



2013 GOLD MEDAL
Holiday

SPEED SKATING CAMP
Head Coach: *Jihoon Chae*
1994 500m Olympic Gold Medalist
1995 World Champion

2013 US National Men's Relay Champions
Home of 6-time US National Champion *Thomas Hong*
2013 US National Champion *Shaner LeBauer*
2013 Thai National Champion *TJ Vongkovit*
2013 Israeli National Team Member *Yoni Subin*

Join Potomac Speedskating Club for our high-intensity Gold Medal Holiday training camp! Train and improve your technique to be race ready for 2014 competitions. Open to beginning and advanced speed skaters ages 5 and up. Adult skaters are very welcome too!

| Dates | Daily Schedule | Location |
|-----------------------------------|---|--|
| Thursday, 12/26 (two sessions) | 1:00 pm – 4:20 pm 6:20 pm – 9:15 pm | Cabin John Ice Rink Wheaton Ice Arena |
| Friday, 12/27 | 1:30 pm – 4:30 pm | Cabin John Ice Rink |
| Saturday, 12/28 | 8:40 am – 11:30 am | Wheaton Ice Arena |
| Sunday, 12/29 (two sessions) | 7:10 am – 10:15 am 6:20 pm – 9:00 pm | Wheaton Ice Arena Cabin John Ice Rink |
| Monday, 12/30 | 1:00 pm – 4:00 pm | Cabin John Ice Rink |
| Tuesday, 12/31 | 1:00 pm – 4:20 pm | Cabin John Ice Rink |

Camp Fees:

All 8 Sessions: \$350 **or Per Session Drop-In: \$45**

Locations:

The **Wheaton Ice Arena** is located in Wheaton, MD about 10 miles from Washington, DC. This is an NHL-size rink with a snack bar, weight room, wireless Internet, tennis courts, and an extensive jogging trail and soccer fields where dryland training is conducted, weather permitting.

11717 Orebaugh Avenue Wheaton, MD 20902 www.wheatonicearena.com

The **Cabin John Ice Rink** is located in Rockville, MD near the Westfield Montgomery Mall Shopping Center in Bethesda about 10 miles from Washington, DC and just off I-270 (Democracy Boulevard exit.) It boasts an Olympic and NHL and studio-size rink, snack bar, tennis courts, baseball and athletic fields and a jogging trail.

10610 Westlake Drive Rockville, MD 20852 www.cabinjohnice.com

Program

Each of 8 sessions includes both on ice instruction and dryland (off-ice) training, designed to teach and perfect skater's form and technique. For intermediate and advanced speed skaters, Coach Jihoon Chae will focus on correcting form and technique flaws, strength building and speed training to help better perform in the competitive racing season. New skaters will learn the basics of the straightaway and cross-over strokes, skating form and fitness under the direction of assistant coaches James Koo and Kevin Jeong.



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REGISTRATION PACKET

REGISTRATION FORM

Name: _____

Address: _____

Cell: _____ Home: _____

Email: _____

Birthdate: _____

Parent's Name(s): _____

Level of Speed Skating Experience:

___ **Advanced Beginner (1-2 years of skating, 1:05-1:15" 500m time)**

___ **Intermediate (2-3 years of skating, <55" 500m time)**

___ **Advanced (3+ years of skating, <55" 500m time)**

If available:

Best 500m time: _____ **Best 1000m time:** _____

___ **Has own speed skates**

___ **Will rent speed skates from PSC; Shoe size:** _____



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Required Equipment

Dryland training:

- Comfortable workout clothes, a light jacket, gloves & hat for cold weather, good running shoes and a towel.
- Water bottles and cooler
- Jump rope

Ice training:

- All skaters must bring a bike or skating helmet, neckguard, gloves, shin guards, skinsuits or a long sleeved shirt and pants, a zip jacket and a water bottle or sports drink.
- AmCup-level skaters should wear their cut-proof liners under their skinsuits.
- Rental speed skates are available to new skaters if reservations are made in advance. Please indicate your shoe size on request rental speed skates on your registration form.

Camp Include:

- 10 hours of on-ice training
- 10+ hours of dryland training
- On-ice form and technique instruction from Coach Jihoon Chae
- Individualized coaching for beginners and novice skaters by Coach Koo and Coach Kevin
- Age and skill-appropriate training groups
- Race preparation strategy and tactics

Lodging

There are many hotels in the Silver Spring, Bethesda, Rockville, Gaithersburg or Northwest Washington DC area that are within a 10-30 minute drive of the Wheaton or Cabin John Ice Rinks. The red line on the DC area subway system "Metro" also serves Wheaton and we can arrange for other camp participants to pick up skaters from the Wheaton metro stop.

