



# High Performance Skating Plan 2010

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# Executive Summary

## Objective

To have Saskatchewan skaters recognized across the country as legitimate contenders for medals at all Canadian National and Jeux du Canada Games events. To coordinate and focus Provincial resources to provide a healthy, fun environment for skaters to improve to their highest potential in all aspects of: Life Skills; Skating Skills; Jump Technique; Physical; and Psychological.

## Goals

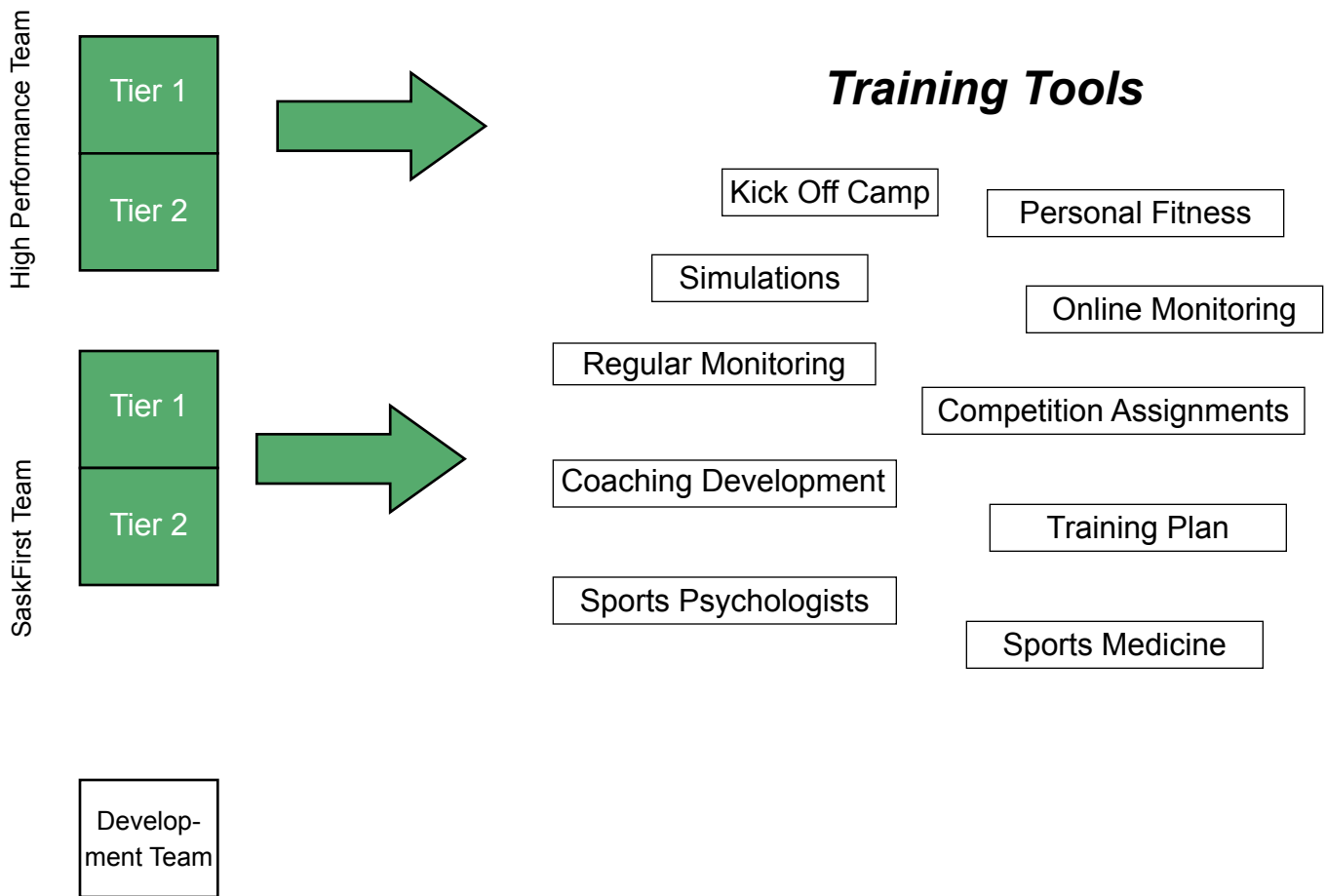
By 2011, Saskatchewan will have 3 skaters/teams at the Canadian Nationals placing in the top 10, and by 2013, Saskatchewan will have 6 skaters/teams at the Canadian Nationals, and 3 placing in the Top 5.

