

# SPEED SKATING

## WEEKLY-STRUCTURED LEARN TO SPEED SKATE PROGRAM DETAILS



### LEARN TO SPEED SKATE

The **Learn to Speed Skate** (novice) program is run through the Roseville Park and Rec department and open to Roseville and non-Roseville residents. New this year is the inclusion of skaters of **all** ages.

The only pre-request is the skater must be able to skate independently on figure or hockey skates. During the lessons, skaters will be placed in smaller groups of like ages and abilities. With adults having their own group. A limited number of speed skates are available for adults to rent.

This expanded program is a great way for a family to get into the sport of speed skating. All family members will be on the ice at the same time, yet in a group geared to the skater's age and ability.

The Roseville Learn to Skate program runs from November 15, 2018 through February 19, 2019. The sessions are on Tuesdays and Thursdays from 5:30pm-6:30pm. In addition to the lessons

there are designated races on session nights and optional weekend race opportunities. These races are an exciting way to experience the thrill of competition while competing against other skaters that are new to the sport.

#### [Registration Details Here:](#)

Speed skates are available to rent for the season. In addition to using the skates during the formal sessions skaters can attend open skate sessions at the Oval or other rinks to practice new skills.

#### [Skate Rental Here:](#)



# THURSDAY EVENING FITNESS SKATE

For older teens and adults who want to skate on a weekly basis this program might be the perfect fit, pun intended, for you. This group will skate on Thursdays throughout the season with a focus on exercise, skill development, and camaraderie. There will be general coaching available to help skaters improve their form. Skaters who are interested in a more structured workout will be paired with a coach, for an additional fee, who will guide you through a workout and give specific feedback on technique.

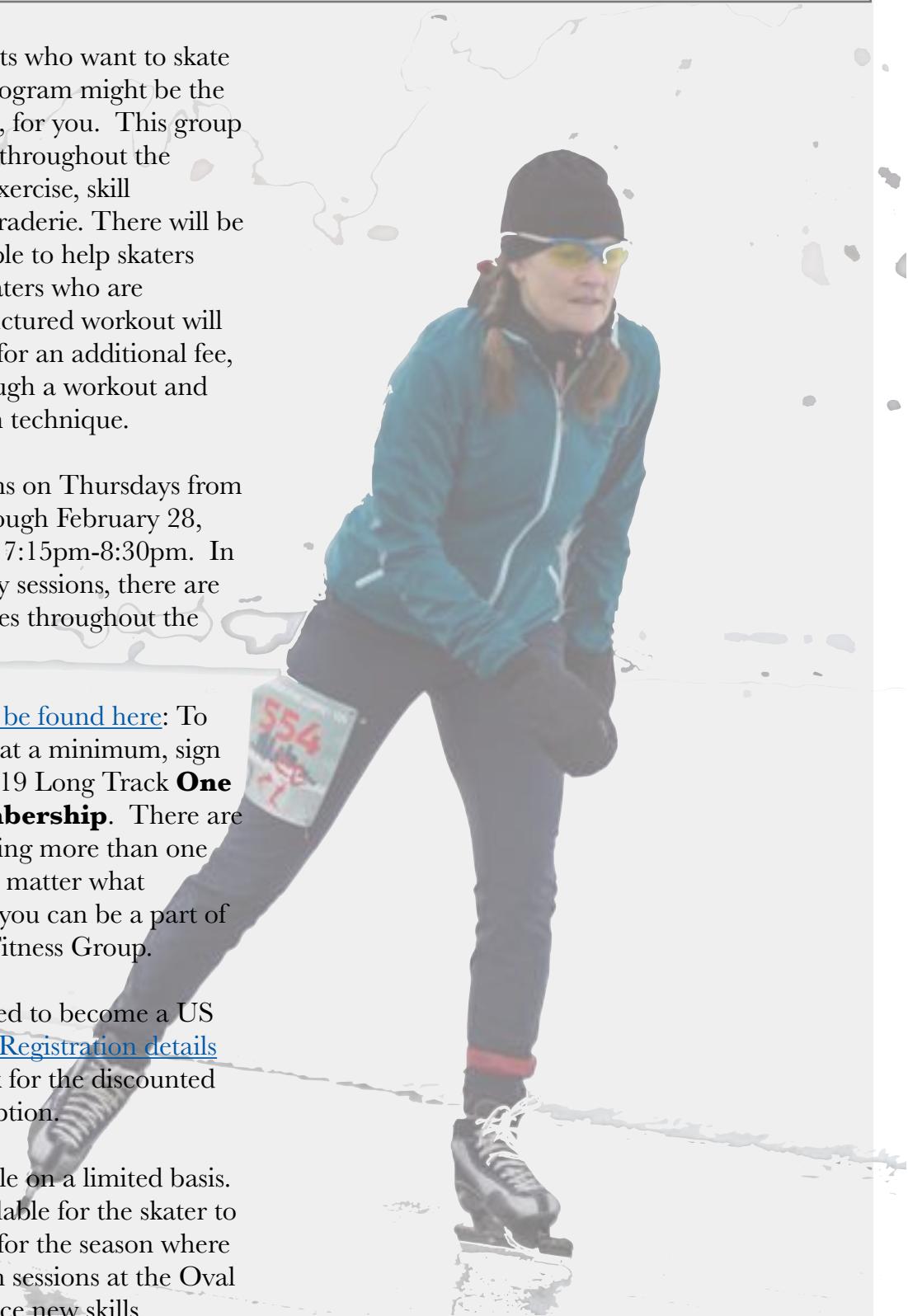
This 2018-19 season runs on Thursdays from November 15, 2018 through February 28, 2019 with ice time from 7:15pm-8:30pm. In addition to the Thursday sessions, there are various race opportunities throughout the season.

