



USSPEEDSKATING PRESS RELEASE

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USS Organizes Development Camps for Long and Short Track Skaters *Outreach provides education for parents and athletes*

KEARNS, Utah – Oct. 18, 2018. In a continuing effort to provide outreach and education programs, US Speedskating organized two development camps in October for long and short track skaters.

The USS Long Track National Team Program athletes and staff traveled to Milwaukee to conduct a junior camp at the Pettit National Ice Center. More than 40 participants took part in the 3-day event that included ice and dryland workouts, a mindset workshop with Olympic medalist Katherine Reutter-Adamak (owner of Fix Your Mindset Performance Coaching) and presentations from a sports psychologist.

Additionally, performance testing was conducted on the skaters, and their parents were invited to attend an Olympic Alumni Parent Panel featuring Debbie Bowe (mother of 2014/2018 Olympian Brittany Bowe), Athena and Butch Pearson (parents of 2002/2010 Olympian Nick Pearson), Marcia and Dave Lehman (parents of 2014/2018 Olympian Emery Lehman) and Mary and Rob Dudek (parents of 2010 Olympian Alyson Dudek).

"The development camp was awesome," said Ethan Cepuran, a member of the Junior National Long Track Team). "It's not very often all the juniors come together to train and learn together. All the speakers were awesome and I felt like I was able to take something away from each speaker."

Parents were given valuable tools to offer healthy support as their children grow their skating careers, including social media classes, a development pathway review and Speedskating Basics.

"This year's Junior Development Camp was an incredible opportunity to learn cutting edge information on motor learning, nutrition and mental skills," said USS Long Track Program Director Matt Kooreman. "More than anything it was just a ton of fun to work with so many talented athletes from around the country."

Garden State Speedskating Club, in New Jersey, was the setting for the US Speedskating Short Track Next Gen Camp, Oct. 12-14. Tianyu Fu, 2006 Olympian for China and GSS coach worked with USS Short Track Program Director Linlin Sun to make the camp a success.

More than two dozen skaters traveled to the club to take part in the camp that included technique workshops, a relay practice and dryland training. "It was a pleasure working with each of them," Sun said. "They were like sponges with all the information and input. I could see the progress in each session and focus for every detail."

"I am personally grateful that US Speedskating put this camp together, allowing me to skate under great coaches with other great skaters," said 15-year-old Katherine Liu. "It was hard work, and I'm tired, but it was worth every minute of it."

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About US Speedskating

From Pond to Podium, we are US Speedskating. We grow and nurture a sport where all ages can experience the thrill of speed and the camaraderie of the skating community. US Speedskating is responsible for the development of speed skating from grassroots to the highest elite racing programs. US Speedskating is recognized by the United States Olympic Committee and the International Skating Union as the governing body for the sport of speed skating in the United States. The Organization has won 88 Olympic medals to-date, making it one of the most successful sports in U.S. Olympic history. US Speedskating is a 501(c)3 non-profit organization. Follow us on [Twitter](#), [Instagram](#), on [Facebook](#) and at www.usspeedskating.org.