

# Chamonix Shorttrack 2010

Bulletin nr 1

Saturday 31 July 2010



## Welcome in Chamonix for the 29th edition of the Trophee Leon Quaglia

From the 1st until the 7th of August 2010 the Club de Sport de Chamonix is organizing, for the 29th time in succession, the summer camp and Trophee Quaglia for shorttrack-speedskating. More than 130 skaters from all over Europe will be present at the foot of the Mont Blanc. The whole week will be filled with a lot of skating on ice, running and mountainbike-activities. Also more leisure activities are not forgotten. During the week there will also be a possibility for Rafting and Helicopter-flights over the Mont Blanc.

The traditional check-in will take place on Saturday at 18.00 hrs in the restaurant of the ice-rink. Here all teamleaders have to check if all entry-information has been received in good order and the entry has to be made for the extra activities.

After the check-in the official opening will take place, also in the res-

taurant of the ice-rink. After that we all go together to the grassfield behind the swimming-pool where the traditional welcome-barbeque will take place. All skaters and coaches who entered for the Trophee Quaglia are invited for the barbeque. And if something is left over after the skaters have eaten, also parents are invited.

### Information-bulletins

Daily bulletins will be published with information about the activities that will take place. These bulletins will be published every day at the ice rink and at Camping Les Marmottes. If you are at another Campingplace or accommodation please ask us for a bulletin.

### **Yves Deleglise in hospital**

Unfortunately the organizer of the Trophée Leon Quaglia, Yves Deleglise, had to go to hospital last week. Although he is a little bit better now it looks that he cannot attend all the activities this week. From his bed he is busy with organizing this week's events and he hopes that everybody will have a good week in Chamonix. He wishes all skaters good luck and hopes to see you all soon again.



### **Meals at ice rink-restaurant**

Also this year it will be possible for skaters and supporters starting from Thursday to eat in the restaurant of the Ice rink. Mister "Jump", the owner of the restaurant, is working for us and serving meals for a special price. The Pasta-party is available for 8.00 euro. Information about the menu and other possibilities will be given later this week in this bulletin. Also groups can eat in restaurant, but they have to make an reservation.

### **Running & Mountainbike**

On Monday we will have the traditional Uphill running competition and on Wednesday the Mountainbike-competition. Parents and friends of skaters are also allowed to compete. We also need volunteers to help with the waterstations. If you want to help us, please put your name on the list or inform Piet Broekhuizen or Yves Deleglise about this. More information will follow in the daily bulletins.

### **Rafting, Helicopter and Fantasticable**

If skaters/supporters are interested we will look at the possibility to go out for Rafting, Helicopter-flight and Highspeed "abseilen" with Fantasticable. If we have a big group it will be much more fun and much more cheaper. If you are interested, put your name on the list and we will inform you about the prices and possibilities. For the rafting good swimming-capacity is necessary. The cost depends on the number of

### **Rules for the training sessions on ice**

The schedule for the training-sessions will be published in the icerink and handed out at the training-sessions. It can be possible that some of the skaters are not yet in the right place in the schedule. If a change is necessary, please do not go by yourself to an other training-session but contact Yves Deleglise or Piet Broekhuizen about this. Please pay attention to the following:

- it is not allowed to take bikes in the icerink
- skaters must use the dressing-rooms and not change in the icerink on the seats.
- all trainers must take care of the safety on the ice
- all skaters have to wear helmets, gloves and knee-pads
- after the morning training-sessions mattresses must be taken of the ice
- first group of evening-training-session must put the mattresses on the ice
- after the evening training-sessions mattresses can stay on the ice
- on Wednesday-evening the mattresses must be taken of the ice



### **The Weather-forecast by Yves Deleglise**

On this place Yves Deleglise will inform you every day about the weather in Chamonix. Although he knows a lot about the weather in the mountains, he will not give a guarantee on this. For Sunday the weather will be warm with a lot of sun. On Monday bad weather is expected with rain and snow in the mountain, but this is not yet certain. If necessary the running-competition will be moved with one day. The rest of the week the weather will be better. Please be careful when you go in the sun.



