013
1500 m	2.16.72	Isabelle Weidemann	Gloucester	Ottawa	January, 2013
3000 m	4.55.56	Isabelle Weidemann	Gloucester	Ottawa	January, 2013

**Senior Men (ISU Age, 19-29)**

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	40.49	Jeff Moir	Oakville	Ottawa	2003
1000 m	1.19.56	Cailean Duggan	Gloucester	Ottawa	2003
1500 m	2.02.04	Cailean Duggan	Gloucester	Ottawa	2003
3000 m	4.45.41	Gaspar Aceti	Sault Ste. Marie	Sault Ste. Marie	2003
5000 m	7.37.38	Jamie Ivey	Gloucester	Ottawa	2003

**Senior Women (ISU Age, 19-29)**

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	45.14	Catherine McLean	Sault Ste. Marie	Sault Ste. Marie	2000
1000 m	1.33.93	Catherine McLean	Sault Ste. Marie	Sault Ste. Marie	2001
1500 m	2.30.90	Chantal Côté	Ottawa	Ottawa	1984
3000 m	5.19.00	Chantal Côté	Ottawa	Ottawa	1983

**Master Men (30-34) – To Be Established****Master Women (30-34) - To Be Established****Master Men (35-39)**

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	49.12	Darryl Rowsell	Durham	Ottawa	January, 2014
1000 m	1.53.88	Darryl Rowsell	Durham	Ottawa	January, 2014
1500 m	3.01.88	Darryl Rowsell	Durham	Ottawa	January, 2014

**Master Women (35-39)**

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	51.32	Sarah Leslie	Ottawa	Ottawa	January, 2013
1000 m	1.43.82	Sarah Leslie	Ottawa	Ottawa	January, 2013
1500 m	2.38.53	Sarah Leslie	Ottawa	Ottawa	January, 2013
3000 m	5.46.95	Sarah Leslie	Ottawa	Ottawa	January, 2013

**Master Men (40-44)**

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
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<a href="#">500m</a>	<a href="#">51.60</a>	<a href="#">Darryl Rowsell</a>	<a href="#">Durham</a>	<a href="#">Ottawa</a>	<a href="#">January, 2015</a>
1500 m	2.51.09	Chris Barrett	Durham	Ottawa	January, 2014
<a href="#">3000m</a>	<a href="#">6.33.84</a>	<a href="#">Leo Zan</a>	<a href="#">Toronto</a>	<a href="#">Ottawa</a>	<a href="#">January, 2015</a>
5000 m	10.48.47	Chris Barrett	Durham	Ottawa	January, 2014

### Master Women (40-44)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	1.01.86	Jennifer Boyer	Ottawa	Ottawa	January, 2014
1000 m	2.11.12	Jennifer Boyer	Ottawa	Ottawa	January, 2014
1500 m	3.30.75	Alicia Weiss	Ottawa	Ottawa	January, 2014
3000 m	6.49.45	Jennifer Boyer	Ottawa	Ottawa	January, 2014

### Master Men (45-49)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	47.56	Marc Hinton	Ottawa	Ottawa	January, 2014
1000 m	1.44.88	Marc Hinton	Ottawa	Ottawa	January, 2013
1500 m	<del>2.35.84</del> <a href="#">2.30.01</a>	Marc Hinton	Ottawa	Ottawa	January, <del>2014</del> <a href="#">2015</a>
3000 m	<del>5.42.77</del> <a href="#">5.42.51</a>	Kevin Frost	Gloucester	Ottawa	January, <del>2013</del> <a href="#">2015</a>
5000 m	9.55.64	Marc Hinton	Ottawa	Ottawa	January, 2014

