



# RICHMOND ROCKETS



## Club News

### New Members ....

Since our December Newsletter, we welcome our newest member Minal Syed and Jordis La Rosa.

The second half of our skating season started off with a bang! The months of January and February were packed with Short and Long Track competitions at the Interclub, Provincial and National levels.

### Burnaby Haida Interclub

(Burnaby, January 7, 2017)

2017 started off with the Burnaby interclub hosted at the Bill Copeland Sports Centre. Congratulations to all our skaters who competed at the Burnaby Interclub! Well Done.

- Ryan Bolton, 13<sup>th</sup> Overall in Division 1
- Sue Bolton, 7<sup>th</sup> Overall in Division 3, PBs in 777m and 1500m (111.12m)
- Darryl Huet, 2<sup>nd</sup> Overall in Division 3, PBs in 500m, 777m, 1000m and 1500m (111.12m)
- Daniel Lakusta, 53<sup>rd</sup> Overall in Division 1, PBs in 200m and 1200m (100m)
- Aaron Liu, 12<sup>th</sup> Overall in Division 4, PBs in 100m, 200m, and 400m (100m)
- Barnett Liu, 54<sup>th</sup> Overall in Division 7, PBs in 200m, and 1200m (100m)
- Daniel Lui, 72<sup>nd</sup> Overall in Division 1, PB in 200m (100m)
- Boston Mah, 5<sup>th</sup> Overall in Division 2
- Giang-vi Nguyen, 22<sup>nd</sup> Overall in Division 1, PB in 200m (100m)
- Lan-vi Nguyen, 16<sup>th</sup> Overall in Division 1, PB in 1500m (100m)
- Nam Nguyen, 17<sup>th</sup> Overall in Division 2
- Avery Quinn, 3<sup>rd</sup> Overall in Division 1
- Lola Squarci, 31<sup>st</sup> Overall in Division 1

## Annual General Meeting And Year End Potluck

Date: Saturday, May 6th

Time: 11:00 AM – 1:00 PM

Location: South Arm Community  
Centre

8880 Williams Road  
Richmond, BC

What to bring?

A nut free food item to share with the group.

## Why Attend the AGM?

This is your opportunity to get involved with your Club.

At the AGM, the 2017-2018 Board will be elected. Board positions are:

President  
Secretary  
Treasurer  
Director  
Director  
Director

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!!

## Prince George Blizzard LT Interclub

(Prince George, January 7, 2017)

Prince George 1<sup>st</sup> stop of the Long Track, LT, circuit. Skated outdoor on the Canada Games Oval in frigid temperature of -24c. Heather competed in the T2T Mixed Gender Division, finished 9<sup>th</sup>, PB in the 300m Mass Start and Personal Best, PB, by 16 seconds in the 3000m Olympic Style.

Congratulations to Heather for being the sole representative of the Rockets at the Prince George Blizzard's Long Track, LT, interclub.

- Heather Stewart, 9<sup>th</sup> Overall in Division 4, PBs in 300 Mass Start and 3000m Olympic Style

## Western Elite Circuit #2

(Richmond, January 14-15, 2017)

The Western Elite Circuit brings the top Canadian Junior skaters Under 17 and Junior C skaters and Up who have met the time standard to compete in a three-day competition hosted at the Richmond Olympic Oval. This event drew in out of Province skaters from Alberta, Ontario, Quebec and Yukon.

Congratulations to Boston and Avery for being the Rocket representatives at this competition.

- Boston Mah, 22<sup>nd</sup> Overall in Division 2 Males, PB in 1000m (111.12m)
- Avery Quinn, 31<sup>st</sup> Overall in Division 2 Males, PB in 500m (111.12m)

## BC Long Track Championship

(Dawson Creek, January 21-22, 2017)

Dawson Creek hosted the BC Long Track Championship over a two-day outdoor competition.



Nam and Lan-vi finished 2<sup>nd</sup> in their age category and set their Long Track, LT, time standards. Giang-vi finished 7<sup>th</sup> in the T2T 13 category also setting her LT time standards. Heather finished 3<sup>rd</sup> in T2T 14 category with a PB in the 500m Olympic Style and PB in the 3000m Olympic Style by 12 seconds.

Heather and Lan-vi qualified for the Canadian Age Class LT Championship in Edmonton, Alberta.

**Rockets' BC Long Track Team** (left to right)  
Nam, Lan-vi, Heather and Giang-vi

- Giang-vi Nguyen, 7<sup>nd</sup> Overall in T2T Female 13 year old
- Lan-vi Nguyen, 2<sup>nd</sup> Overall in T2T Female 12 year old
- Nam Nguyen, 2<sup>nd</sup> Overall in Masters 50
- Heather Stewart, 3<sup>rd</sup> Overall in the T2T Female 14 year old, PBs 500m and 3000m Olympic Style

## T2T Western Circuit SPEEDtacular

(Kamloops, January 28-29, 2017)

The T2T Western Circuit SPEEDtacular brings all T2T skaters (Females ages 11 to 14 and Males ages 12 to 15) who meet the time standards in the 400m and 1500m distances to compete against other T2T skaters from BC and Alberta over a two-day competition to experience a full competition layout.