# Chamonix Shorttrack 2010

Bulletin nr 2

Sunday 1 August 2010



## Skaters meet at welcome-dinner for Trophée Quaglia

. The summer camp for the 29th edition of the Trophée Quaglia has started with the official check-in in the restaurant of the Ice rink. More then 130 skaters from over 30 clubs out of 6 countries have entered for this years edition what is a big increase of skaters according to last year. After the check-in the traditional barbecue was held on the field behind the swimming-pool, Many skaters as well as parents and supporters were present and had a nice evening at the start of a week full with running, skating and cycling. The volunteers from the Short track Club of Chamonix did a great job in doing all the work as if they were chef-cuisinier themselves

### Yves DeLeglise in hospital

Today we visited Yves DeLeglise in the hospital of Sal-lanche. Yves has been the organizer of the Trophée Quaglia for many years. He did all the preparations for the training-camp of this week in Chamonix but now it has started he can not be with us. He misses all of us very much. From his hospital-bed he tries to arrange all kinds of things and is solving the "little problems behind the curtain". If everything goes well the doctors will allow him to visit us later this week for a few hours. Skaters who want to send him a get-well message can get the address from Piet Broekhuizen.



### Free entrance in swimming pool for skaters

All competitors for the Trophée Quaglia has received with the check-in a special entry-card for the swimming-pool. This card gives two times a free entry for the completely renovated swimming-pool of Chamonix which is situated very close to the lcerink of Chamonix.

## Uphill-running competition not on Monday!!

Due to the fact that the weather-forecast for Monday is very bad with rain and snow in the mountains, the Uphill running competition to Plan-Praz, which is planned to be held on Monday-afternoon will be post-poned to Tuesday afternoon.

### Start and Finish

The start will be just behind the parking-place of the cable-car station of Plan-Praz in Chamonix. The Finish is on the top of the mountain at the cable car-station at Plan-Praz.

### Time-schedule

- 12.30 volunteers for water-stations assemble at Ice rink!
- 13.15 competitors assemble at parking of Cable-car
- 14.00 start of competition.
- 15.45 end of competition

### Race-numbers

Competitors will get a race-number at the start. After the competition runners can return downhill by cable-car without payment on showing the race-number. At the downhill station of the cable-car the race-numbers must be returned to the representative of the organisation.

### Awards

For the best juniors and seniors awards will be available. The prizes will be awarded on Thursday-evening at 21.15 hours in the restaurant of the Ice rink.

### Volunteers water stations

We need some more volunteers for the water stations. Volunteers must be at 12.30 hr at the parking of the cable-car of La Flégère. If you want to help and are not yet on the list; please inform Agnes Deleglise or Piet Broekhuizen.



### Meals at ice rink-restaurant

Starting from Wednesday it will be possible again for skaters and supporters to eat in the restaurant of the Ice rink in the afternoon and in the evening. Mister "Jump", the owner of the restaurant is serving meals for a special price. Every day the Pasta-party is open for 7,50 euro per person. The Dish of the Day will cost 8,50 euro and you can get a full menu for 12,00 euro. Reservation is not necessary but if you will come with a group it would be better to inform Mister Jump the day before.

### Mountainbike

The mountainbike competition will take place on Wednesday. If you want to compete and are not yet on the list it is still possible. Parents and friends are also allowed to compete. The award-ceremony for the running- and mountainbike competition will be on Thursday-evening 21.15 hr in the restaurant of the Icerink.

### Rafting

If you did not yet enter for the rafting, later this week; it is still possible. The more people will go the cheaper it will be. So please inform us who is interested to go out for rafting. We will inform you when we know the price and the possible day and time to go for the rafting.

### Para-Jumping

Para-jumping in Chamonix will be possible this week for a special price of 80,00 per person. If you are not yet on the list for this and want to go, then please inform us as soon as possible. We will then give you the time and day when you can go for Para-Jumping.



### The Weather-forecast by Yves Deleglise

The weather for Monday in Chamonix will be bad. At an altitude of 2000 meters snow and rain is expected. That means that also at the lower levels in the mountains it will be rainy. So be carefull if you want to go out in the mountains on Monday! The temperature will not be too cold. For the rest of the week the weather looks to be better. In the Icerink it will be cold and you need warm clothes. In the hospital of Sallanche it is also warm, but for me I would prefer to be with you in the cold Icerink of Chamonix.



# Chamonix Shorttrack 2010

Bulletin nr 3

Monday 2 August 2010



## Training-sessions on full speed

With almost 140 skaters in Chamonix for the Trophée Quaglia the training-camp and competition has grown for the third year on row again. On the ice we now have every day 5 training-sessions in the morning and 5 in the evening, what gives a good balance in the program. On the picture above you get an impression of one of the training-groups on the ice with their coach Theo Morssink. If you look around in nature outside the ice rink you have the possibility, if you are lucky, to see a squarrel as on the picture below. Don't mix the pictures up. Theo Morssink is on the picture above and not on the little picture below!



