RICHMOND ROCKETS

Club News

New Members ....

Since our October Newsletter, we welcome new members Elliot Li, Justan Sun and Neo Yang, and as well, welcome back Sue Bolton.

Our skating season is off to a great start with many members entering competitions to challenge their newly learned skills against neighbouring Club skaters. Each competition entered by the skater, allows him/her to hone their technique combined with the thrill of crossing the finish line. A sense of accomplishment is achieved and the drive to

Langley Blades Interclub

(Langley, October 22, 2016)

Congratulations to Sarah, Barnett and Zubin for competing in their first Interclub and achieving Personal Bests, PBs, in each race.

- Sarah Chow, 5th Overall in Division 7, PBs in 200m, 400m, 800m and 1200m (100m)
- Aaron Lui, 10th Overall in Division 9, PBs 200m, 300m, and 400m (100m)
- Barnett Lui, 6th Overall in Division 7, PBs 200m, 400m, 800m and 1200m (100m)
- Daniel Lui, 7h Overall in Division 8, PBs 200m and 400m (100m)
- Boston Mah, 6th Overall in Division 1, PB in 1500m (111.12m)
- Zubin Navsarikar, 8th Overall in Division 8, PBs in 200m and 400m (100m)
- Giang-vi Nguyen, 12th Overall in Division 4, PBs in 200m, 1500m (100m) and 500m (111.12m)
- Lan-vi Nguyen, 11th Overall in Division 4, PBs in 200m (100m) and 500m (111.12m)
- Nam Nguyen, 2nd Overall in Division 2
- Avery Quinn, 12th Overall in Division 1
- Lola Squarci, 1st Overall in Division 5, PBs in 200m (100m) and 500m (111.12m)

Upcoming Competitions

2017

Date	Saturday, Jan 7th
Host Club	Burnaby Haida
Location	Bill Copeland Sports Centre

Date	Saturday, Jan 7th
Host Club	Prince George Blizzard
Location	TBA
Event	Long Track Interclub

Date	Jan 13th - Jan 15th
Host Club	Richmond Olympic Oval
Event	Western Elite Circuit #2

Date	Jan 14th – Jan 15th
Host Club	Alberta Indoor LT
Location	Calgary Olympic Oval

Date	Jan 21st – Jan 22nd
Host Club	Dawson Creek
Event	BCLT Championship

Date	Saturday, Jan 21 st
Host Club	Sardis Fliers
Location	Twin Rinks, Chilliwack

Date	Jan 28 th - Jan 29 th
Host Club	Kamloops Long Blades
Event	Western T2T Circuit Speedtacular

Mission Racers Interclub

(Mission, November 6, 2016)

Congratulations to Daniel for competing in his first Interclub and achieving Personal Bests, PBs, in each race.

- Ryan Bolton, 11th Overall in Division 4, PBs in 200m and 1500m (100m)
- Sarah Chow, 14th Overall in Division 2, PBs in 200m and 400m (100m)
- Daniel Lakusta, 15th Overall in Division 2, PBs in 200m, 400m, 1200m (100m)

Matsqui Blades Interclub

(Abbotsford, November 12, 2016)

- Ryan Bolton, 4th Overall in Division 3, PBs in 200m, 400m and 1500m (100m)
- Sarah Chow, 4th Overall in Division 4
- Boston Mah, 6th Overall in Division 1, PB in 1500m (111.12m)
- Giang-vi Nguyen, 7th Overall in Division 3, PB in 200m (100m)
- Lan-vi Nguyen, 2nd Overall in Division 3, PB in 400m (100m)
- Nam Nguyen, 2th Overall in Division 6, PBs in 777m, and 1000m (111.12m)
- Avery Quinn, 2nd Overall in Division 2

Date	Feb 4th - Feb 5th
Event	Canadian Age Class LT Championships
Location	Victoria Park Oval Edmonton, Alberta
Date	Saturday, Feb 25 th
Host Club	Richmond Rockets And Vancouver
Event	*V-Rrooom* Challenge
Location	Richmond Olympic Oval
Date	Mar 4th - Mar 5th
Host Club	Mission Racers
Event	BC Short Track Championship
Date	Mar 4th - Mar 5th
Event	RUFast
Location	Calgary Olympic Oval
Date	Mar 18th – Mar 19th
Event	Canada West Short Track Championship
Location	Saskatoon, SK