[Registration Details can be found here](#): To participate you need to, at a minimum, sign up for the GMSA 2018-19 Long Track **One Time Per Week Membership**. There are additional options allowing more than one skate session a week. No matter what membership you chose, you can be a part of the Thursday Evening Fitness Group.

Additionally you will need to become a US Speedskating Member. [Registration details can be found here](#). Look for the discounted first year membership option.

Skate rentals are available on a limited basis. Some skates will be available for the skater to keep in their possession for the season where they can be used at open sessions at the Oval and other rinks to practice new skills. Otherwise, the skates will stay at the Oval for use on Thursdays.

[Skate Rental Here](#):



# SKATE PURCHASE

It is recommended that skaters purchase skates. Depending on the brand, if they are heat moldable, they can be fit to your foot to reduce hot spots. In any case, by purchasing skates you will have them available for whenever you want to skate. Quality entry level skates are very reasonable.

Skate Purchase: Here are a few options to consider.

<b>The Skate Now Shop</b>	<a href="#"><u>Zandstra Long Track 2</u></a>	
<b>Cascade</b>	<a href="#"><u>Bont Jet Boots with Maple Blizzard Blades</u></a>	



The Greater Minnesota Speedskating Association represents speed skating in Minnesota, North Dakota, South Dakota, and parts of western Wisconsin.

Our goal is to provide the opportunity to skaters of all ages and ability to be a part of the fastest sport on ice.

To learn more visit our website at [mnspeedskating.org](http://mnspeedskating.org)



## 2018-2019 Winter Learn to Speed Skate (Novice)

Roseville Ice Center, 2661 Civic Center Drive, Roseville MN 55113

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
	4	5	6	7	8	9	10
							OVAL OPENS
Nov	11	12	13	14	15	16	17
					5:30pm-6:30pm		
	18	19	20	21	22	23	24
			5:30pm-6:30pm			NO ICE	
	25	26	27	28	29	30	1
			5:30pm-6:30pm		5:30pm-6:30pm		4:00-6:00pm GMSA racing
Dec	2	3	4	5	6	7	8
			5:30pm-6:30pm		5:30pm-6:30pm		John Rose Open (7:30am-1:00pm)
	9	10	11	12	13	14	15
			5:30pm-6:30pm		5:30pm-6:30pm		
	16	17	18	19	20	21	22
			5:30pm-6:30pm		5:30pm-6:30pm		
	23	24	25	26	27	28	29
			NO ICE		NO ICE		9:30am-11:30am GMSA racing
Jan	30	31	1	NEW YEARS DAY	2	3	4
			NO ICE		NO ICE		9:00am-noon GMSA racing
	6	7	8	9	10	11	12
			5:30pm-6:30pm		5:30pm-6:30pm		
	13	14	15	16	17	18	19
			5:30pm-6:30pm		5:30pm-6:30pm		
	20	21	22	23	24	25	26
			5:30pm-6:30pm		5:30pm-6:30pm		10:00am-noon GMSA racing
Feb	27	28	29	30	31	1	2
			5:30pm-6:30pm		5:30pm-6:30pm		
	3	4	5	6	7	8	9
			5:30pm-6:30pm		5:30pm-6:30pm		
	10	11	12	13	14	15	16
			5:30pm-6:30pm		5:30pm-6:30pm		7:30am-noon MN State Open Roseville, MN
	17	18	19	20	21	22	23
			5:30pm-6:30pm		End of Season Banquet		
	24	25	26	27	28	1	2
Mar	3						
							Weeknight racing is included in Learn to Speed Skate Class session fees -- no cost
	OVAL LAST DAY						Sign up by Thursday noon prior to race day: <a href="http://mnspeedskating.com">mnspeedskating.com</a> (race tab) -- no cost
							Official GMSA races - sign up details to come, race requires an entry fee.
	updated 10/24/2018						<a href="http://mnspeedskating.com">mnspeedskating.com</a> • <a href="mailto:mnspeedskating@gmail.com">mnspeedskating@gmail.com</a>



