



To the Students of the German International School of Silicon Valley,

Thank you for taking the time to learn about speed skating yesterday and meet some of our National Team athletes, Kimi Goetz and Erin Jackson!

We're so glad you got a chance to see our athletes hard at work with our season highlight video! If you liked that video, [click here](#) to see more videos on our website. Make sure you stay connected to Kimi, Erin, and the rest of the team as they continue their journey to the 2022 Beijing Olympic Winter Games.

Kind Regards,  
The US Speedskating Team

## Kimi Goetz



Kimi transitioned to Long Track Speedskating in August 2018 and meanwhile has created a cookbook based on her favorite easy recipes. She wants to work in special education at the elementary level when she is done speed skating and is also currently a processor at a finance company.

Kimi started inline skating at eight years old and then started skating on ice in 2012. Her favorite speed skating moment was watching her first international race in person at the 2014 World Championships in Montreal. Outside of skating she enjoys spending time outside. Her favorite quote is "The expert at anything was once a beginner." and favorite food is S'mores and pancakes.

[Click here to learn more about Kimi!](#)

Follow her on Instagram [@kimigoetz](#)



Find her on Facebook - Kimi Goetz

Click [here](#) to get Kimi's Cookbook



## Erin Jackson



Follow her on Instagram  
[@speedyj.](#)



Find her on Facebook  
[@ErinJackson480](#) or [Erin Jackson - Athlete](#)



Twitter [@ErinJackson480](#)

Erin started skating on ice when she was 25 years old in 2017 (and tried ice for the first time from Feb.-March, 2017). She started inline skating when she was 10 years old in 2002.

Erin is a part of other sport teams from her hometown; she is a part of: Team Florida (inline), Ocala Speed (inline), Jacksonville Roller Derby, Team USA Roller Derby, Bont Skates (sponsor team). While she's not skating, she is pursuing biomedical engineering - prosthetics and dental materials.

She is motivated by the desire to keep improving and reaching higher levels, both physically and mentally. Her favorite place that skating has taken her is Belgium; a beautiful country with delicious food and great people. Her favorite quote is "Perfect practice makes perfect" and her favorite food is eggs.

[Click here to learn more about Erin!](#)

# Stay Connected with the Team!

Check out our [website](#) and social media!



Instagram @usspeedskating



Facebook @USSpeedskating



Twitter @usspeedskating



Here's a link to our mask fundraiser



If you want to support the athletes you saw today, [donate here!](#)

## Stay Active and Stay Healthy!

Access resources to help you stay active during the winter!



[Powerful Playground](#) - **Free 1 year membership using code: USSS** which gives you access to [Spider FIT Kids](#) with Brett Klika



[Click here to access Powerful Playground](#)

## US National Team's Favorite Peanut Butter Energy Balls

Ingredients:

- 1 cup old-fashioned oats
- 1/2 cup peanut butter
- 1/2 cup chocolate chips
- 1/3 cup honey
- 2 tbsp chai seeds
- 1 tsp vanilla extract
- Cinnamon or pumpkin spice to taste



Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for 20-30 minutes.
2. Once chilled, roll into balls about 1" in diameter.
3. Store in an airtight container and keep refrigerated for up to 1 week.

Yields 20-25 energy balls

## One FREE skating session at the Oakland Ice Center!