## Solution

The Plan proposes to replace the current Provincial Team with a High Performance Team (and skaters will be assigned Tier 1 or Tier 2 support), and to identify skaters on the SaskFirst Team with high potential for appropriate levels of support (Tier 1 / Tier 2).

## Team

The High Performance Team will have programs and support available to the athletes at different levels, depending on the age/maturity level of the athlete. Programs are intended to be appropriate for, and matched to the athletes needs, as well as fit well with the Long Term Athlete Development model (LTAD).



The diagram above outlines the support programs available for skaters on the Tier 1/2 High Performance and SaskFirst teams. The program will generally consist of the following opportunities which are modified existing programs, as well as new initiatives.

## High Performance Team

	Comp Assmt	Camp	Sports Med	Mental Trainer	Exercise	Nutrition	Fitness Testing	Monitoring	Simulations	Online Trainer	Fee
Tier 1	Inter. / Canadian	Yes Reduced Rate	Yes	Yes - 4 Sessn/yr	Strength Plan / 2x/mo Trainer	Personal - 1 Sessn/yr	Personal Testing - 2x/yr	4x per year	2-3 per year	Indiv.	\$180
Tier 2	Canadian / Regional	Yes Reduced Rate	Yes	Yes - 2 Sessn/yr	Strength Plan / 1x/mo Trainer	Seminars	Personal Assessment - 2x/yr	4x per year	2-3 per year	Indiv.	\$130

## SaskFirst Team

	Comp Assmt	Camp	Sports Med	Mental Trainer	Exercise	Nutrition	Fitness Testing	Monitoring	Simulations	Online Trainer	Fee
Tier 1	Canadian / Regional	Yes Reduced Rate	Seminars	Seminars	Generic Plan	Seminars	Group Testing	4x per year	2x per year	Indiv.	\$100
Tier 2	Canadian / Regional	Yes Reduced Rate	Seminars	Seminars	Generic Plan	Seminars	Group Testing	4x per year	2x per year	Indiv.	\$100

Depending on the age, maturity (mental and physical), skill level, and based on the Long Term Athlete Development Model (LTAD), skaters invited to the High Performance Team and or Sask First team will be placed in the appropriate level (Tier 1, Tier 2). Each increasing level of support is intended to support athletes through their varying stages of development and performance.

Given the distributed nature of the Province, the Team Trainer (Bruce Craven) will make scheduled trips to Regional rinks to monitor High Performance/SaskFirst skaters in their off ice training.

## Selection

The Teams will be comprised of skaters selected from across the province based on their age, competition results, the Criteria in Appendix 1, and their observed talent as determined by the High Performance Committee.

Skaters observed to have High Performance potential will be invited to participate, and will be asked to confirm their competitive intentions, confirm that they have understood the expectations placed on them, and will strive to meet their goals.

Skaters accepting the invitation will be appointed to the Teams for a 1 year term, starting April 1st to March 31st of the following year. Skaters continually meeting their goals and improving will be considered for reappointment, along with new skaters identified as having National Team/ Canada Games potential. Skaters who throughout the course of their appointment show consistent improvement, and who will benefit from increased Provincial support may be moved upwards within the Team , or have additional support directed towards them.

An important aspect of the team is that while the goal is to improve the competition results of Saskatchewan Skaters, the larger goal is to help improve Canada improve it's standings on the international stage.

For the initial selection of the High Performance/SaskFirst Tier 1/Tier 2 Teams (2009), all skaters will be categorized in the Tier 1/ Tier 2 categories based on their skating ability and Competitive results. Skaters will be evaluated over the course of the summer based on their commitment to following their training plan, their improvements, and their potential to reach a Podium (Canada Games) or Top 10 (Nationals ) standing within 5 years.

## Competition Assignments

In order to select skaters to attend out of province competitions, standards have been developed in order to provide guidance to skaters and coaches. Coaches can use this guidance as motivational tools for their skaters. Coaches/skaters can apply in advance for competitions they feel they would be eligible to compete at (based on the technical standards) well in advance of the selection date.

Coaches participating in Competition assignments will be selected to lead the Team as a whole. If a skater is choosing to bring their personal coach, the coaches' travel and fees will be at the skaters cost.

All skaters in Saskatchewan will be eligible for selection. The criteria for selection will be based on the technical requirements and Planned Program Content Scores. The Attached Appendix has the proposed Criteria for assignment selection.

The proposed Criteria are fairly rigorous, and will likely result in fewer skaters being assigned to traveling competitions. Although this is a departure from past practice, it is important to set the expectation that when representing Saskatchewan, skaters should be competitive in the field that they are skating in.

