

Winnipeg Central Speed Skating Club

Club Group Levels

Group 1 (LTS)

- **Learn to Skate**
- beginner and Special O
- can't do cross-over strides
- can't do basic edging control
- lacking sufficient speed for next level

Group 2/Masters (L2T)

- **Learn to Train**
- intermediate skill level, and lower skilled Masters
- 54:00 seconds minimum 400m time
- Can do cross-overs
- basic edging proficiently
- still developing specific speed skating technique and speed

Group 3 (T2T)

- **Train to Train**
- Advance skill level
- 45:00 seconds minimum 400 m time
- proficient aptitude and execution of proper speed skating technique
- base physical fitness and speed to train at a high level