

Team Ontario Information Package Canadian Age Class Long Track Championships

Ste. Foy, Québec
February 10-11, 2018



Skaters who anticipate qualifying for the Canadian Age Class Long Track Championships should review this information package.

Coach Cheryl Marinsky (Ottawa) will lead the coaching team for this event.

Athletes who are named to Team Ontario must complete the following paperwork and payments and submit to OSSA no later than Tuesday, January 16th. The OSSA office will complete the online registration with the Fédération de Patinage de Vitesse du Québec (FPVQ).

Provide in person to Sarah Leslie (Sport Manager) at the Provincial Long Track Championships or OSSA Long Track Camp or Email to sportmanager@ontariospeedskating.ca

#1 Entry Form/Waiver

You can find your SSC number listed in your online SSC Member Management System account or ask your club registrar.

#2 Registration Fee

The registration fee for this event is \$90.

Methods of payment:

- Exact cash
- Cheque payable to Ontario Speed Skating Association
- E-transfer (send to sportmanager@ontariospeedskating.ca using password OSSA2018)

#3 Banquet tickets

Each banquet ticket is \$38.46 per person. Parents or siblings can purchase tickets to attend the banquet.

Provide your total number of required tickets (including the Team Ontario skater).

Indicate any food allergies and the person who has the allergy.

It is an expectation of OSSA that all skaters representing Ontario attend the banquet. Failure to do so, without a valid reason, will be considered a Code of Conduct violation. Attendance at the banquet is an integral part of the skater experience and allows skaters the opportunity to meet, and spend time with, skaters from other provinces.

#5 OSSA Code of Conduct

Included in this information package.

OSSA places a great importance on our skaters living up to the requirements of the Code of Conduct and the Technical Committee and the Board of Directors will treat violations of the Code with all due seriousness.

#6 Team Ontario Red Jacket

Team Ontario red jackets are available for purchase by Team Ontario skaters only. The purchase of a jacket is optional. If an alternate skater is called-up to compete, s/he may order a jacket but there is no guarantee it will arrive in time for competition.

ADDITIONAL INFORMATION

Accommodations and Transportation

It is the skater's responsibility to secure accommodations and transportation to the event.

Practice Ice

There will be a team practice at the Anneau Gaétan Boucher on Friday, February 9th starting at 5:15pm. Skaters should be on site no later than 4:30pm.

Medical information form

All skaters are encouraged to speak with the coaches in confidence if they have any injuries, illness, allergies, or medical concerns.

Skater Equipment

Each skater is responsible for ensuring that he or she is wearing all required equipment as stated in section D3-100 of the Speed Skating Canada Red Book. As per the Speed Skating Canada Competition Bulletin 2017.01 (August 2017):

- Required equipment for Mass Start races at this competition shall conform to Rule D3-300/D3-301 "Long Track Mass Start Competition".
- Required equipment for Olympic Style races at this competition shall conform to Rule D3-200 "Long Track Olympic Style Training and Competition".
- The Team Pursuit is considered an Olympic style event.
- The Dave Thompson Memorial Race safety equipment requirements shall conform to Rule D3-300/D3-301. Please note that all skaters will be required to wear a helmet as per D3-301.

Team Ontario Skinsuits

OSSA has skinsuits for use by members of Team Ontario. These skinsuits are made available to team members on loan (no cost) and must be returned in good condition. Suits will be distributed at the Team Ontario meeting on Sunday, January 14th. Suits will be collected by the coaching team at the close of competition at the Canadian Age Class Long Track Championships.

If the suit is not returned in good condition, the skater will be invoiced \$250.00 (plus tax) in order to allow OSSA to replace the skinsuit.

All skaters should bring a back-up suit.

Athlete Photos

The FPVQ/ CEPVRQ has invited each skater to submit three (high definition) photos. A recent photo in action, one in action that dates back a few years and one in a non-sport context for broadcast on the screens during dinner and the evening awards.

Families can submit those photos directly to <https://www.celertech.ca/CEPVRQ>

Alternates

As per the Speed Skating Canada Competitions Bulletin 2017-2018, Ontario may send 2 skaters in each category. Should additional positions be assigned to Ontario skaters, the alternates will be contacted by the Sport Manager as soon as possible.

Questions

Questions should be directed to:

Sarah Leslie, OSSA Sport Manager

sportmanager@ontariospeedskating.ca

844-677-6772 ext.102

OSSA 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. Noncompliance 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.

Skater Name: _____

Skater Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____

Team Ontario Jacket Order Form

Due Tuesday, January 16th 2018



Name: _____

Email: _____

DESCRIPTION	Price	Colour	XS	SM	MD	LG	XL	2X	3X	4X	5X	Amount
Men's jacket	\$ 80.00	Red										
Women's jacket	\$ 80.00	Red										
Youth jacket	\$ 80.00	Red										

Subtotal: _____

HST (13%): _____

Total: _____

Jacket Details:

- OSSA logo will be embroidered in white on left front breast, Ontario will be applied across the back, 12" wide and 3" tall.
 - The Maxson is designed for movement while providing protection from the elements. Features waterproof, breathable, three-layer construction, as well as ergonomic sleeves and articulated elbows. The women's style includes shaped seams, tapered waist, and dropped back hem.
- The Maxson features polyester brushed tricot upper storm flap, easy grip zipper pull and adjustable cuff tabs with Velcro closure.
- FABRIC: Outershell is 100% Polyester mechanical stretch woven bonded to 100% Polyester anti-pill microfleece with waterproof (8000mm), breathable membrane (400g/m2) and water repellent finish, 270 g/m2. Lining is 100% Polyester brushed tricot knit upper storm flap and pocket bags.



sizing chart

We encourage the use of sizing samples to have a more accurate sizing for our styles. To that end we offer samples at a reduced price. There is no extra charge on the larger sizes for in-stock items.