### **June Kick Off Camp**

The June Kick off camp is a new initiative intended to accomplish a number of objectives including:

- Increase awareness of the importance of skating skills/program components score
- Increase awareness of the importance of off ice training
- Ensure that all skaters leave with an understanding of what makes an appropriate On and Off Ice training plan.
- Help athletes develop their yearly training plan
- Begin to create a Team Environment

An application for this camp will be sent off to skaters who have made a commitment to their designated team.

In order deliver this camp and achieve the objectives, the Camp will have the following components:

- Sports Medicine Instructor
- Ballet/Hip Hop Instructor
- On Ice Guest Coach and Skaters
- Team Building Exercises

### **Sports Medicine Science Council Services**

There are a number of services that are available to the Saskatchewan Section through the Sports Medicine Science Council (SMSC). Under the High Performance Program it is proposed that the SMSC services be targeted towards the identified skaters, and that the services be better defined in terms of investment in skaters.

## Simulations

Simulations are an important part of a skater's training regimen. A properly run simulation can help an athlete prepare for the entire competition experience. The High Performance Plan includes 2-3 Simulation session per year, with the anticipated time frame being September - November and before Nationals.

Simulations will be held in varying centers around the province (e.g. Saskatoon, Regina, North Battleford, Weyburn), and skaters will be expected to attend a minimum number of Simulations.

Local Judges will be asked to attend and provide feedback to skaters on their performance. There will also be a mini-workshop to discuss the upcoming season, and other technical items.

Ideally, the local clubs will see the value in properly run simulations, and be encouraged to run their own regularly for their local skaters.

## Assessments

As part of the program, skaters will be continually evaluated on their performance. Athletes will be monitored in person through evaluations, monitoring (by the High Performance Committee and provincial judges), and competition results. Athletes continuing to improve and meet their performance goals will be invited back

Athletes will assessed at the following events:

- Simulations (September - October / pre-Nationals)
- Summer Skating Schools
- Prairie Skate
- Sask Skate / Sask Open
- Sectionals
- Jean Norman

# Appendix 1: High Performance Team Guidelines

Team Selection




## HIGH PERFORMANCE TEAM QUALIFICATION GUIDELINES 2010-2011

Level	Women - Guidelines	Men - Guidelines
PreJuvenile	Pre-Juvenile at Sectionals age eligible to compete Juvenile for the following season or the following 2 season. Must have a good Axel and 1 to 2 doubles. Good speed, good basic spin position and good flexibility.	Men - same as Ladies
Juvenile	Pre-Juvenile or Juvenile at Sectionals age eligible to compete for the following season in Juvenile or the following 2 season. Must have passed the Juvenile Test by end of May of the competing season. Must have 3 to 5 beautiful double jumps, Good speed, Good flexibility, Good basic spin position and field move.	Men - same as Ladies
Pre-novice	<b>Pre-Novice</b> must be age eligible to compete in pre-novice and novice for the following year and even better, to be age eligible to be at the next Canada Games . Must have passed the PreNovice test, have 5 solid doubles good attempt to 2 Axel bonus for landing it. Good speed, good flexibility Level 3 & 4 spins Level 2&3 step sequence Level 3 & 4 Spiral sequence if a girl. Good CPC score.	Men - same as Ladies,

Level	Women - Guidelines	Men - Guidelines
Novice	<p><b>Novice</b> must be age eligible to compete in Novice for the following year, must have passed the Novice test . Must have 5 doubles &amp; 2 Axel. Any triples will be a bonus. For men 2 triples. Good speed, good flexibility Level 3 &amp; 4 spins Level 2&amp;3 step sequence Level 3 &amp; 4 Spiral sequence if a girl. Good CPC score.</p> <p>-</p>	<p>Men</p> <p>- same as Ladies</p>
Junior	<p>Ladies</p> <p><b>Junior</b> must be age eligible, must have the Junior competitive test before end of May (maximum 18 years of age). Must have a 2 Axel and 5 doubles and combination jumps, and 1 to 2 triples. Level 4 spins, Level 3 step sequence, Level 4 Spiral sequence for the girls. Bonus if you finish in top half at Western challenge to make it to Nationals. Excellent GOE &amp; CPC score.</p>	<p>Men</p> <p>Same as Ladies, except</p> <ul style="list-style-type: none"> <li>- 3-4 Triple Jumps</li> <li>- Max age: 19</li> </ul>
Senior	<p>Ladies</p> <p><b>Senior</b> must have the Senior competitive test before end of May. Must have 2 Axel and 2 to 3 triples. Level 4 spins, Level 3 step sequence, Level 4 Spiral sequence for the girls. Bonus if you finish in top half at Western challenge to make it to Nationals. Excellent GOE &amp; CPC score</p>	<p>Men</p> <p>Same as Ladies, except</p> <p>3-5 Triple Jumps</p>



