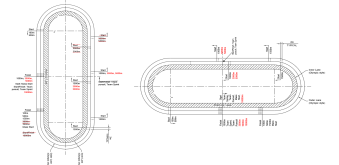
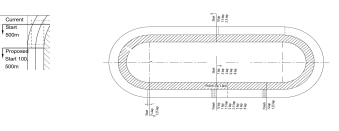


2023 USS CONGRESS PROPOSALS SUMMARY AND ACTION

REVIEW WORKGROUP:	PROPOSED BY:	PROPOSAL:	ACTION:	RATIONAL:	
1	BOD	Susan Sanding Shobe, Jane Lutz, Carlin Schouers	We propose that the governance structure of U.S. Speedskating better reflect its membership and that there be a minimum of 50% women among the independent directors on the Board, as well as task forces, committees, commissions, and any other entities formed by USS, whether permanent or ad hoc.	Approved	The BOD approved language that will be added to the USS bylaws to improve gender diversity with best efforts.
2	BOD	Shelia Dornowicz	Eligibility Policy for US Speedskating. The only policy which ensures fair and safe competition for girls and women in speedskating is a biological, or female-only category. Fairness and safety should not be sacrificed for inclusion. Currently US Speedskating has equal events for males and females. In order to maintain this equality and avoid discrimination, I strongly recommend US speedskating have two categories female and Male/Open. This would promote and ensure fairness, safety, equity and inclusion.	Denied	As proposed, the request of gender would violate athletes' right to compete since USS must follow the gender guidelines of the ISU at team selection events. The BOD understands the complexity of this issue and will look at changes to USS current gender guidelines.
3	Competition and Events	Juice Ortiz	(1) Identify company and corporate sponsors in Member News to incentivize financial sponsorships to local clubs. (2) Retain email addresses of inactive members on the Member News email blast to grow the marketing reach for financial sponsors at the club level. (3) Include a quarterly update on numbers of email reached on average Member News email blast.	Partially approved on a case by case basis	Club always have the opportunity to submit a written paragraph for Member News, for purpose of advertising their race including supporters, Member News is a member only benefit. USS maintains an email list where past (lapsed) members could be included. This list would be pulled once a year. For communication is provided approx. 4 times per year.
4	Competition and Events	Sachiko Endo	We are requesting that USS make a formal announcement before the start of AGN (ST) regarding the following: 1. Skaters deserve a supportive and respectful environment where they can celebrate and showcase their achievements throughout the season. 2. Parents are reminded to allow skaters to shine. 3. Respectfully acknowledge and accept there calls you may disagree with. 4. Encourage parents continually by connecting and getting to know each other. 5. Keep the goals and aspirations of speedskating in perspective. (see below)	Approved	USS will publicize at or before each USS competition on a reminder to all participants of USS policies such as Code of Conduct, Safesport and Coaches Code of Ethics. Emphasize fair play, respect and good sportsmanship among coaches, athletes, parents, officials and fans. USS will offer a complimentary PCA (Positive Coaching Alliance) Parent Course as educational resource.
5	Short Track	Zhili Xu	Allow Junior F skaters to attend Age Group Nationals.	Denied	In 2019 US Speedskating (USS) announced the adoption of the United States Olympic and Paralympic Committee's American Development Model (ADM). The ADM is based on the principles of Long-Term Athlete Development (LTAD). In following these principles USS conducted a review of current policies, procedures, rules, and regulations and made appropriate changes to fall in line with the ADM. One of those changes was removing the Junior F age group from USS Age Group National competitions. USS acknowledges the importance of competition for all members who choose to pursue a competitive track of our sport, however those competitions must be age-appropriate based on the science of LTAD. Athletes in the Junior F age group competing for a National Championship is not age appropriate. Competitions like this encourage early sport specialization. Early sport specialization has been shown to increase the risk of burnout and other health problems (1). The primary focus for this age group should be both foundational and sport specific skill development (1). A competition that assigns a national rank can create the perception that some athletes are more valuable than others, which can lead to feelings of isolation and discouragement among athletes who do not perform well (2). This is especially problematic in the Junior F age group, where there is no correlation between national ranking and future success in the sport. USS does recognize the importance of age-appropriate competition. USS also recognizes the importance of social connection among athletes in this age group. In a recent survey of USS members, we found that social connections were the most important factor in making speed skating fun for kids. USS is working to reimagine the Future of Speed concept to embrace both of those important points raised in proposal 5 & 6. We are working on a modified Future of Speed camp format at Age Group Nationals that includes a sanctioned USS competition. The camp component will give participants more time to develop social connections and foundational skills. The competition component be a mixed gender ability-based competition that will give participants a chance to compete in a sanctioned USS competition that will challenge each athlete in a fun yet competitive environment.
