

DISCOVER YOUR GOLD: SHORT TRACK SPEED SKATING

What is Short Track Speed Skating?

Short Track Speed Skating is a fast paced and adrenaline fuelled Winter Olympic sport. Athletes balance on 1 mm thick blades and skate at speeds up to 50 km/h. Athletes have to be powerful, have great reaction times and have precision as they lean over to 30 degrees off the ice.

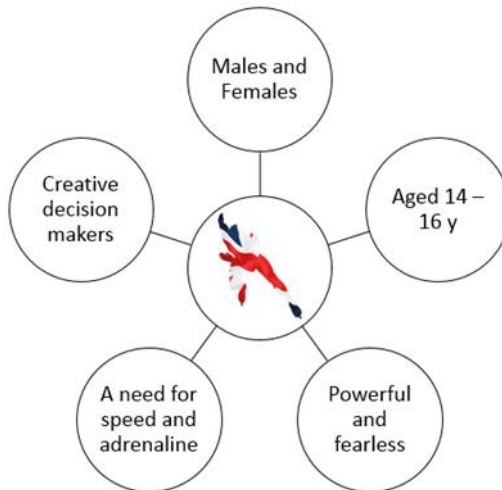
To make the sport even more exciting, athletes race against each other on the ice with the first across the line to win. Athletes have to be strong enough to hold their place in the pack and have the tactical mind to execute overtaking, otherwise you risk being left behind!

Races are 500 m, 1000m and 1500 m as well as a relay event (5000 m for men and 3000 m for women).

Click the link below to see Team GB coach Nicky Gooch explaining the sport some more:
<https://www.youtube.com/watch?v=cVtY-M4LbS8>

Who are we looking for?

Maybe you are a 400m or 800m track athlete or a team sport player - short track speed skating suits powerful athletes who have the endurance to race for up to 2 minutes. You don't need to have any skating experience – you don't even have to have put on a pair of skates before you sign-up. Most of all, you will require a need for speed and a love for adrenaline filled sports. The key sign up criteria are:



What if I am younger or older than what you are looking for?

Short Track Speed Skating is a great sport with many different ages competing nationally. While this campaign is only looking for athletes for the Junior National Academy, clubs around the country are open to any ages and skating abilities. If you would like to understand more about the sport of Short Track, have a skate for fun, fitness or performance and even join a club, then register your details on the GB Short Track website and you will be sign posted to the correct place or person.

www.gbshorttrack.org.uk

Athlete stories ...

Below are some Short Track Speed Skating athletes ...

Elise's story ...



Name: Elise Christie

Age: 27

Hometown: Edinburgh, Scotland

Other Sport Experience: Figure Skating

Career Highlights: World record holder at 500 m and 2017 World Champion in 1000 m, 1500m and Overall

Twitter: @Elise_Christie

Charlotte's story ...



Name: Charlotte Gilmartin

Age: 27

Hometown: Redditch, Worcestershire

Other Sport Experience: Roller Hockey

Career Highlights: 2016 European Champion – 3000 m

Twitter: @cpgilmartin

Farrell's story ...



Name: Farrell Treacy

Age: 22

Hometown: Henley-In-Arden, Worcestershire

Other Sport Experience: Tennis

Career Highlights: Qualification for PyeongChang 2018

Twitter: @FarrellTreacy

Jon's story ...



Name: Jon Eley

Age: 33 (retired at 29)

Hometown: Sollihull, Birmingham

Other Sport Experience: Ice Hockey

Career Highlights: 3 x Olympian and World Record Holder in 5000m relay

Twitter: @Jonnyboy77