### Mountainbike

The mountainbike competition will take place on Wednesday. If you want to compete and are not yet on the list it is still possible. Parents and friends are also allowed to compete. The award-ceremony for the running- and mountainbike competition will be on Thursday-evening 21.15 hr in the restaurant of the Icerink.

### Free entrance-ticket for the swimmingpool

Every skater who entered for the Trophée Quaglia will receive a free entrance-ticket for the swimming-pool for two visits. The ticket can be collected by the coach or team-leader at the competition-office in the Ice-rink on Monday-evening or Tuesday-morning during the training-sessions.

# Uphill Running-competition to Plan-Praz

The Uphill-running competition to Plan-Praz will take place on Tuesday. All skaters and supporters and/or family can enter for this competition. There is no entrance-fee. For the best runners in every category awards will be available. Also this Running-competition will count for the overall-classification of the three events of the Trophée Quaglia: Uphill-running to Plan-Praz, Mountain bike-competition and the shorttrack-competition. The competition starts at the cablecar base-station at an altitude of 1000 meters and will finish at the endstation of the cablecar at Plan-Praz at an altitude of about 2000 meters. The length of the course is about 9 kilometres.

## Start

The start will be at the small road left of the downhill-station of the cable-car which goes to Plan-Praz.

## Race-numbers

Competitors will get a race-number at the start. After the competition runners can return downhill by cable-car without payment on showing the race-number. At the downhill station of the cable-car the race-numbers must be returned to the representative of the organisation.

## Awards

For the best juniors and seniors awards will be available. The prizes will be awarded on Thursday-evening at 21.15 hours in the restaurant of the Ice rink.

## Volunteers to help at the waterstations

We still need some volunteers for the water stations. If you want to help please inform Piet Broekhuizen. Volunteers will be brought up the mountain by a Quad (motorbike). Volunteers must be at the start at 12.30 to be brought up the mountain by motorbike.

### Time-schedule Uphill Running-competition to Plan-Praz

12.30	volunteers for water-stations assemble at the start location
13.30	competitors assemble at start-location for receiving race-numbers
14.00	start of competition
15.45	end of competition

## Attention to all

In the mountains the weather can change very quickly. Don't forget to bring warm clothes if the weather looks like making this necessary. If you have no coach or family around you can ask the organisation to take your bag up to the top of the mountain.

## Rafting

The rafting will take place on Thursday at 13.30 hr starting in Sallanche. The special price is 25,00 euro per person. Everybody who wants to go has to confirm to us that he goes before Tuesday 11.00 hr. This can be done in the morning at the Icerink in the competition-office. If you did not yet enter for the rafting, it is still possible for some extra

## Para-Jumping

Para-jumping in Chamonix will be possible this week for a special price of 80,00 per person. If the weather is fine this can be done on Wednesday or Thursday-morning. If you are on the list you have to confirm this in the competition-office on Tuesday before 17.00 hr. After this we will make the reservation for you and will inform you about the day and time. If you are not yet on the list it still is possible to go but then you have to inform us as quick as



## The Weather-forecast by Yves Deleglise

 The weather for Tuesday in Chamonix will not be so bad as on  Monday. In the morning it will be cloudy and perhaps a little bit of  rain. Later the day it will be better although cloudy the sun will be  back now and then. The temperature will be between 15 and 20  degrees Celcius. For the rest of the week the weather will become  step by step better. The Ice rink was almost changed in a swim-  mingpool after the rain of yesterday, but that has also been solved  now. I wish you all a good Running-competition.



# Chamonix Shorttrack 2010

Bulletin nr 4

Tuesday 3 August 2010



## Uphill running to Plan Praz on new course

The uphill running competition to Plan Praz was held on a new course. The start was at an altitude of 1000 meters and the finish was at 2000 meters. In total the length of the track was 7 km. From the start Gerard Williams (GBR) took the lead and Tjarlie Jasperse (NED) was in 2nd position. Step by step Martin Slootweg (NED) came closer and closer and about half-way course he took over the lead. In an effective way with a small step he made it to the finish in a time of 49.21 and became 1st. The 2nd place was for Itzak de Laat (NED) in a time of 49.34 and 3rd was Paul-Yme Brunsmann (NED) in 50.45.