6	Short Track/Long Track	Simon Cho	The proposal is to reinstate the Junior E (formerly known as Youth) Division into the Age Group Nationals competitions competitors for both LT and ST.	Denied	In 2019 US Speedskating (USS) announced the adoption of the United States Olympic and Paralympic Committee's American Development Model (ADM). The ADM is based on the principles of Long-Term Athlete Development (LTAD). In following these principles USS conducted a review of current policies, procedures, rules, and regulations and made appropriate changes to fall in line with the ADM. One of those changes was removing the Junior F age group from USS Age Group National competitions. USS acknowledges the importance of competition for all members who choose to pursue a competitive track of our sport, however those competitions must be age-appropriate based on the science of LTAD. Athletes in the Junior E age group competing for a National Championship is not age appropriate. Competitions like this encourage early sport specialization. Early sport specialization has been shown to increase the risk of burnout and other health problems (1). The primary focus for this age group should be both foundational and sport specific skill development (1). A competition that assigns a national rank can create the perception that some athletes are more valuable than others, which can lead to feelings of isolation and discouragement among athletes who do not perform well (2). This is especially problematic in the Junior E age group, where there is no correlation between national ranking and future success in the sport. USS does recognize the importance of age-appropriate competition. USS also recognizes the importance of social connection among athletes in this age group. In a recent survey of USS members, we found that social connections were the most important factor in making speed skating fun for kids. USS is working to reimagine the Future of Speed concept to embrace both of those important points raised in proposal 5 & 6. We are working on a modified Future of Speed camp format at Age Group Nationals that includes a sanctioned USS competition. The camp component will give participants more time to develop social connections and foundational skills. The competition component be a mixed gender ability-based competition that will give participants a chance to compete in a sanctioned USS competition that will challenge each athlete in a fun yet competitive environment. USS would like to continue the emphasis on Long-Term Athlete Development at this age, but recognizes that racing can also be beneficial and fun. We are recommending a blend of competition and camp style for the AGN, but no National Titles awarded.
7	Short Track/Long Track/ Masters	Daniel Greene	Add 2 new Masters Groups to keep our young adults who grew up in the sport as well as attract new young adults to join. This could be done easily in ST and below the same in LT. The two new groups (ST) would be 20-24 and 25-29 with a recommended qualifying time of 5:00 for the 500m. Just as we did at this year's Nationals, these skaters could be grouped into a Masters Group 1 and/or 2 based upon their seed times. Not to mention you may have Masters 30-40 that want to skate down into the 2 new groups for better competition. This encourages fitness and skating for life. To be in speed skating phase is a bit of an undertaking as we all know. Many 20-29's would skate they just feel like they have to wait until they turn 30 to get back in the game.	Denied as proposed	It is currently already difficult to fill the Junior A group as well as the Masters groups (if going by 5-year age group). The STN has changed the time standards at AGN to stay in line with current trends in the sport. Task force does not want to extend the masters division into 20-24 & 25-29, however, along with long track would like to look helping to remove barriers to this age with entry into the racing arena.
8	Long Track	Enayy Lehman	We believe that there should be an opportunity or place for a domestic race to qualify for funding (DAS) in the mass start based on their ability to help their teammates.	Ongoing	Will be presented to upper management of USS if it's the Task Force's recommendation that this be brought to the USOPC for further development.
9	Long Track	Nick Pearson	Change the competition format for Am/Club II, in Rosville, MN, Day 1: 2 x 500m metric, Day 2: 1500m metric and 10 lap (1) and 16 lap (2) mass start. Day 3: 1000m metric and 12 lap (1) and 16 lap (2) mass start. John Row One Day pack race would still be a part of this weekend of racing. SU/Metric: 300m, 500m, 10,000m start/finish line placement. Within the current International Skating Union Special Regulations & Technical Rules Speed Skating 2022 Section II, Technical Rules of Speed Skating: A) Track (page 36), a similar track layout is presented with the different start and finish positions demarcated on the track. The proposal put forth would move the 3000m, and 5000m start positions from their current location on the backstretch just prior to the corner, and the 10,000m start positioning on the front stretch just prior to the corner and move them to the middle of the tracks for the starts and finishes. The modifications can be seen in the following schematic: schematic. Rule Modification: Adjustment of start and finish positions listed in Section II, Technical Rules of Speed Skating: A) Track (page 36)	Denied as written but development ongoing.	Task force would like to use multiple sprint and distance opportunities available for our athletes, while also encouraging our junior athletes to compete in the full variety of races in order to continue building their breadth of knowledge and ability.
10	Long Track	Matt Viza and Nick Pearson		Denied	In principle we believe this is a good idea, but would like to bring the suggestion to the ISU as we do not feel that our athletes would be in favor of practicing from start lines that will not be used at international competitions.
11	Long Track	Matt Viza and Nick Pearson	AGN format and start line proposal. Change of National Age Group Long Track (Championship Format: B) Competition Format (Pack Style) Distances. Changing the distances for pack style events from specific numbers of meters (200m, 400m, 500m, 600m, 800m, 1000m, 1500m, 3000m) to a format geared toward a number of laps format. The new format would be a half (1/2) lap, one (1) lap, one and a half (1 1/2) laps, two (2) laps, two and a half (2 1/2) laps, three (3) laps, six (6) laps, and eight (8) laps. Optional: Maintain the 500m race, but run it as a metric race with results going towards overall placement. Give skaters experience racing metric, and also captures a better "all round" national champion. 	Accepted in principle.	The Task Force likes the simplification of the start lines for the organizers and would like to see link records kept so athletes may continue to shoot for time targets - even though races are conducted as "pack style". The Task Force will work to further define the racing distances for each age group and would like to add 1-6500m metric race to the AGN.