Danbury Speedskating Club



TRY SPEEDSKATING FOR FREE!

Is Short Track Speedskating for you?



Our skaters come in all shapes, sizes and ages. We offer speedskating training for children age 7 and up and adults. Our season runs from September until March, with additional training sessions in the summer. In speedskating all ages and abilities are on the ice at the same time. Anyone can learn short track speedskating, but it is helpful for new speedskaters to have some previous skating experience (e.g. learn to skate, ice hockey, figure skating, inline skating).

The Danbury Speedskating Club (DSC)

DSC is a not-for-profit organization. Since 2011 Coach Elena has been coaching the DSC. Coach Elena is a level 3 US Speedskating coach and a former member of the Ukrainian Speedskating Team. In only a few years as full-time coach, the club has produced many Junior Nationals competitors, Age group National competitors and medalists, as well as an Am Cup participant. This year there will be three skaters representing our club at the Am Cup final in March 2018.



What equipment do you need?

All skaters are required to wear a helmet, neck guard, gloves, long sleeves and long pants. Knee pads are advisable. Hockey or figure skates are fine when you first start speedskating. Over time you will want to change to speedskates and a skin suit. Our club has speedskates for rent and coach Elena is happy to advise you if you prefer to buy your own equipment.

Skate times, locations and cost

Time: Every Saturday and Sunday morning	Location: Danbury Ice Arena
(<i>times vary, see website for details</i>)	1 Independence Way
1 ¹ / ₂ hour ice, 1 hour dryland	Danbury CT
Cost regular skater: \$325 club fee* + \$15 rink fee (per session)	Cost one time skater: \$33 'walk on' fee (\$15 club fee + \$18 rink fee)

*) fee for the season sept-mar. Discounts are offered to families with multiple skaters and Masters skaters (age 30 and up). Additional sessions at Veterans Memorial Ice Rink in Hartford CT are offered regularly.

For more information visit our website: <u>www.danburyspeedskatingclub.com</u> or email: danburyspeedskatingclub@gmail.com