



EVERETT EXPRESSIONS

Volume 1, Issue 1

September 2011

Special points of interest:

- Always bring running shoes, skates and helmet to all practices
- Always drink plenty of water before, during and after practice and competition
- Always do your best no matter what
- Spirit wear order coming in October!

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Coach's Corner

I thought I would start the newsletter with an article introducing myself. This may seem a little odd as some of you have known me for some time. However most of you have never had me as a coach and are not aware of how I approach life.

First off I think it is important to let you know just how much I love the sport of inline speed skating. I love watching people going out and giving their all and getting instant results. I

love watching relays where teammates work together to accomplish great things. Finally I love cheering for



I really, really, do...

each and every teammate with everyone else. It shows me that none of us

are alone and that we have each other.

This sport whether you do it as a young child, a tween, a teen, an adult or as a parent offers a place to belong, a team to support you and thrill to excite you. I do love other sports but this sport has a special place in my heart. I know as I enter into this role of coaching the love for this sport and this team will be the energy that drives me.

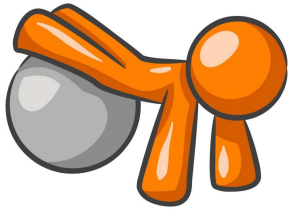
GOALS! GOALS! GOALS!

It is important to realize that goals are apart of everything in our lives from school/work to sports to relationships. And this year our team is no different. At our first meeting goal sheets will be handed out.

Please fill these out as soon as possible and schedule a meeting with Coach Denise. The purpose of this meeting is to make your goals known in order to keep you accountable to yourself and others. Ac-

complishing goals will take discipline, tenacity and support. As the coach I want to help with all of this. So again please turn in your goal sheets soon! Lets begin your season on track to accomplishing your goals.

Training at Home!



Okay, so, yes it is the beginning of the season and yes it is a long season. It is important that all skaters with aspirations of heading to nationals

(or achieving a personal best) should also begin figuring out what training they will do at home. It's important to get additional cardio, strength training and sport specific exercises into your weekly schedule. Additionally, get outdoors and skate while the weather is still cooperating. Here are some training sug-

gestions. For more specific help see Coach Denise.

- Running/Jogging
- Cycling/Elliptical
- Boot Camps
- Zumba
- Yoga
- Weightlifting
- Anything athletic that makes you happy!

"IT ISN'T THE LOAD THAT BREAKS YOU DOWN; IT'S THE WAY YOU CARRY IT."

Competition Schedule!

Hot off the presses! Here is the meet schedule to the best of my knowledge at the time I am writing this article.

- Oct. 15-16** Coeur D'Alene
- Nov. 17-20** Puyallup (Indoor/Outdoor)
- Jan. 14-16** Auburn

- Feb. 17-18** Bremerton
- March 16-18** Federal Way
- April 14-15** Spokane
- May 19-21** Regional Championships in Portland (possibly a 3 day meet if numbers continue to be the same or larger)

You will be kept informed of signup dates and final days to pay as they approach. Please do what you can to plan these dates into your schedule now.

Technique Corner!

The beginning of the season is the proper time to put speed aside and focus on your skating form. You can only get so much stronger however you can always skate technically better. So get with coaches, teammates and your support

team and start talking about what you see and feel on the track.

Just remember: *"Sometimes you need to slow down to speed up!"* (Denise Dinwiddie 1992)



Identify three things this skater could do to improve their form...

Team Training Plan

"IT IS POSSIBLE TO CLIMB THE HIGHEST MOUNTAIN ONE STEP AT A TIME."

- Phase 1: Training
- Technique
 - Endurance
 - Goal Setting
 - Strength & Power
 - Weights & Plyos

Phase 1: Dates
September through December
Start of Season—Auburn Meet

- Phase 2: Training
- Intervals
 - Endurance
 - Winning Attitude
 - Competitive Analysis
 - Weights & Plyos
 - Aerobic
 - Less Focus on Technique

Phase 2: Dates
January through March
Auburn Meet—Battle In Seattle Meet

- Phase 3: Training
- Top End Sprint Speed
 - Psychological
 - Race Strategy
 - Intervals
 - Weights
 - Endurance

Phase 3: Dates
April through Nationals (possibly Worlds)
Battle In Seattle-End of Season

Get Involved!



WE NEED YOU! Behind every great team is a great support network and many opportunities to get involved. Being a great team, we are no different. In order to keep running efficiently we need several

key elements. We need people to serve on the board, we need people to organize fundraisers (money should not stop people from competing), we need people to organize press releases, we need

people to help with the website, we need pictures taken, we need fun events, we need attendance takers and we need other things. Please find a way to get involved. Each and every skater or skaters family should offer to help in at least one role on this team.



**Everett Express
Inline Speed Skating
Team**

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*Teamwork... Together We Achieve
the Extraordinary!*

MISSION OF THE TEAM

To encourage, educate and develop the skating and racing capabilities of each skater; to provide a well organized racing team for inline speed skaters interested in competing at a local, national and international level; to promote our team sponsors; to increase public awareness of inline speed skating as a legitimate, exciting, and healthy competitive sport.

LONG RANGE GOAL

To generate national champions who will be ready to move on to Olympic competition when the sport is recognized as a new Olympic sport. Roller sports are currently one of the top contenders as a new Olympic Sport to be included in the 2016 Olympic Games.

PRIMARY OBJECTIVE OF THE TEAM

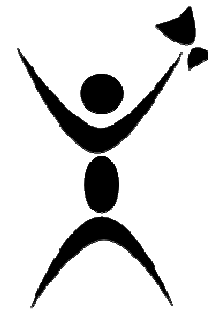
The objective of the team is to promote the sport of speed skating, including the instruction of speed skating, racing, and conditioning, care of equipment, character building and sportsmanship.



Our Theme

All great teams utilize a theme or a focus for the year. Because we are great our theme for the year will be the idea we come back too. It will be the thing to keep us going when we are tired, it will be the motivational statement we make and it will be something we will take to heart and hold dear. I have put a great deal of thought into this and have decided on one that I feel speaks to this teams greatest growing edge. Which means the thing that I feel we need to work on the most and it applies to all skaters

from the young to the old, from the new to the experienced and from the competitor to the recreational skater. Our theme is as follows:



Do you WANT to win?

***The Will to Win Means Nothing
Without the Will to Prepare
to WIN!***