First women at the finish was Dagmar Kooistra (NED) in 1.07.30. Best Junior-C was Leo Demolinis (FRA) 1.01.57 and Roza Kooistra (NED) 1.03.07. Best Peewee was Ethan Tracy (GBR) 1.04.53 and Tanith Turner (GBR) 1.29.51. Best Lady-Master was Alison Gilkes (GBR) 1.05.01. The awards will be presented on Thursday-evening at 21.15 hr in the restaurant of the Ice rink.

### Rafting

The rafting will take place on Thursday afternoon in Sallanche. In total 19 persons have entered for the rafting. Competitors have to be ready at the start-location in Sallanche at 13.15 hr. The address is:

Ecole de sports d'eau vive  
Chemin des peupliers 1871

74190 Passy

If you need more information about the address we have a routing available in the competition-office at the Ice rink. The special price is

### Para-Jumping

Information about Para-jumping will be available on Wednesday in the competition-office at the Ice rink. The costs are 80,00 per person.

# Information Mountain bike-competition

- Date: Wednesday 4 August 2010
- Start-location: grass-field behind the swimming pool
- Finish-location: peewee's: same as start  
Juniors: same as start  
Ladies: same as start  
Men: finish in the mountains near Argentiere
- Race-numbers: will be handed out at start-location. Riders who stop have to bring back their race-number immediately to the finish. If you stop, please do not go away before informing the Organizing committee about this!
- Helmets: during the competition all riders have to wear a helmet
- Responsibility: competitors take part for own risk / responsibility
- Late-entry: entry for the mountain bike-competition can be done until 15 minutes before the start of every category
- Entry-fee: there is no entry-fee for the mountain bike-competition
- Parents: Parents or family of skaters and coaches are also allowed to take part in the mountain bike-competition free of charge.
- Awards: for every category there will be awards
- Overall-class: the mountain bike-competition will also count for the overall-classification over 3 events together with the Uphill-running competition and the short-track-competition.
- Award-ceremony: awards will be handed out at the price-giving on Thursday-evening at 21.15 hr in the restaurant of the Ice rink.
- Volunteers: **in total we need 20 volunteers with 6 cars. Until Tuesday 6 persons with 2 cars are on the list; so we need some more volunteers to help. Volunteers without a car (for places in the woods or on the mountain) will be brought by car or motorbike to their stations and will be taken back also by car or motorbike.**
- Time-schedule:
- |       |   |
|-------|---|
| 13.00 | volunteers assemble at start                                  |
| 13.30 | handing out of start-numbers                                  |
| 14.00 | start of peewees  |
| 14.30 | start of juniors C/B and Ladies (after peewees have finished) |
| 15.00 | start of seniors (after juniors have finished)                |
| 16.00 | end of competition  |

After the competition please return all the equipment to the ice rink.



## **The Weather-forecast by Yves Deleglise**

 The weather for Wednesday in Chamonix will be good. The whole day it will be sunny with sometimes a little bit cloudy, but not so much. The temperature in the shadow will be around 12 degrees but in the sun it can be 25 degrees Celcius. For the rest of the week it looks like it will be more cloudy and for Thursday rain is expected. For the mountainbike-competition the weather looks perfect, and if it is not too warm during the Friday and Saturday we will have a lot of public in the Ice Rink for the competition.



# Chamonix Shorttrack 2010

Bulletin nr 5

Wednesday 4 August 2010



## Ivar Fama fastest with mountainbike competition

Almost seventy riders came at the start for the traditional mountain bike-competition. In the Peewee-category Jasper Brunsmann (NED) was the fastest in 10.51. Fastest Peewee-girl was Tanith Turner (GBR) in 14.43. In the category Junior-C/B over a thirty riders came at the start. Bram van Schie (NED) was the fastest boy-B in a time of 11.45. Hanne Zmierczak (BEL) won with the girls-B in 14.18. Sara Rog (NED) won in the girls-C-category in 14.19 and Ward Petre (BEL) in the boys-C category in 14.50.64. Fastest Lady-senior was Dagmar Kooistra (NED) in 14.20 and fastest Lady-master was Alison Gilkes (GBR) in 15.13.

For the Mens-competition 17 riders came at the start. Ivar Fama (NED) won the competition in 20.24 and Pat van Roelen (BEL) became 2nd in 20.49. The fastest Master was from Italy. Gaudio Bruzzo won the competition in his category in a time of 24.25.