Useful hotel links:

<http://www.visitmontgomery.com/where-to-stay/> and
<http://clinicalcenter.nih.gov/about/visitor/hotels.shtml>

Skaters are responsible for their own transportation to the Washington, DC area, housing, meals and transportation to and from training sessions.

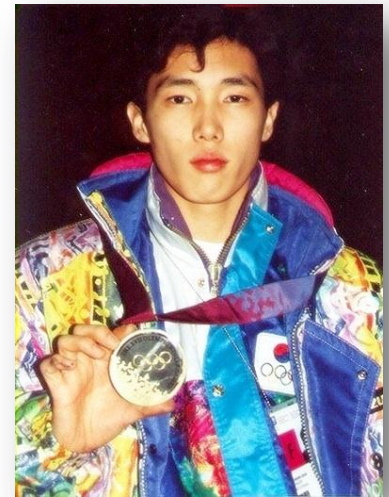
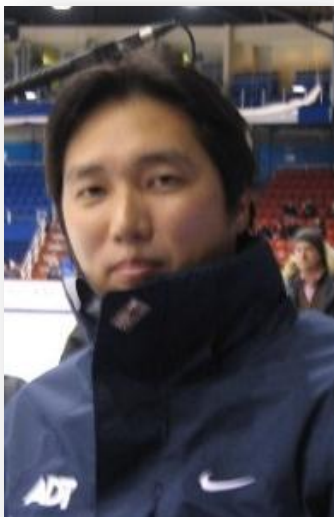
COACHES

Coach Jihoon Chae

Jihoon Chae is an Olympic and World Champion. He won the 500m short track speedskating event and earned a silver medal in the 1000m event at the 1994 Lillehammer Winter Olympics. In 1995, he became the overall World Champion and he also helped Korea to a 5000m relay silver medal at the 1998 Nagano Winter Olympics.

Chae was born in 1974 and began speed skating when he was five years old, switching to short track in the 1992-93 season...just a few months later, he finished third overall at the 1993 World Championships in Beijing and, the next year, won the 500m Olympic Gold medal and set a new Olympic record in the process. "It was my happiest moment when I finished the 500m race at Lillehammer," recalls Chae. "Also winning the silver medal in

the 1,000m along with finishing first at the 1995 World Championships were my most memorable moments" ...Altogether he won 7 gold medals, 4 silver and 5 bronzes in the World Championships including the overall World Championship title in 1995.



From 2006-2007, Coach Chae was the US National Short Track Team Head Coach where he trained Apolo Anton Ohno, and he earned a Ph.D. in sports psychology at Yonsei University in 2008. He was head coach of the Leading Edge team for a season before joining the iShortTrack team in 2011 which has merged with Potomac for the 2013-2014 season. Coach Chae has served as a member of the International Skating Union (ISU) Technical Committee since 2006 and he is a certified US Speedskating Level 3 coach and he is a certified US Speedskating Level 3 coach.

Assistant Coach James Koo

James is a US Speedskating Certified Level I Coach and Level I Referee. He was instrumental in the development of short track speedskating in the Washington DC area and is a competitive Masters skater. He is married with two adult daughters and resides in Ellicott City, Maryland.





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Assistant Coach Kevin Jeong

Kevin began speed skating in Korea in 2000 and was a top ranked skater there before moving to the U.S. in 2005. He skated with Coach Wilma Boomstra and the DeMorra Speedskating Club along with US Olympic and national team members JR Celski, Jeff Simon, Kyle Uyehara, Sarah Chen and Dutch Olympian Niels Kersholt. Kevin began training with Coach Chae in 2010 and began coaching in 2013.

ABOUT THE POTOMAC SPEEDSKATING CLUB

Winner of the 2012 US National Club Championships and runner-up in 2013, the Potomac Speedskating Club provides quality, ethical coaching and programs in a supportive atmosphere for all levels, from novice skaters to elite speed skaters of all ages and abilities. We welcome beginner, intermediate and advanced skaters ages 5 and up, including adults and special needs skaters.