# Appendix 2: Competition Selection Criteria

Competition Selection Criteria 2010-2011				
		Top10 Scores		Top10 Scores
Pre-Nov	Ladies - Must have consistent double jumps (all). Priority given to Double Axel - Must have at least Level 3 spins and good program component score - Potential total CPC score: ~70+ - Minimum 64.0	89.77	Men - same as Ladies - - Potential total CPC score: ~70+ - Minimum 60.08	86.66
		74.39		65.02
Nov	Ladies - Must have Double Axel or Triple - Must have at least level 3 spins plus good Program Component Scores - Potential total CPC score: ~76+ - Minimum 66.0	102.90	Men - Must have Double Axel and a Triple - Must have at least level 3 spins plus good Program Component Scores - Potential total CPC score: ~79+ - Minimum 67.46	117.35
		81.81		86.28
Jr	Ladies - Solid Double Axel and a Triple - Level 3 and 4 spins - Good Program Component Scores - Potential total CPC score: ~90+ - Minimum 90	115.55	Men - Solid Double Axel and 3 Triples - Level 3 and 4 spins - Good Program Component Scores - Potential total CPC score: ~110+ - Minimum 110	159.08
		100.03		122.70
Sr	Ladies - Solid Double Axel and 2 Triples - Level 3 and 4 spins - Good Program Component Scores - Potential total CPC score: ~106+ - Minimum 100	208.23	Men - Solid Double Axel and 4 Triples - Level 3 and 4 spins - Good Program Component Scores - Potential total CPC score: ~120+ - Low 130	268.02
		119.15		168.48
May look at skaters if one of the elements is missed. Total Planned Program should be no less or within reach of the Potential Total Score.				



# Appendix 3: Fact Sheet



## **Team Outline**

Skate Canada Saskatchewan has committed to the creation of a High Performance Skating Team in the Province. The intent of the High Performance Team is to help elite and select skaters who have the potential to medal in the next 3-5 years at National, International and Canada Games Events.

In order to be eligible to be part of the team, athletes must:

1. Be invited to participate in the Tier 1 or Tier 2 team (and the athlete must accept the invitation)
  - i. Outline how you plan to develop your strengths and improve on your weaknesses
  - ii. Describe your off ice training program (who, what, how often)
2. Commit to compete for the following season and be prepared to follow the High Performance Skating Plan
3. Commit to compete at a summer competition and the SaskSkate/Sask Open and Sectionals
4. Commit to attend the Mariposa Seminar in April 2010 to participate in the annual spring fitness testing
5. Meet Required Criteria (see attached)
6. Participate in summer monitoring
7. Develop and report on their yearly Training Plan as required (sample attached). This Training Plan would include:
  - i. Describe your short and long term goals
  - ii. Identify what would help you achieve better results in competitions.
  - iii. Outline how this experience of competitions fits into your yearly training plan.
    - i.e. how do you plan to develop your strengths/improve your weaknesses

Skaters participating on the High Performance Team will have services available to them in varying levels based on their placement on the Tier 1/Tier 2 teams.

### **Competition Assignments**

Challenging selection criteria have been developed, and fewer skaters may be assigned to Competitions.

### **High Performance Camp**

A June Training Camp focussing on On Ice training, Off Ice training, understanding component scores, and annual training plans will be offered to skaters on the High Performance Team.

### **Sports Medicine & Science Council Services**

Enhanced services will be provided to High Performance Team athletes depending on their placement in the Tier 1/Tier 2 /Tier 3 teams, and based on the Long Term Athlete Development Plan. Athletes wishing to use additional SMSC services beyond the Team's investment may choose to do so on their own. Services include:

- Mental Trainer
- Exercise Consultant
- Nutritional Consultant
- Fitness Testing

### **Monitoring/Dartfish**

Monitoring of High Performance Team skaters will be done at competitions, simulations and summer skating schools. Athletes may also submit videos of their skating for analysis using the Dartfish software.

### **Simulations**

2-4 Simulations will be run between August and October. This is an opportunity for monitoring in a competition environment, and skaters are expected to treat it as a competition.

### **Scouting Solutions/Training and Program Tracking**

An online Training Logbook and Technical Training tool has been developed in conjunction with Scouting Solutions. Skaters are encouraged to review this tool and determine if it meets their training needs. Skaters choosing not to use the online tool, will be expected to develop and discuss their preferred training log with their coach and advise the High Performance Coach of their weekly training progress.