### Information for Coaches about new ISU-regulations

At the last ISU-congress a number of important changes has been decided upon for the regulations of Short Track Speed-skating. In order to inform the coaches about this, a special clinic will be held for coaches on Thursday August 5 from 16.00-17.00 hr. This clinic will take place in the conference-room of the Club de Sports of Chamonix, next door to the Ice rink. Only coaches are allowed to visit this meeting. The clinic will be in the English language.

## Information Trophee Quaglia

The shorttrack-competition for the Trophee Leon Quaglia will take place on Friday 6 August and Saturday 7 August 2010.

### Time-schedule

.Friday:	?	warming-up
	13.00	start of competition
	?	End of competition
Saturday	?	Warming-up
	?	start of competition
	23.00	End of competition
		Closing-dinner in restaurant Ice rink

The detailed time-schedule will be available on Thursday-evening. Above times are not yet official.

### Licence

All competitors must have a licence of their national association being permitted to compete in shorttrack-competitions.

### Responsibility

competitors take part for own risk / responsibility

### Late entry

Skaters who did not yet enter for the competition have to do this as soon as possible at the office in the Ice rink.

### Payment

Payment for entry must be done with Sandra Deleglise.

### Closing dinner

After the competition on Saturday-evening there will be a closing dinner with traditional French Raclette. For the skaters it is free entry. Parents and supporters can buy a ticket for this with Sandra Deleglise.

### Race-numbers

Race-numbers and complete time-schedule will be handed out per club on Friday-morning starting at 10.00 hr in the competi-

### Rafting

The rafting will take place on Thursday afternoon in Sallanche. Competitors have to be ready at the start-location in Sallanche at 13.15 hr. The address is: Ecole de sports d'eau vive, Chemin des peupliers 1871, 74190 Passy.

### Para-Jumping

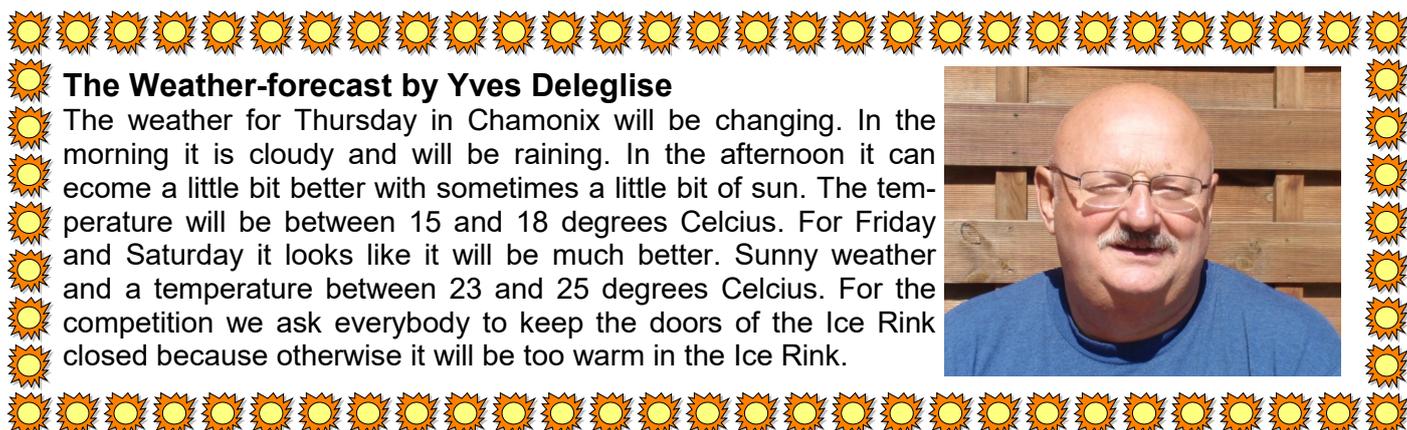
People who have entered for the Para-Jumping will get there information about day and time personally by phone, if we have the mobile-number. If we don't phone you and you are on the list, then please inform about this in the competition-office at the Ice Rink.

### Award-ceremony Uphill Running- and Mountainbike competition

The award-presentation for the Uphill running competition to Plan Praz, held on Tuesday, and the Mountainbike competition, held on Wednesday, will take place on Thursday-evening at 21.15 hr in the restaurant of the Ice rink. All skaters and supporters are welcome to be here for a nice evening together.

