

USA Roller Sports  
2022-2023 Level 1 Clinic  
Local and Regional Outdoor Program

Dear Prospective Regional Clinic Host:

Thank you for your interest in hosting a USA Roller Sports Regional Clinic in your area. Enclosed you will find a Program Overview, Curriculum, Financial Projection, Evaluation Summary, Objectives, and other relevant information.

The current list of Certified Level 1 Clinic Leaders to choose from is as follows:

Deb Alpers - CA  
Dean Hohl - WI  
Ed Mueller - FL  
Gypsy Lucas - TX  
Jack Study - TX  
Jay Ingram III – MI  
Jeff Foster – PA  
Joe Cotter – KS  
Joe Hanna – FL  
Kelly Springer – CO  
Ken Shelton – CA  
Mike Dausi – PA  
Mike Ratliff - NC  
Patty Leazier – MD  
Renee Hildebrand – FL  
Sammy Johnson – FL  
Shawn Roberts – WI  
Tony Cabral - FL

More coaches will be added to the approved list as they become certified. More information to follow.

Please apply for your clinic by filling out the sanction application as soon as possible. Please send all Level 1 details to Brent Benson ([bbenson@usarollersports.org](mailto:bbenson@usarollersports.org)) through the main USA Roller Sports Office. The USARS Speed Committee must authorize your clinic and verify your instructors prior to the sanction and venue insurance being approved. If you need any further assistance please do not hesitate to reach out.

Gypy Lucas  
Chair Speed Committee

Kelly Springer  
Vice Chair Speed Committee

[speedcommittee@usars.net](mailto:speedcommittee@usars.net)

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**Mission:**

To establish Local and regional outdoor clinics to introduce speed skaters to training and competing on a 200 meter outdoor flat track in a controlled and safe environment. Provide skaters the opportunity to learn skills needed and to qualify based on required USOPC guidelines to compete at the US Track National Championships. Establish a process for coaches to participate under the tutelage of the Certified Clinic Leader to learn and teach the basic skills of International Racing therefore providing an avenue of progression within the outdoor program.

**Athletes:**

In order to compete at the US Track National Championships athletes must qualify. Safety is number 1 priority. Athletes will be evaluated on Skating Skills, Safety, and Times (see below). At the end of the Level 1 Camp the Head Coach will complete the required forms and submit to USA Roller Sports. Athletes will be sent their evaluations and Qualifying Certificate. Should an athlete qualify during a Level 1 Camp on a flat surface; parking lot, basketball court, 400m running track, etc., they are required to attend a 1 Hour Final Assessment on the Banked Track during the Practice Day of the US Track National Championships. This is to ensure they understand the intricacies of the bank to keep all athletes safe. Should an athlete qualify on a Banked Track the 1 Hour assessment is not required.

**Outline:**

Time Requirements: Minimum of 5 hours up to 14 hours preferably over a weekend.

Cost: \$25.00 per skater registered to Level 1 Clinic payable to USA Roller Sports

- Additional fee can be charged to cover costs of clinic; recommended MAX \$50.00 per skater

Clinic Leaders: One Head Leader approved by Speed Committee  
Additional assistant coach/leaders as approved by clinic leader  
Recommend Max 25 skaters per coach. Staff accordingly.

Site/Track: Leader to secure site and set up 200m track (layout provided)  
Provide water and access to restrooms  
First Aid and Sports Medicine available  
Sanction and Venue Insurance arranged through USARS  
Area for Off Skates training

Equipment: Pylons, Slide Boards, Tents, Chairs, and Tables if needed

Leaders Notify ALL Clubs within the Region

Responsibility: Agree to follow USARS Level 1 Curriculums provided

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Evaluate each Level 1 skater based on required times for short and long distance events and more importantly **Safety**  
 Documentation of paperwork  
 Complete Clinic Report  
 Return Report and \$25.00 fee for Level 1 Participants within 7 days

USARS  
 Responsibility: Approve Clinic Leader  
 Provide Sanction and Venue Insurance  
 Provide Clinic Report / Layout  
 Provide Level 1 Curriculum

**Projected Income and Expenses:**

The following evaluation for the hosting of a Level 1 Clinic will outline the potential income and expenses necessary for a successful clinic (based on 20 registered skaters with 10 needing level 1 certification). This is an estimation based on previous clinics held.

