

DASH

Developing Athletes for Speedskating High Performance

<https://www.dashskating.org>

Handbook

DASH Believes that "Access Leads To Achievement!"

Our Goal is to provide a clear pathway to success in life and on the ice by teaching transformational life skills through sport.

Our mission is to:

1. Grow Speed Skating
2. Preserve & Build upon Wisconsin's Iconic Speedskating Heritage
3. Develop Champions In Their Lives and On The Ice!



Our Team



Leah Lambert

Director of Youth Development & Head Coach

Background:

- 2023 IOC/USOPC International Coaching Enhancement Program Graduate
- 5x US Speedskating Junior World Team Coach
- Junior Elite Coach for Midway Speedskating Club
- 15 Years Coaching for DC Hybrid Skating
- Level 3 USS Coach

Education

- Bachelors of Science in Kinesiology Emphasis in Biomechanics & Motor Development with Minors in Sports Management & Coaching

Dave Cruikshank

DASH President & High-Performance Coach

Background

- 4x Olympic Long Track Speedskater
- Current Power Skating Coach for the LA Kings
- Speedskating Coach for Over 20+ Years
- Coached 8 Skaters to the 2022 Olympic Trials
- USS Level 3 Coach



Michael J. Salm

Chief Operations Officer

Background

- Formerly Deputy Director of Athletics & Chief of Staff at UW-Platteville
- Co-founder of the 2016 NCAA Student-Athlete Development Program of the Year
- Director of Leadership Development & Strategic Partnerships at Rutgers University in the BIG

Education

- Bachelors of Science in Health & Human Performance with a Minor in Coaching
- Masters in Sport Law & Business from the Sandra Day O'Connor College of Law





Bonnie Blair-Cruikshank

Director of Community Engagement & Assistant Coach

Background

- 5x Olympic Gold Medalist in Long Track Speedskating
- Pettit National Ice Center Board Member
- Former Board Member for US Speedskating
- US Speedskating Level 1 Coach

Gold Medalists & Local Olympic Legends As Guides



Bonnie Blair



Joey Cheek



**Casey
FitzRandolph**



Chad Hedrick



Dan Jansen



Chris Wittty



10 Olympic Gold Medals | 12 World Championships | 9 Olympic Silver & Bronze Medals

Our Legacy

Making Ice Sports Accessible & Developing The Leaders Of Tomorrow!



- We want to get 10,000 kids to try speedskating, and we want to teach those kids invaluable life lessons that will help them be champions in their lives long after they finish their last race!
- Through intentional curricular programming designed with specific learning outcomes in mind, we will help young athletes skate faster than they ever have before and help develop them into the leaders of tomorrow.



2023-24 DASH Long Track Programs



2023 Summer Inline

Development &
Club Programs

(Ages 5-18)



GO FAST!

Have some fun and learn
how to GO FAST this summer!

Join us June - August in West Allis, WI.
9 Wednesday nights from 6-7pm



REGISTER

<https://qrco.de/Inline23>

Registration: \$50

Level 1

Development
Program

(Ages 5-13)



13-Weeks Nov.- Feb.

Perfect Entry Level &
Cross-Training Program!

Practices 1-Night/Wk 6-7pm + Select Races

Cost to Families: \$150

Includes: Pettit 20-Pack (\$262), DASH Swag
(\$50), DASH Membership (\$475)



REGISTER

<https://qrco.de/Dev23>

5-Months Oct.- March

Best Value In Youth
Speedskating In Milwaukee!