With over 40 members, Potomac Speedskating Club is one of the largest non-profit speedskating clubs in the US. PSC boasts national champions *Shaner LeBauer* in the Junior B Men's 15-16 category and 6-time US National Champion and US Junior World team member *Thomas Hong* in the Junior Men's 13-14 category. Other notable skaters include the Junior B Men's 15-16 silver medalist *TJ Vongkovit* who competes for Thailand, and teammate *Yoni Subin* who competes for Israel in World Cup competitions, and Junior B Men's 15-16 bronze medalist *Peter Ho*. Potomac is also home to *Aaron Heo*, the US Junior Men's 13-14 category bronze medalist, and *Adam Kucharik*, the Masters Men 30-39 US silver medalist.

Potomac skates year-round at two area rinks: Cabin John Ice Rink in Rockville, MD and the Wheaton Ice Arena in Wheaton, MD.

For more information

Email: info@potomacspeedskating.org Phone: 1-877-SKATE90

For Korean speakers, please contact Coach Chae at 1-213-400-0016

클럽에 대한 문의사항은 채지훈 코치에게 연락바랍니다. 213-400-0016



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POTOMAC SPEED SKATING CAMPS WAIVER & RELEASE

This form must be read and signed before participant is permitted to take part in the Potomac Speedskating Camp or Camps, July 22-26, 2013 at the Wheaton Ice Arena and/or July 29-August 2, 2013 at the Prince William Ice Arena or any sessions before or after these dates at the Wheaton Ice Arena or Cabin John Ice Rink or any other facility. BY SIGNING THIS AGREEMENT, THE PARTICIPANT AFFIRMS HAVING READ IT.

IN CONSIDERATION of my involvement in the sport and activities under the auspices of U.S. Speedskating (USS), and the Potomac Speedskating Club, Inc., I acknowledge, appreciate and agree that:

1. I RISK BODILY INJURY, INCLUDING PARALYSIS, DISMEMBERMENT, DISABILITY AND DEATH, AND while particular rules of my sport, equipment, and personal training and discipline may reduce this risk, THIS RISK OF INJURY DOES EXIST, AS WELL AS THE RISK OF DAMAGE TO OR LOSS OF PROPERTY:
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS;
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the nearest coach or official; and,
4. I FOR MYSELF, AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE, HOLD HARMLESS, AND PROMISE NOT TO SUE U.S. SPEEDSKATING, THE POTOMAC SPEEDSKATING CLUB, INC., THE WHEATON ICE ARENA AND/OR THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION (M-NCPPC), AND/OR THE PRINCE WILLIAM ICE ARENA AND/OR OTHER SPONSORING ORGANIZATIONS, THEIR OFFICERS, COACHES, VOLUNTEERS, STAFF, SPONSORS AND/OR AGENTS, ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY AND LOSS ARISING FROM MY PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, EXCEPT THAT WHICH IS THE RESULT OF GROSS NEGLIGENCE OR WANTON MISCONDUCT.
5. I agree to abide by all Potomac Speedskating Club (PSC) rules and regulations, the USS and M-NCPPC rules and regulations and the USS Code of Conduct*. I understand that gloves, protective headgear, shin guards, a neck protector, long pants, and long sleeves are required at all times when on the ice rink. By signing below, I agree to all of the above.

*or Speed Skating Canada or Ontario Speedskating Association equivalent



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I have read this Release of Liability and Waiver Agreement, fully understand its terms and sign it freely and voluntarily.

Participant's Signature _____

Participant's Name (Printed) _____ Date _____

FOR PARTICIPANTS OF MINORITY AGE (Under Age 18 at the time of registration)

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves, and my/our heirs, assigns and next of kin to release and indemnify the Releasees from any and all Liability incident to my/our minor child's involvement as stated above.

Parent/Legal Guardian Signature _____

Parent/Legal Guardian name (Printed) _____ Date _____



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AUTHORIZATION FOR MEDICAL TREATMENT

Name of Skater: _____

Date of Birth: _____ Age: _____ Gender: _____

Doctor's Name: _____ Doctor's Office Phone: _____

Medical Insurer/Health Plan: _____

Name of Policy Holder: _____ Policy #: _____

Dentist's Name: _____ Dentist's Office Phone: _____

Orthodontist's Name: _____ Office Phone: _____

Medications this skater is currently taking:

If applicable, please note the conditions for which the child is currently receiving treatment:

Note any other significant medical information:

Allergies to Medications:

Allergies (Other): _____

Date of Last Tetanus Shot: _____

Parent(s)/Legal Guardian(s)

Parent/Legal Guardian #1—EMERGENCY CONTACT:

Name: _____

Address: _____

Home phone: _____ Cell phone: _____

Parent/Legal Guardian #2--EMERGENCY CONTACT:

Name: _____

Address: _____



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Home phone: _____ Cell phone: _____

AUTHORIZATION AND CONSENT OF PARENT(S) OR LEGAL GUARDIAN(S)

I do hereby solemnly swear that I have legal custody of the aforementioned minor child. I grant my authorization and consent for a coach, club officer or authorized representative with current first aid and CPR training (hereafter "Supervising Adult") to administer general first aid treatment for any minor injuries or illnesses experienced by the minor. If the injury or illness is life threatening or in need of emergency treatment, I give my consent for the Supervising Adult to summon medical treatment or transport to an emergency facility in an emergency when I cannot be reached.