PoCo Lightning Interclub

(Port Coquitlam, November 19, 2016)

- Ryan Bolton, 11th Overall in Division 4, PBs in 200m, 400m and 1500m (100m)
- Daniel Lakusta, 3rd Overall in Division 1, PBs in 200m, 400m and 1200m (100m)
- Aaron Liu, 13th Overall in Division 2, PBs in 100m and 200m (100m)
- Barnett Liu, 9th Overall in Division 1, PBs in 200m and 400m (100m)
- Daniel Liu, 19th Overall in Division 1, PBs in 100m, 200m and 800m (100m)
- Boston Mah, 9th Overall in Division 5, PB in 1000m (111.12m)
- Avery Quinn, 2nd Overall in Division 4, PB in 500m (111.12m)
- Lola Squarci, 10th Overall in Division 3, PBs in 400m and 1500m (100m)

Ridge Meadows Racers Interclub

(Maple Ridge, December 3, 2016)

- Ryan Bolton, 6th Overall in Division 3, PBs in 200m, 400m and 1500m (100m)
- Sue Bolton, 2nd Overall in Division 8 with Silver Medal standing, PB in 1500m (111.12m)
- Daniel Lakusta, 16th Overall in Division 5, PBs in 400m and 1200m (100m)
- Boston Mah, 6th Overall in Division 1, PB in 1000m (111.12m)
- Avery Quinn, 3rd Overall in Division 2 with Bronze Medal standing
- Heather Stewart, 7th Overall in Division 4, PB in 1500m (100m)

Christmas Potluck Party

Thank you to all those members who came out to make our Annual Christmas Potluck Party a get success to ring in the holiday season!

It was certainly a great time for the little Rockets to get to know each other off the ice while playing tag or just hanging out.

This gathering was an ideal opportunity to create new friendship with new Rocket families and rekindle old friendships with existing Rocket families.

Coaches' Corner by Head Coach Nathalie

Two weekends ago, 4 of our skaters made the trip to Fort St. John to experience Long Track speed skating (LT). On Friday, our Head Coach Nathalie with Heather, Lan-vi, Giang-vi and Nam left the warm weather of Vancouver for the winter scenery of Northern B.C. Fortunately, the 400 metre track at the Pomeroy Sports Centre is covered. This facility houses two Olympic size hockey rinks, a 360 metre running track and the Oval, which is one of four covered ovals in North America.

Saturday morning came early. Luckily, the snow and cold stayed out while they skated their first ever laps on the indoor Oval. At this early hour, the Rockets had the whole Oval for themselves. Heather was happy to return to her favourite Oval and she quickly got back to her long track training in preparation to the upcoming LT competitive season. Nam and the girls enjoyed their first experience. After their first hour, they had a break before stepping back on the ice for one more hour of skating. The Fort St. John Elks Speed Skating Club graciously invited the Rockets to join them during their training session. Nam had a chance to skate with a group of master skaters where he truly had a cardio workout; 1 lap is 400 metre and they did many laps!

Sunday, the Rockets had one more training session on the Oval. The skaters felt more comfortable, so they focused on learning the art of weight transfer, efficient push in the straightaway and how to skate corners. Heather did a 3000m race and Giang-vi raced a 1500m. Even Jacqueline, Nam's wife, strapped some speed skates on, maybe a new speed skater?

The Rockets returned home on Sunday and each skater brought back a different experience, which was the reason for the trip. For Heather, she'll be at a LT training camp in Fort St. John during the Christmas break and her LT season will begin on January 7th with a competition in Prince George. The BC LT Championship will be on January 21st & 22nd in Dawson Creek and hopefully, more Rockets will try LT.

Our Club's Vision

It is the contribution of our unwavering volunteer Coaches, Board Members and Parents that make our Club a welcoming and rich environment for our children to learn and thrive in our sport of Short Track Speed Skating! The milestones that our Club attains cannot be reached without **your support**.

We need every helping hand to make our Club the best possible environment for our children to succeed. No contribution is too small! Join in on the fun and be a building block for our Club to continue our unified vision "Building our Club for our children!"

Skating in 2017 ……

Our skating season will begin shortly after New Years Day on:

Tuesday, January 3

and

Thursday, January 5

On behalf of the Board and Coaches, we wish all of you a very happy holiday. May the New Year bring good health, prosperity and great skating!