Congratulations to Avery for competing at the T2T Western Circuit SPEEDtacular.

- Avery Quinn, 8<sup>th</sup> Overall in Division 1, PB in 1500m (100m)

## Canadian Age Class Long Track Championship

(Edmonton, February 4-5, 2017)

Beautiful outdoor track in Edmonton, Alberta. Lan-vi and Heather finished 16<sup>th</sup> in their respective age category and were keeping up with the rest of the competitors who had more Long Track, LT, experience and practice than them.

Lan-vi got PBs in the 300m and 3000m Mass Start and 500m Olympic Style. Heather also got a PB in the 300m Mass Start, 500m Olympic Style and 3000m Olympic Style by 30 seconds! Both girls raced in the "Dave Thomson Memorial" 5K Race to close the two-day competition.

Congratulations to Lan-vi and Heather for representing Team BC at the Canadian Age Class LT Championship.

- Lan-vi Nguyen, 16<sup>th</sup> Overall, PBs in 300m and 3000m Mass Start and 500m Olympic Style
- Heather Stewart, PBs in the 300m Mass Start, 500m and 3000m Olympic Style



Lan-vi



Heather

## Western Elite Circuit #3

(Calgary, February 17-19, 2017)

The Calgary Olympic Oval hosted the Western Elite Circuit #3 which is also known as Winterfest. Skater participating in this three-day competition were from BC, Alberta, Manitoba, Northwest Territories, Ontario, Quebec, Saskatchewan, Yukon, United States, Japan and Colombia.

Congratulations to Boston for finishing 46<sup>th</sup> overall in his highly competitive Division with 59 male skaters.

- Boston Mah, 46<sup>nd</sup> Overall in Division 2 Males, PBs in 500m and 1500m (111.12m)

## V-Rroom Challenge III

(Richmond, February 25, 2017)



What a fantastic interclub! We welcomed 151 skaters from 14 Clubs to participate in our event. This is a 2016-2017 record for the most skaters competing at a single one-day interclub, and as well, it is the third year in a row that our Club has achieved this honour. Well done team!

Congratulations to Jimmie, Stephen, Keane and Minal for competing in his/her first short track speed skating competition and earning PBs in each distance while having fun on the ice. Our veteran skaters should also be recognized for his/her accomplishments at our interclub.

- Ryan Bolton, 15<sup>th</sup> Overall in Division 5, PBs in 400m, 1500m and 200m Pursuit
- Sue Bolton, 15<sup>th</sup> Overall in Division 2, PB in 500m (111.12m)
- Sarah Chow, 45<sup>th</sup> Overall in Division 6, PB 200m Pursuit
- Yundi Fei, 33<sup>rd</sup> Overall in Division 6, PBs in 200m, 400m, 800m and 200m Pursuit
- Jimmie Hong, 2<sup>nd</sup> Overall in Division 7, PBs in 50m, 100m, 200m and Candy Cane
- Darryl Huet, 17<sup>th</sup> Overall in Division 2, PBs in 500m and 1000m (111.12m)
- Jackie Humber, 11<sup>th</sup> Overall in Division 2, PB in 1000m (111.12m)
- Daniel Lakusta, 3<sup>rd</sup> Overall in Division 6, PBs in 200m, 400m, 1200m and 200m Pursuit
- Stephen Lim, 39<sup>th</sup> Overall in Division 6, PBs in 200m, 400m, 800m and 200m Pursuit
- Aaron Liu, 15<sup>th</sup> Overall in Division 3, PBs in 100m and 200m
- Barnett Liu, 34<sup>th</sup> Overall in Division 6, PB in 200m, 400m, 1200m

- Daniel Liu, 18<sup>th</sup> Overall in Division 6, PBs in 200m, 400m, 1200m
- Boston Mah, 5<sup>th</sup> Overall in Division 1, PB in 1500m (111.12m)
- Zubin Navsarikar, 43<sup>rd</sup> Overall in Division 6, PBs in 400m, 1200m and 200m Pursuit
- Giang-vi Nguyen, 10<sup>th</sup> Overall in Division 5, PBs in 400m and 200m Pursuit
- Lan-vi Nguyen, 3<sup>rd</sup> Overall in Division 5, PB in 400m, 1500m and 200m Pursuit
- Nam Nguyen, 1<sup>st</sup> Overall in Division 2, PB in 777m and 1000m (111.12m)
- Avery Quinn, 3<sup>rd</sup> Overall in Division 4
- Keane Robbins, 10<sup>th</sup> Overall in Division 3, PBs in 100m, 200m and 400m
- Lola Squarci, 17<sup>th</sup> Overall in Division 5, PB in 400m and 200m Pursuit
- Minal Syed, 42<sup>nd</sup> Overall in Division 6, PBs in 200m, 400m, 800m and 200m Pursuit