### Master Women (45-49)

<a href="#">DISTANCE</a>	<a href="#">TIME</a>	<a href="#">NAME</a>	<a href="#">CLUB</a>	<a href="#">PLACE</a>	<a href="#">DATE</a>
<a href="#">500 m</a>	<a href="#">54.23</a>	<a href="#">Jen Benediktson</a>	<a href="#">Kitchener-Waterloo</a>	<a href="#">Ottawa</a>	<a href="#">January, 2015</a>
<a href="#">1000 m</a>	<a href="#">1.47.45</a>	<a href="#">Jen Benediktson</a>	<a href="#">Kitchener-Waterloo</a>	<a href="#">Ottawa</a>	<a href="#">January, 2015</a>
<a href="#">1500 m</a>	<a href="#">3.00.98</a>	<a href="#">Jen Benediktson</a>	<a href="#">Kitchener-Waterloo</a>	<a href="#">Ottawa</a>	<a href="#">January, 2015</a>
<a href="#">3000 m</a>	<a href="#">6.02.53</a>	<a href="#">Jen Benediktson</a>	<a href="#">Kitchener-Waterloo</a>	<a href="#">Ottawa</a>	<a href="#">January, 2015</a>

### Master Men (50-54)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	46.09	Larry Magloire	Brampton	Ottawa	January, 2013
1000 m	2.39.93	Jose Botero	Kawartha	Ottawa	January, 2014
1500 m	<del>2.27.56</del> <a href="#">2.24.02</a>	Larry Magloire	Brampton	Ottawa	January, <del>2013</del> <a href="#">2015</a>



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3000 m	5.20.43	John Pillar	Ottawa	Ottawa	January, 2013
5000 m	9.25.97	Larry Magloire	Brampton	Ottawa	January, 2014

### Master Women (50-54)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
<u>500m</u>	<u>57.26</u>	<u>Sandy Ramer</u>	<u>Kitchener-Waterloo</u>	<u>Ottawa</u>	<u>January, 2015</u>
<u>1000m</u>	<u>1.54.23</u>	<u>Sandy Ramer</u>	<u>Kitchener-Waterloo</u>	<u>Ottawa</u>	<u>January, 2015</u>
1500 m	<u>3.37.52</u> <u>3.14.39</u>	<u>Heidi Hatch</u> <u>Sandy Ramer</u>	<u>St. Lawrence</u> <u>Kitchener-Waterloo</u>	Ottawa	January, <u>2014 2015</u>
3000 m	<u>7.28.70</u> <u>6.28.20</u>	<u>Heidi Hatch</u> <u>Sandy Ramer</u>	<u>St. Lawrence</u> <u>Kitchener-Waterloo</u>	Ottawa	January, <u>2014 2015</u>

### Master Men (55-59)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	52.44	Ross Hanham	Milton	Ottawa	January, 2014
1500 m	2.50.79	Ross Hanham	Milton	Ottawa	January, 2014
3000 m	5.44.56	Ross Hanham	Milton	Ottawa	January, 2014
5000 m	9.55.60	Ross Hanham	Milton	Ottawa	January, 2014

### Master Men (60-64)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
500 m	<u>58.50</u> <u>55.98</u>	<u>Tom Simper</u> <u>Ross Hanham</u>	<u>Ottawa</u> <u>Milton</u>	Ottawa	January, <u>2013 2015</u>
1500 m	<u>3.02.85</u> <u>2.44.02</u>	<u>Tom Simper</u> <u>Ross Hanham</u>	<u>Ottawa</u> <u>Milton</u>	Ottawa	January, <u>2014 2015</u>
3000 m	<u>6.28.68</u> <u>6.21.14</u>	<u>Tom Simper</u> <u>Ross Hanham</u>	<u>Ottawa</u> <u>Milton</u>	Ottawa	January, <u>2013 2015</u>
5000 m	<u>11.20.55</u> <u>9.57.83</u>	<u>Tom Simper</u> <u>Ross Hanham</u>	<u>Ottawa</u> <u>Milton</u>	Ottawa	January, <u>2013 2015</u>

### Master Women (70-74)

DISTANCE	TIME	NAME	CLUB	PLACE	DATE
<u>500 m</u>	<u>1.29.70</u>	<u>Colleen Lynch</u>	<u>Independent</u>	<u>Ottawa</u>	<u>January, 2015</u>
<u>1000 m</u>	<u>3.10.08</u>	<u>Colleen Lynch</u>	<u>Independent</u>	<u>Ottawa</u>	<u>January, 2015</u>