TRIMARK
SPORTSWEAR GROUP

tops & jackets
to fit body measurements

Men's/Unisex	XS	S	M	L	XL	2XL	3XL	4XL	5XL
to fit neck (inches)	13-13.5	14-14.5	15-15.5	16-16.5	17-17.5	17.5-18	18.5-19	19.5-20	20.5-21
to fit chest (inches)	33-35	36-38	39-41	42-44	45-48	49-52	53-56	57-60	61-64
to fit sleeve length (inches)	32	33-33.5	34-34.5	35-35.5	36-36.5	37-37.5	38-38.5	38.5-39	39-39.5
to fit sleeve length tall (inches)				37-37.5	38-38.5	39-39.5	40-40.5	40.5-41	41-41.5

Women's	XS	S	M	L	XL	2XL	3XL
sizing reference	2-4	6-8	10-12	14-16	18	20	22+
to fit chest (inches)	30-32	33-35	36-38	39-41	42-44	45-47	48-50
to fit sleeve length (inches)	29.5-30	30-30.5	31-31.5	32-32.5	32.5-33	33-33.5	33.5-34

Youth	JR2XS	JRXS	JRS	JRM	JRL	JRXL
sizing reference	5-6	6-8	8-10	10-12	12-14	14-16
to fit chest (inches)	24-25	26-27	28-29	30-31	32-33	34-35
to fit sleeve length (inches)	24-24.5	25-25.5	26-26.5	28-28.5	29-29.5	30-30.5

Kids'	K4	K6
sizing reference	4-5	5-6
to fit chest (inches)	22-23	24-25
to fit sleeve length (inches)	23-23.5	24-24.5

bottoms
to fit body measurements

Men's	XS	S	M	L	XL	2XL	3XL	4XL	5XL				
	28	30	32	34	36	38	40	42	44	46	48	50	52
to fit waist (inches)	28-29	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53
to fit hip (inches)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
inseam (inches) hemmed (track pants)	30.75	31	31.25	31.5	31.45	32	32.25						
inseam (inches) unhemmed	*	*	*	*	*	*	*	*	*	*	*	*	*

*inseam unhemmed length 36" - see product pages for details

Women's	XS	S	M	L	XL	2XL	3XL				
	24	26	28	30	32	34	36	38	40	42	
sizing reference	2	4-6	8-10	12	14	16	18	20	22+	24+	
to fit waist (inches)	25-26	27-28	29-30	31-32	33-34	35-36	37-38	39-40	41-42	43-44	
to fit hip (inches)	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	
inseam (inches) hemmed (track pants)	30	30	31	31	32	32					
inseam (inches) unhemmed	*	*	*	*	*	*	*	*	*	*	

*inseam unhemmed length 34" - see product pages for details

Youth	JR2XS	JRXS	JRS	JRM	JRL	JRXL
sizing reference	5-6	6-8	8-10	10-12	12-14	14-16
to fit waist (inches)	19-22	22-24	24-26	26-28	28-30	30-32
to fit hip (inches)	23-26	26-28	28-30	30-32	32-34	34-36
inseam (inches) hemmed (track pants)	18	21	24	26	28	30

The sizing charts reference body measurements.

If you require garment measurements, please contact customer service.

Chest

Under the arms and across the shoulder blades with a firm and level tape.

Hip

When standing, measure around the widest part of the hip.

Sleeve length

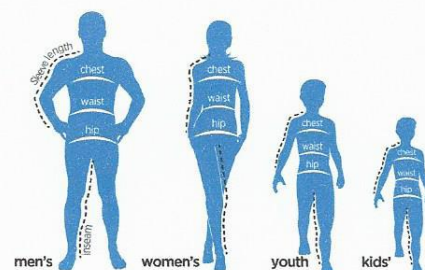
Relax arm, and measure from the centre of the back of the neck, over the shoulder and down to the outer wrist.

Waist

Measure around your natural waistline, while in your underwear. Keep one finger between the tape and your body for an accurate fit.

Inseam

Select a pair of your best-fitting pants of a similar material. Measure from the crotch to the bottom. The number of inches, to the nearest half-inch, is the inseam length.



headwear

Fitted	*S/M	M/L	L/XL
imperial	6 3/4 - 6 7/8	7 - 7 1/8	7 1/4 - 7 3/8
metric	55-56	57-58	59-60
inches	21 5/8 - 22	22 1/2 - 22 7/8	23 1/4 - 23 5/8

*youth size S/M

Depth is typically determined by the distance between your ears and the top of your head. In order for a cap or hat to fit comfortably and without excessive wrinkling, it is important for you to first understand what head shape you have.



Pro Fit/Casual Cut



Legend/Classic Cut

Pro Fit/Casual Cut:

Cut for both men and women who's head shape is average to shallow, but not deep enough for the Legend/Classic Cut.

Legend/Classic Cut:

Cut for the average to deep head shape. Deeper than Pro Fit/Casual Cut.