## BC Short Track Championship

(Abbotsford, March 4-5, 2017)

We had a record of 11 skaters qualify and compete at BCST Championship this year. We brought home a record of 8 medals. All our skaters who competed at BCST Championship earned his/her opportunity to compete at the Provincial Level competition by meeting a time standard during the season at an Interclub. The Time Standards were:

	Male	Female
Learn 2 Train, L2T (100m track)	200m (mass start) : 00:28.00 1200m : 3:00.00	200m (mass start) : 00:28.00 1200m : 3:00.00
Female 11/12, Male 12/13 (100m track)	400m : 00:50.00 1500m : 3:20.00	400m : 00:54.00 1500m : 3:30.00
Female 13/14, Male 14/15 (100m track)	400m : 00:47.00 1500m : 3:10.00	400m : 00:51.00 1500m : 3:20.00
Performance (111.12m track)	500m : 00:50.00 1500m : 2:45.00	500m : 00:55.00 1500m : 3:00.00
Competitive 4 Life, C4L (Junior, Senior and Masters) (111.12m track)	500m : 1:00.00	500m : 1:05.00

\* Data from BC Speed Skating Competitions Format Bulletin \*Revised November 2016

Congratulations to all our skaters:

- Ryan Bolton, 10<sup>th</sup> Overall in T2T Male 12 year old, PB in 1200m
- Sue Bolton, 1<sup>st</sup> Overall in C4L Female Master 45+, Gold Medal, PBs in 200m, 400m, 800m and 200m Pursuit
- Sarah Chow, 2<sup>nd</sup> Overall in L2T Female A&B, Silver Medal, PBs 200m, 400m, 1200m and 200m Pursuit
- Jackie Humber, 1<sup>st</sup> Overall in C4L Female Masters 50+, Gold Medal
- Daniel Lakusta, 5<sup>th</sup> Overall in L2T Male A, PBs 400m and 200m Pursuit



- Barnett Liu, 4<sup>th</sup> Overall in L2T Male B, Iron Medal, PBs 200m and 400m
- Boston Mah, 4<sup>th</sup> Overall in Performance Male, Iron Medal
- Giang-vi Nguyen, 10<sup>th</sup> Overall in T2T Female 13 year old, PBs 200m, 400m and 200m Pursuit
- Lan-vi Nguyen, 2<sup>nd</sup> Overall in T2T Female 12 year old, Silver Medal, PBs 200m and 1500m
- Nam Nguyen, 2<sup>nd</sup> Overall in C4L Male Masters 50+, Silver Medal, PBs 777m and 1500m (111.12m)
- Avery Quinn, 4<sup>th</sup> Overall in T2T Male 15 year old, Iron Medal, PBs in 200m, 400m and 200m Pursuit



**Rockets' BC Short Track Team** (Left to Right)

Giang-vi, Lan-vi, Sarah, Avery, Barnett, Boston, Jackie, Nam, Ryan, Daniel (Missing: Sue)

## CanWest Championship

(Saskatoon, March 18-19, 2017)

BC clinched 1<sup>st</sup> Place Overall in earning the most points at the end of the two-day competition. Rival Teams were from Alberta, Saskatchewan, Manitoba, Northwest Territories and Yukon.

Avery Quinn was our lone representative, T2T Male 15 year old skater, for Team BC at CanWest 2017 helping earn Team BC the top spot. Avery's results were:

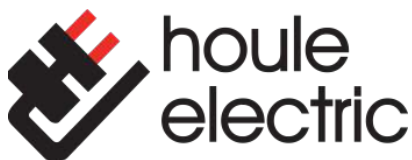
- 3<sup>rd</sup> Overall in 1500m earning a Bronze Medal
- 4<sup>th</sup> Overall in 200m Pursuit
- 4<sup>th</sup> Overall in 400m
- 5<sup>th</sup> Overall in 3000m Points

## President's Message by Don Mah

Wow, a fantastic year in review! My congrats to all of you on making this past season a great success. Given that the Club was in transition with the Richmond Olympic Oval, we had exceeded our expectations. Our membership had doubled, we had more speed skaters compete and qualified in competitions and we won more medals combined from all age groups. Once again, we had hosted the largest Provincial Interclub speed skating event with devoted club and community volunteers to support; thus many positive remarks and accolades were the result. Our sponsors supporting complimentary event t-shirts and delicious food in hospitality made it the benchmark for other events to aspire. To end this season, we welcome everyone to attend and celebrate with a yearend party, coinciding with the Annual General Meeting (AGM). In closing, I wish to say to et al, kudos, job well done...and thank you!

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## A Special "Thank You" to all our 2016-2017 Corporate Sponsors.



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