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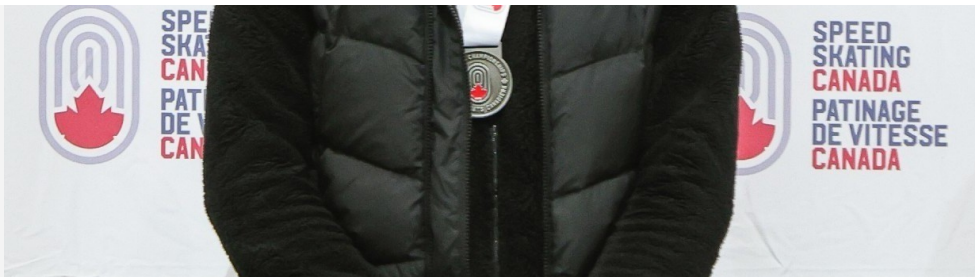
# Congratulations Sofia!

[See all upcoming events](#)

[See all →](#)

## Sofia Bieber is your 2023 Canadian Junior Champion





Sofia is one of 10 skaters headed to the ISU World Junior Championships in Germany next month.

Sofia skated to victory with four top-5 results, most notably gold in the 500m and 1000m, and silver in the 1500m. Congratulations Sofia! Make sure to mark February 10-12 in your calendar so you can watch the Junior Championships and cheer for Sofia.

## A busy weekend for our community

Get ready for a busy weekend! [Long Track Provincials](#) take place this Saturday and Sunday at the Oval. This competition selects athletes for the Canadian Youth Long Track Championships.

And on Sunday after the Provincials wrap up, it's time for [Skate the Oval 2023](#). Sharpen your skates and we'll see you on January 15 at the Susan Auch Oval. Drop in anytime from 3:00 - 6:00 PM. The weather is looking like it will be perfect!



# Volunteer at Canada Cup 3

We're looking for volunteers at Canada Cup 3 on January 27, 28 and 29 at the Susan Auch Oval. Athlete registration is also open, so make sure to register!

[Volunteer Registration](#)

[Athlete Registration](#)

## Featured Athletes



**FEATURED ATHLETE**  
**MIA TÉTRAUULT**



**WHAT WOULD YOU TELL A BEGINNER SPEED SKATER?**  
Get low and turn left!

**BEST ADVICE YOU'VE HEARD?**  
Trust in your training.

**LONG TRACK OR SHORT TRACK?**  
Short track



**FEATURED ATHLETE**  
**WILLIAM CHENG**



**WHAT ARE YOUR STRENGTHS?**  
Good core, cardiovascular endurance

**BEST ADVICE YOU'VE HEARD?**  
Relax yourself, don't be too tensed up

**LONG TRACK OR SHORT TRACK?**  
Long track

## Need to Know

### **Our Special Olympics program is up and running again!**

Winnipeg Speed Skating Club has taken over the Sargent Park Racers and the Special Olympic program.

### **Check Oval Hours & Closures**

We update our website if the Oval is closed due to weather or maintenance.

### **We now offer school programs!**

Now more kids can enjoy the euphoria of speed skating. [Learn more on our website.](#)

### **We announced the teams for the Canada Winter Games**

[See the teams](#) on our website.

## RBC Training Ground funds your Olympic dreams



Big news! Speed Skating Canada has announced that short and long track athletes are now eligible for RBC Training Ground.

RBC Training Ground is a talent identification and athlete funding program designed to find young athletes with Olympic potential and provide them with resources to achieve their podium dreams.

[Learn More](#)

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## Upcoming Events

## **Long Track Provincials**

January 14 & 15, 2023

[Learn More](#)

## **Canada Cup 3**

January 27, 28 & 29, 2023

[Learn More](#)

## **Canada Winter Games**

February 18 - March 5, 2023

[Learn More](#)

[See All Events](#)



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