# 2018-2019 Fall/Winter Speed Skating at the OVAL

Roseville Ice Center, 2661 Civic Center Drive, Roseville MN 55113

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Weather Line 651-792-7191 (option 1) OR mnspeedskating.com or GMSA Facebook.				1	2	3
							LT Am Cup 1 (MKE)
	4	5	6	7	8	9	10
	LT Am Cup 1 (MKE)		Timing Room Training 6:30pm in Timing Room			OVAL OPENS	9:00-11:00 practice
Nov	11	12	13 7:15pm-8:30pm	14	15	16	17
	9:30am-11:00am practice	Free CPR/1st Aid Course 6pm Minnetonka Fire Dept. #1	Behind the Scenes 6:00-9:00pm-Raider Rm	7:15pm-8:30pm	7:15pm-8:30pm	6-8:30pm open session	9:00am-noon racing Official/Volunteer Practice
	18	19	20 7:15pm-8:30pm	21	22	23	24
	NO ICE		Officials Course 6:00-9:00pm-Fireside Rm	7:15pm-8:30pm	NO ICE	10:00am-11:00am	NO ICE
	25	26	27	28	29	30	1
	NO ICE		7:15pm-8:30pm	NO ICE	7:15pm-8:30pm		4:00-6:00pm racing Holiday Classic (MKE)
	2	3	4	5	6	7	8
	Try Speed & Practice 11:00am-noon		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm	LT Am Cup 2/John Rose Open - Roseville (4pm-9pm)	(7:30am-5pm)
Dec	9	10	11	12	13	14	15
	LT Am Cup 2/JRO (8am-2pm)		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm		NO ICE
	16	17	18	19	20	21	22
	9:30am-11:00am practice		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm	6-8:30pm open session \$5 pay at door	9:00am-noon racing
	23	24	25	26	27	28	29
	9:00am-10:30am racing		NO ICE	7:15pm-8:30pm	7:15pm-8:30pm		9:30am-11:30am racing
	30	31	1 NEW YEARS DAY	2	3	4	5
	9:00am - 10:30am practice		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm	6:00-6:30 public session TBD - pay at door	9:00am-noon racing
	6	7	8	9	10	11	12
	9:00-11:00am racing		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm		8:00am-9:30am practice
Jan	13	14	15	16	17	18	19
	Try Speed & Practice 10:00am-11:00am		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm		NO ICE
	20	21	22	23	24	25	26
	NO ICE		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm		10:00am-noon racing
	LT Am Cup 3/Jr. Champ						
	27	28	29	30	31	1	2
	ice on hold - tbd		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm	6:00-6:30 public session TBD - pay at door	9:00am-noon racing
	3	4	5	6	7	8	9
	9:00am-10:30am racing		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm		NO ICE
Feb	10 Try Speed & Practice 10:00am-11:00am	11	12	13	14	15	16 7:30am-noon MN State Open Roseville, MN
	LT Age Group Nat - MKE		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm	6:00-6:30 public session TBD - pay at door	
	17 7:00am-11:00am	18	19	20	21	22	23
	MN State Open Roseville, MN		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm	6:00-6:30 public session TBD - pay at door	10:00am-noon racing
	24	25	26	27	28	1	2 10:00-noon Rose Cup
	9:30-11:00am practice		7:15pm-8:30pm	7:15pm-8:30pm	7:15pm-8:30pm		LT Am Cup Final/Masters Single Distance Champ. - MKE
Mar	3 9:30-11:00am	4	5	6	7	8	9
	LT Am Cup Final/Masters						
	OVAL LAST DAY						
	updated 10/24/2018						