Practices Mon & Wed 5:30-7pm + Select Races

Cost to Families: \$475

Includes: Pettit Season Pass (\$960), Racing
Skinsuit (\$100), DASH Membership (\$475)



REGISTER

<https://qrco.de/Club23>

Level
2
Club
Development

(Ages 5-18)



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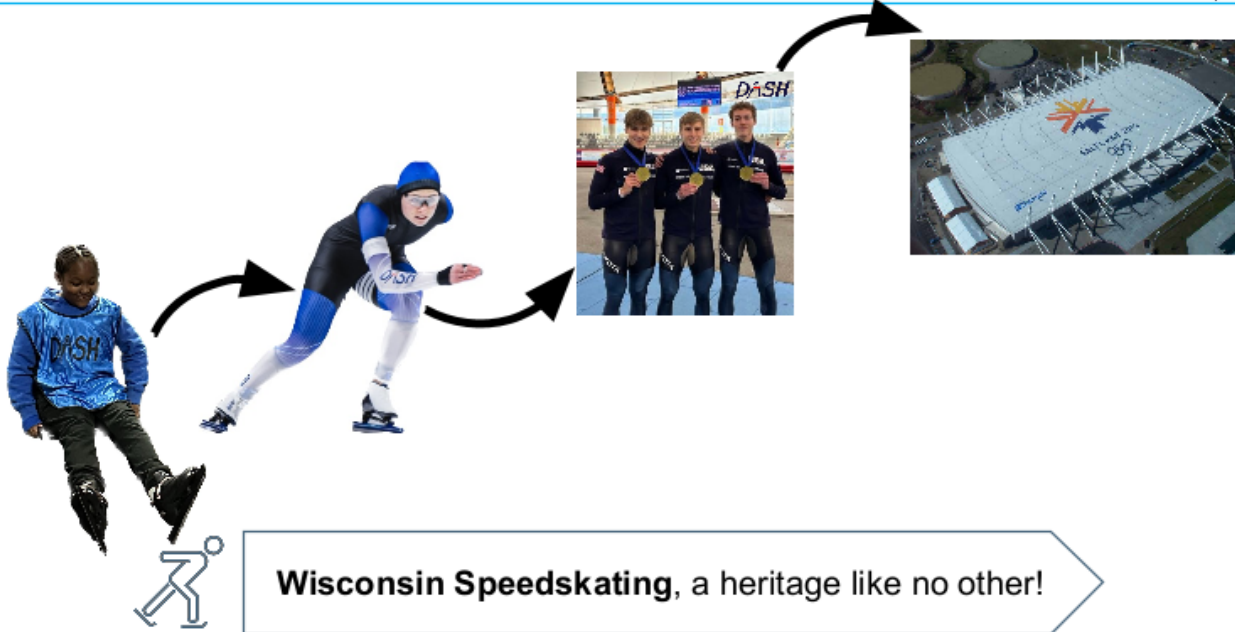
Development Registration: \$150 → Value to Our Families: \$797

Club Registration: \$475 → Value to Our Families: \$1,545

Making Ice Sports Accessible & Developing the Leaders of Tomorrow

Development on and off the Ice!

Pathway to Success: Developing Athletes for Speedskating High-performance



Wisconsin Speedskating, a heritage like no other!

<p>Level 1 Development Program (Ages 5-13)</p>	<p>Level 2 Club Development (Ages 5-18)</p>	<p>Level 3 Junior Elite (Ages 13-18)</p>	<p>Level 4 High-Performance Team (Application Only)</p>
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Development Goals:

Skating: Age Class Competitions

Values: Teamwork, Healthy Lifestyles, How to Win & Lose, Have Fun!

Athletics: Kinesthetic Awareness, more FUN!

Club Development Goals:

Life: Setting & Achieving Goals, Pre-College Prep, Time Management

Values: Leadership Development, Dedication & Commitment

Athletics: Intro to Strength & Conditioning, Video Analysis

Skating: Age Class National Championships

Junior Elite Team Goals:

Life: Career Development, Name, Image & Likeness Education

Values: Exploration of Personal Values, Who Am I?

Athletics: Full Strength & Conditioning, Sports Psychology

Skating: AmCup, CanAm, Junior Worlds, National Champs

High-Performance Goals:

Life: Media Training, Professional Development

Values: Giving Back To The Community & The Sport

Athletics: Full Strength & Conditioning, Sports Psychology, Nutrition, Recovery Tech

Skating: AmCup, CanAm, National Champs, Masters Worlds, World Cups, Olympics

Equipment & Speedskating Apparel

- Development Program
 - Speedskates
 - You can either purchase your own or we will have program rentals available for \$30
 - A helmet
 - This is required for all skaters
 - Gloves & clothing appropriate for skating practice
- Club Development Program
 - Speedskates
 - You can either purchase your own or we will have program rentals available for \$30
 - A helmet
 - This is required
 - Racing skinsuit
 - A DASH racing skinsuit will be provided to club members
- Team Store
 - DASH has a team store that can be found year round!
 - <https://www.ebay.com/str/dashskating>

DASH Funding

What is The DASH Project Inc.?