This authorization is effective commencing on the _____ day of _____, 2013 and expiring on 5/31/14.

Signed this _____ day of _____, 2013.

Parent #1's Signature
Or Legal Guardian

Parent #1's Printed Name
Or Legal Guardian

Parent #2's Signature
Or Legal Guardian

Parent #2's Printed Name
Or Legal Guardian



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POTOMAC SPEED SKATING ANTI-BULLYING AGREEMENT 2013-2014

I, _____ hereby agree to abide by the U.S. Speedskating Code of Conduct* and pledge to conduct myself in a mature, respectful manner to ensure that we continue to foster a positive atmosphere at the Potomac Speedskating Club and encourage my teammates to perform at their very best in training, at competitions and in all aspects of their personal and professional lives.

I understand the following:

Bullying is defined as intentionally aggressive behavior that can take many forms (verbal, physical, social/relational/emotional, or cyber bullying — or any combination of these); it involves an imbalance of power, and is often repeated over a period of time. The bullying can consist of one skater bullying another, a group of skaters ganging up against one or several skaters, or one group of skaters targeting another group, both physically or virtually (example: Facebook.)

Common behaviors attributed to bullying include put-downs, insults, incessant criticism, name calling, rumors, gossip, verbal threats, menacing, harassment (e.g. hiding clothes, water bottles, sabotaging personal items), intimidation, social isolation or exclusion (e.g. ignoring someone and acting as if they don't exist), and physical assaults, including but not limited to spitting, kicking, hitting, punching, pinching, tripping, intentionally knocking someone down, throwing objects at or near other individuals, etc.

We believe that no skater deserves to be bullied and that every skater regardless of race, color, religion, nationality, size, gender, popularity, athletic, academic, or social ability, or intelligence has the right to feel safe, secure, and respected at all times.

I agree to:

- Treat other skaters, parents and my coaches with kindness and respect.
- Not engage in verbal, relational, or physical bullying or cyber bullying.
- Be aware of the Potomac Speedskating Club's anti-bullying policies and procedures.
- Abide by the Potomac Speedskating Club's anti-bullying policies and procedures.
- Speak out against verbal, relational, and physical bullying and cyber bullying.
- Notify the coach, a parent, or PSC official if and when bullying does occur.
- Be a good role model for other skaters.
- Encourage my teammates—both on- and off the ice, to help them achieve their maximum potential in the sport of short-track speedskating and in their personal and/or professional pursuits.

Skater Name _____

Skater Signature _____ Date _____

Parent signature (for minors 18 and under) _____ Date _____
(Or Legal Guardian)



RECOMMENDED EQUIPMENT LIST FOR POTOMAC SPEEDSKATING CLUB CAMPS

Winter in the Washington, DC area can vary from cold to snow. Please prepare for this possibility, expect low temperatures and dress accordingly, layering is strongly recommended.

Bring sports drinks or water bottles, labeled with skater names, and an after work out snack.

FOR DRYLAND TRAINING:

Jump rope

Sunscreen

Mosquito repellent

Good running shoes

Comfortable running attire and at least two dryland clothes changes daily

Yoga mat

Bath towel

Optional but recommended:

Corner belt or Techni-Cords if you have these

Sharpening jig and stones, gauge, towel

Skate blade wrenches (Allen keys)

FOR SKATING:

Short-track speedskates⁺

Skinsuit* with integrated shinguards

Neckguard**

Gloves**

Helmet (skating or biking OK)

Eyewear (recommended)

Zip jacket (hooded-style jacket)

⁺Need skates to borrow for camp? Email info@potomacspeedskating.org with your size!

*Can substitute stretchy pants with shin guards and a long-sleeved shirt

**PSC has Korean-made SD neckguards (\$30 and in-stock), SD gloves with tips (\$50 and at least 2 week delivery) available for sale.