INCOME

Registration Fees	\$800.00
20 Skaters @ \$40.00 each	_____
Total Income:	\$800.00

EXPENSES

USARS Assessment Fee	\$250.00
10 Level 1 Skaters @ \$25.00 each	
Supplies	\$50.00
Printing / Postage / Misc. Expenses	
Venue / Rink Rental	\$150.00
Price negotiated by Clinic Leader and Venue	_____
Total Expenses:	\$450.00

POTENTIAL INCOME TO CLINIC LEADER AND STAFF \$350.00

ASSESSMENT REVENUE DUE USARS \$250.00

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**Objectives For Level 1 Clinic:**

The proposed Level 1 Local and Regional Clinic structure will address several important items and provide an income opportunity currently not realized.

1. Provides skaters a low cost introduction to banked track and International racing.
2. Level 1 Clinics may be designed for various age groups inviting non Team USA Qualifying ages to participate.
3. Increases the number of potential Level 2 clinics participants who possess the necessary speed and basic skills to participate in a more advanced clinic structure.
4. Increases the number of potential participants and revenue for the US Track and Road Championships and Team USA Trials.
5. Allows new coaches the opportunity to participate and experience the outdoor competitive program and acquire the basic knowledge for International Speed Skating.
6. Provides coaches the opportunity to learn basic banked track speed skating knowledge on the Local/Regional level.
7. Provides coaches an avenue for future consideration as a Level 2 Clinic coach.
8. Provides Level 2 Clinic Coaches the opportunity for Elite Clinic Coach consideration and Potential International Staff consideration.

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**Curriculum/Topics to be covered and evaluated:**

Anatomy of 200m Track:

Location of Start and Finish Lines  
Location of "Seams" on Colorado and Florida Tracks  
Explanation of Bank - Flat vs Parabolic

Starts:

Commands  
Sprint Races  
Distance Races  
Serpentine Start Placement and draws

Track Etiquette:

Practice  
Awareness  
Falls

Pace Lines:

Draft  
Passing Back to Front  
Line Jumping  
Multiple Packs

Finish Line:

Hawks  
Jabs  
Elimination Laps

Edging:

Double Push  
Outside Edge  
Inside Edge  
Corners

Off Skates and Plyos

Nutrition and USADA:

Booklet provided by USADA

SafeSport

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**Local / Regional Clinic Example Schedule:**

Schedules can be adjusted based on needs and location availability. Evaluated topics can be completed in one day if necessary.

**Saturday Day 1 Session 1**

7:00 – 8:00 AM Athlete Check In and Orientation  
Welcome and Intros  
Safety  
Program Overview

8:00 – 11:00 AM Dynamic Stretching Warm Up  
Balance  
Two-foot squat balance  
One-foot balance straight away  
One-foot balance corner  
Backward two-foot squat balance

Track Layout  
Location of seams  
Vocabulary for track skating  
Track Etiquette

Skating the Track  
Pace Line  
Matching steps  
Drop Backs  
Passing back to front

Starts  
Duck Walks  
Start commands  
Demo starts for short and long races  
Walk through 500m and 100m starts

Cool Down

**Saturday Day 1 Session 2**

1:00 – 4:00 PM Dynamic Stretching Warm Up

Edging  
Outside edges  
Double Push  
Corners

Pace Lines  
Multiple Lines  
Line Jumping  
Passing

Finishes  
Eagle Hawks

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Jabs  
10 Lap Timed (7 pace line – 3 open)

Saturday Day 1 Session 3

6:00 – 8:00 PM      Off Skate Exercises  
Slide Board  
Nutrition and USADA  
SafeSport

Sunday Day 2 Session 1

8:00 – 11:00 AM      Dynamic Stretch Warm Up  
Pace Line and Passing overview  
200m Races for times – Qualifying Times:  
    Tiny Tot/Primary Boys and Girls – 1.15.0  
    Juvenile Boys and Girls – 1.10.0  
    Freshman Boys and Girls – 1.07.0  
    Masters Ladies – 1.07.0  
    Masters Men – 1.05.0  
    Jr & Sr World Class Ladies – 1.02.0  
    Jr & Sr World Class Men – 1.00.0  
Distance Races for Times – Qualifying Times:  
    1000m Tiny Tot/Primary Boys and Girls – 2:20.0  
    2000m Juvenile Boys and Girls – 4:30.0  
    2000m Freshman Boys and Girls – 4:00.0  
    3000m Masters Ladies – 7:30.0  
    3000m Masters Men – 11:30.0  
    5000m Jr & Sr World Class Ladies – 12:30.0  
    5000m Jr & Sr World Class Men – 10:30.0  
100m Races  
Controlled 3-1s with Hawks  
Cool Down

Sunday Day 2 Session 2

1:00 – 4:00 PM      Dynamic Stretching Warm Up  
500m Races  
Controlled Points race  
100m  
Relays  
Cool Down  
Question and Answer session