

# SHOWING SOME LOVE AT PNIC



| ASE ANNOUNCES NEW PAD SYSTEM JUST IN TIME FOR VALENTINE'S DAY |

## Reduced G-Forces

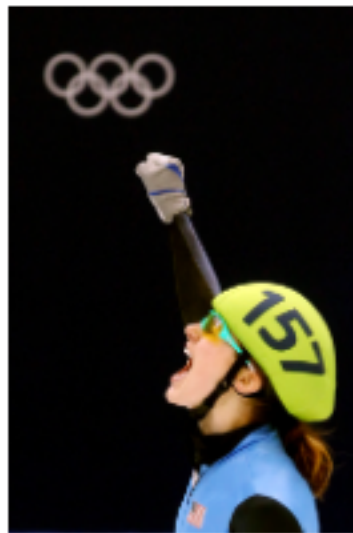
The new padding system reduces impact to 11 G's. This is twice as effective as the ISU minimum standard (22 G's).

## Top of the Line Shock Absorption

A triple layer in padding, a honeycomb texture within the foam, and air vents slows the skater down and disperses energy in a way that the skater never actually creates impact with the wall.

## Concussion Reduction

A bungee system is used to attach the pads so that the pads move with the skater. This reduces whiplash concussions and allows the pad system to "bounce" back into place and remain effective for other skaters on the ice.



With all the hype surrounding high performance and the Olympics, ASE Speedskating would like to show some love to up and coming athletes. Thanks to a generous donation by an anonymous donor, we're proud to announce the ordering of a new short track pad system that will arrive in time for the 2018/2019 summer training season.

The new pads increase safety by mimicking a boardless system.

Fluctuations in foam density through out two separate layers of pads as well as air vents in the covers disperse energy up and out instead of into the wall behind. A bungee cord system is used to allow pads to slide upon impact, further dispersing energy.

Testing by Speedskate Canada shows a reduction in G-Forces from 35 G's down to 11 G's using this new technology. The complete thickness of padding will be 30" with several variations of pad density through out. This variation and thickness ranks in the highest level of boarded padding systems based on research from Dr. Sean Maw during his time at Speedskate Canada. It is the safest padding system that can be offered on a boarded rink.

Silver and Bronze Olympic Medalist and ASE team member, Katherine Reutter-Adamek says,

"The Pettit (and ASE) now own the safest boarded padding system in the country. I love being a part of a program that supports athletes in every stage of their development."



## Training with ASE

ASE is a training program based at the Pettit National Ice Center in Milwaukee, WI. Our mission is to develop athletes by teaching them the mental and physical skills it takes to be their best. An example of the benefits we provide our athletes are:

- Short and Long Track Ice Time and Coaching for part and full time athletes
- Access to Exercise Physiology testing including wind gate, VO2 max, and body composition
- Incredible technical support by 2002 Olympic Team Head Coach, Sue Ellis

Our coaches work together to generate the best training for each individual athlete based on their needs. In addition to speedskating we teach skills for leadership, teamwork, accountability, and self-improvement.

For information on how to join ASE training, camps, and membership please contact Program Director, Carl Cepuran, at [asespeedskating@gmail.com](mailto:asespeedskating@gmail.com).

Increasing safety at the Pettit supports our ASE Head Coaches, Hongyang Wang and Eric Cepuran's, mission to provide world class coaching and an incredible training environment for athletes from all over the country.

### *What Changes?*

The new padding system will include:

- Two layers of pads resulting in 30" of padding
- Varying levels of foam density within pads allow for better shock absorption and a decreased "bounce back" from a fall.
- New technology using a honeycomb design in the foam to reduce G-forces by 200%.
- A bungee cord system is used to link the pads together to disperse energy and reduce impact on a falling skater. The pads pull back together after a crash keeping skaters on the track safe.



G-Forces on Impact