### Yves DeLeglise

Although he is still in hospital, Yves Deleglise is arranging all kinds of things for the Trophee Quaglia. He made the schedule for the Mountainbike-competition and by telephone he informed everybody what to do. Luckily he has a good team of volunteers around him to do all the necessary work. Also his colleagues from the city of Chamonix are helping; for instance with the jeeps and motorbikes for the Running and Cycling.. If everything goes well Yves will be allowed out of hospital for Friday and Saturday to visit us at the Ice rink. We wish him all the best and hope he will recover soon and be back in Shorttrack



### The Weather-forecast by Yves Deleglise

The weather for Thursday in Chamonix will be changing. In the morning it is cloudy and will be raining. In the afternoon it can become a little bit better with sometimes a little bit of sun. The temperature will be between 15 and 18 degrees Celcius. For Friday and Saturday it looks like it will be much better. Sunny weather and a temperature between 23 and 25 degrees Celcius. For the competition we ask everybody to keep the doors of the Ice Rink closed because otherwise it will be too warm in the Ice Rink.



# Chamonix Shorttrack 2010

Bulletin nr 6

Thursday 5 August 2010



## Chamonix in pictures

A week of running, cycling and shorttrack in Chamonix is not only heavy to do for the skaters. It also gives a lot of beautiful images of all these activities. Some of the pictures will be published on the website [shorttrackonline.com](http://shorttrackonline.com). We would like to thank our photographer Peter-Paul Verbeek for making all these images for us.

## Competition-time for the Trophée Leon Quaglia

Friday: 13.30-19.30 hr  
Saturday: 11.15-15.00 hr  
20.00-22.34 hr

## Trophée Quaglia on internet

The time-schedule for the Trophée Quaglia has been published already on internet. The results of the competition will also be live on internet:

[www.shorttrackonline.info](http://www.shorttrackonline.info)

## Return race-numbers

The following race-numbers, which have been used for the Uphill-running-competition and the mountainbike-competition have not yet been returned. Please bring them back in the competition-office in the Ice rink.

4	Jasper Brunsmann
15	Manon de Boer
16	Roza Kooystra
61	Ethan Tracey
64	Nial Treacy
9	Michel Maynard

## Time-schedule Trophee Quaglia

### Friday 6 August 2010

11.30	warming-up Peewees/novices
11.45	warming-up Junior-C
12.00	resurface of the ice
12.15	warming-up Junior-B
12.30	warming-up Junior-A/Senior
12.45	resurface of the ice
13.00	warming-up Masters
13.15	resurface of the ice
13.30	start of competition
19.24	end of competition

### Saturday 7 August 2010

09.00	warming-up Peewees/novices
09.15	warming-up Junior-C
09.30	resurface of the ice
09.45	warming-up Junior-B
10.00	warming-up Junior-A/Senior
10.15	resurface of the ice
10.30	warming-up Masters
10.45	resurface of the ice
11.00	start of competition
15.00	end of competition-block-1
18.25	warming-up Peewees/novices
18.35	warming-up Junior-C
18.45	resurface of the ice
19.00	warming-up Junior-B
19.10	warming-up Junior-A/Senior
19.20	resurface of the ice
19.35	warming-up Masters
19.45	resurface of the ice
20.00	start of competition-block-2
22.34	end of competition-block-2

### **Closing dinner**

After the competition on Saturday-evening there will be a closing dinner with traditional French Raclette. For the skaters it is free entry. Parents and supporters can buy a ticket for this with Sandra Deleglise.

## Para Jumping

Para-Jumping will be on Friday-morning. The following schedule will be used:

08.00	3 persons
09.00	6 persons
11.00	3 persons
12.00	3 persons

People who have entered must divide the starting times themselves. The place to assemble is next to the small café at the opposite of the Cable-car station to Plan Praz. The costs are 80,00 euro per person.

## Lost & Found

After the running- and cycling-competition and also after the training sessions in the Ice rink we have found all kinds of clothes and equipment. If you have lost something, please come to our office at the Ice rink to see if something belongs to you.

## Entry-fee

People who did not yet pay the entry-fee for the Trophee Quaglia have to do this in the competition-office at the Ice rink, before the competition starts. Payment must be done with Sandra Deleglise or Agnes Deleglise. Skaters who only were training this week and do not do the competition also have to pay the fee.



### **The Weather-forecast by Yves Deleglise**

On Friday the weather will be better than Thursday. In the morning it still will be cloudy, but during the day it becomes better and better. In the afternoon the sky will be blue and the temperature will start in the morning around 7 degrees Celcius and will end in the afternoon around 20 degrees Celcius. Saturday will be a beautiful day; a little cold in the morning but during the day it becomes sunny and warm. In the Ice rink the weather will be fine. I hope that to see you all for the competition.