We are a 501(c)(3) non-profit organization. We received our status from the IRS Jan. 1, 2022 for the expressed purpose to (1) Grow Speedskating; (2) Preserve & Build Upon Wisconsin's Iconic Speedskating Heritage; & (3) Develop Champions In Their Lives & On The Ice!

IRS Tax EIN: 88-0800745

Address: 500 S. 84th St., Milwaukee, WI 53214

We are primarily funded through philanthropic contributions and corporate partnerships.

Parent/Guardian Guide

How Can I be the best speed skating parent/guardian?

We appreciate every parent's /guardian's support and their wish to be involved in their child's sport. A perfect time to show this support is during a race or on the drive to and from practice. Unconditional love, total support, compassion, unwavering belief in them as human beings. It is you parents who help develop values and virtues. During practice, please let our coaches & staff lead the way. All of DASHSpeedskating Clubs coaches are US Speedskating licensed coaches with decades of experience in the sport of speed skating at the highest levels.

Parent/Guardian Requirements:

Skaters should be prepared to begin practice at the scheduled time, so please do your best to make sure you arrive early enough for them to get ready.

Racing:

There will be many racing opportunities throughout the season. During these race days the DASH staff is very busy coaching and running the competition. DASH athletes need to be able to follow the racing schedule and get themselves ready for each of their races. We recommend that any athlete under 13 years of age, or any athlete who cannot tie their own skates, has a parent/guardian with them the entire race day to assist with equipment, getting on and off the ice, etc. Parents/Guardians who do not need to help their child should enjoy the time trials or volunteer in one of the many roles that enable us to put on these events, stepping away to watch when your child is about to race!

Athlete Pick-Up:

It is very important that the parent/guardian is there to pick up their child on time at the completion of practice. The DASH program staff cannot be responsible after practice is over. If there are any transportation emergencies, please contact your coach in a timely manner. Please respect your coach's time.

FAQ's

1. What is the right amount of training for my child? Each of DASH Speed Skating Club's development programs are designed to address the needs of the athletes of all levels. If parents have questions about the training volumes, intensities, or modalities, please communicate with our staff.

2. Do speed skaters need a special diet? There is no need for our athletes to have any special diet unless prescribed by a nutrition professional or a physician. With that being said, there are some simple rules that any healthy person, especially an athlete, should follow: MORE: complex carbohydrates, lean proteins, water, fresh juices, fruit, nuts and vegetables. LESS: take-out Food, saturated fats and oils, processed and pre-packaged foods, simple carbohydrates, soda and sugary drinks. Simple Rule: You get out of your body what you put into it (Junk in= Junk out)

3. School, Skating, Social Life...what is the right balance for my child? Your child is not a speed skater.... they are a child first, who happens to speed skate. They are also, a sibling, son/daughter, student, involved in other activities, plays other sports...they are a young person who has the potential to be anything they choose to be. Kids are drawn to things they enjoy. If it is a positive atmosphere, they are social with their teammates, and they are having fun, they will have success.

4. What sort of results should I expect at the meets? You should expect to see: • Your child enjoying skating with his/her friends • Your child learning to love the challenge and enjoying competition • Your child demonstrating all that they have learned in terms of technique, training, and race approach • Your child showing self-responsibility in personal management; equipment, race day schedule, preparedness • Your child showing a sense of "team" by cheering and supporting other members of DASH

Volunteer Opportunities

As the season approaches we will inform all club families of volunteer opportunities.

We will also be distributing an expanded club handbook.

Welcome to the DASH Family!

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Making Ice Sports Accessible & Developing The Leaders Of Tomorrow!

