

SPEEDSKATING



JEFFERSON CITY SPEED SKATING CLUB

www.jcssc.org

The Jefferson City Speed Skating Club (JCSSC) provides additional opportunities for skaters to enhance their skating skills. Affiliated with the Missouri Skating Association, the JCSSC offers the opportunity for skaters to participate in speed skating competitions throughout the year.

For more information, call Paul Rudder at 635-7995 or Kirk Bonnot at 338-3324.

Short track speed skating is an Olympic sport which promotes speed on ice in a competitive, fun, exciting, and safe manner. Any person of almost any age who has a desire to skate either in competition or for recreation can speed skate. Required equipment includes speed skates, long sleeves, gloves, and a hat or helmet.



Fee: **\$110**

Day
Tuesday
Sunday

Time
4:00 - 5:00 p.m.
5:15 - 6:15 p.m.

Activity No.
266093-1
266093-2

Drop-in fee for any session is \$5.

Class Dates

Tuesday: September 29 - March 30

Sunday: September 27 - March 28



14th Annual Capital City Speed Skating Championships

Sanctioned by the Missouri Skating Association
Saturday, December 5, 2009
Age 4 - Grand Masters (50+)

Skaters from Jefferson City, Clayton, Gateway, and Metro speed skating clubs will be participating! All ability levels will be represented from beginners to national champions!

Speed Skating Camp

This camp is open to all ages and is designed to educate a speed skater on the fundamentals of the sport, taking theory and dry land practice to the ice to create a skater prepared for competition or recreation.

Register at Parks and Recreation. For more information, go to www.jcssc.org or call Kirk Bonnot at 573-338-3324.

August 12 - 16

Wednesday, August 12:	10:30 am - 1 pm
Thursday, August 13:	11 am - 1:30 pm
Friday, August 14:	10:30 am - 1 pm
Saturday, August 15:	8 am - 10:30 pm
Sunday, August 16:	11:45 am - 1:45 pm

Fee: \$40

Activity Number:
466691-1

*LATE FEE

Registrations received after 5 p.m. on the designated deadline date for a program are not guaranteed placement in the program.

Fees will increase for those allowed to register after the deadline where there is still space available.

Washington Park

Ice Arena

634-6580