

Coaches' Newsletter

January 2008

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Respect in Sport

Sport Manitoba believes in being proactive in ensuring sport in our province is safe and welcoming for all participants.

Respect in Sport helps promote those values through a simple and convenient on-line training course for coaches and sport leaders. It is designed as a tool to assist coaches in identifying and dealing with abuse, neglect, harassment, and bullying in sport.

All coaches are strongly recommended to complete this on-line course, that can be used towards your CEP credits. Currently we have 95 coaches completed the course out of 139 coaches and 15 working on completing. Let's ALL get RIS certified. For more information visit the Sport Manitoba website at www.sportmanitoba.ca

FIRST things FIRST!

Now that you have registered with Skate Canada for the 2007-08 skating season, you must also make sure your First Aid is valid throughout the 2007-08 skating season. As a Professional Coach, you MUST keep your First Aid current to validate your Skate Canada Coach Membership.

If you have updated your First Aid since you registered for this year, please send a copy of your certificate to Skate Canada and Skate Canada-Manitoba for our records.

Skate Canada and Skate Canada-Manitoba communicate to the coaches primarily through email, therefore please ensure your email is up to date with Skate Canada. You can easily update your email address on the Members Only website of Skate Canada (www.skatecanada.ca). Go into the Members Only login area, type in your Skate Canada number and password (your last name) and proceed. You'll find your personal profile that allows you to update

Skate Canada-Manitoba Technical Package Updates

There have been some changes made to the 2007-08 Skate Canada-Manitoba Technical Packages. These updates can be found on the Skate Canada-Manitoba website www.mbskates.ca.

These updates include:

- Norman Region STAR-Skate Competition Registration Form—Free Skate Events.
- All Regions STAR-Skate Technical Announcements. Replacing page 9 & 10 with Changes Memo found on Skate Canada Manitoba website.
- Skate Canada Manitoba STAR-Skate Championship Announcement—replace page 10 & 11 with Changes Memo found on Skate Canada Manitoba website.
- All Regions STAR-Skate Technical Announcements—Page 11-13—Well Balanced Program Requirements for Entry Level, Pre-Preliminary, Preliminary and Jr. Bronze Free Skate.
- All Region STAR-Skate Technical Announcements—Page 11—Well Balanced Program Requirements—All categories.





A word from the Section's Coaches Rep—Mary Ann Penner

Happy New Year Coaches!

This time of year marks just over 1/2 way through our winter season. As we focus on the STARSkate events I encourage you to go over your skater's programs to ensure they are set within the boundaries of the WBP. I had the honour of being Team Leader along with Audrey Heffell for Western Challenge. This was a great experience from me. The skaters and Coaches were excellent and represented Manitoba very well both on and off the ice. We had a team of 16 competitors who showed their support for each other whenever possible. We had a team room at the hotel that was decorated for the season. Although majority of our competitions were held Saturday and Sunday this year, the team room was greatly appreciated for those 3:30 am wake up calls and those late night return to the hotel. Skate Canada Manitoba graciously rented 1 hour of ice for our team across the street from the Hershey Centre on

the Friday. It was a great session as our skaters and Coaches got their legs back under them. A Coaches' meeting was held at Westerns and they went over the following topics:

- Pre-Juvenile and Juvenile Well Balanced Program
- Juveniles competing at Nationals

It seemed the consensus from the coaches who attended, that it might be more beneficial for the juveniles (top 3) take in Western/Eastern Challenge. This was noted and will be taken back to Skate Canada. Other topics were Ice Dance Tests and skill development—discussion on partnering and challenges, and also National STAR-Skate Championships. Unfortunately, I couldn't stay for the last part as I had Martin and Tamiko ready to take the ice.

Watch for communications from Skate Canada on a continual basis of any changes for the future. Our next Pro-

vincial Coaches Meeting will be held at MB Open in Beausejour, February 15-17. Further information will be coming out prior to the event for the meeting. Then the last Provincial Coaches meeting will be held at Provincial STAR-Skate Championships, March 1-2 in St. Adolphe.

Please remember your Regional Coaches Meeting at your Regional Competition in January. This will be the time you will elect or re-elect a representative for next year.

Spring and Summer Schools—Plan for your students and yourself, for the upcoming Spring and Summer sessions. Not all areas host these sessions so do your research and locate a school suitable for your skater and yourself.

All the best to you and your skaters in the New Year! See you at the rink!

Mary Ann Penner

Section Coaches Rep

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2007-08 Skate Canada-Manitoba Competitions

- Skate Canada-Manitoba Sectionals—November 2 & 3—Portage la Prairie
- Skate Canada-Manitoba Festival of Synchro Skating—February 9-Souris
- Manitoba Open—February 15-17—Beausejour
- STARSkate Provincial Championships—March 1-2—St. Adolphe
- Crocus Invitational Synchro—March 15—Virden
- Eastman—January 27—Lorette
- Pebmina Valley—January 12—Manitou
- Norman—January 26—The Pas
- Parkland—January 20—Alonsa
- Central Plains—January 27—Gladstone
- Interlake—January 13—St. Andrews

Regional Competitions

- Winnipeg—January 19—Terry Sawchuk
- N & S Westman—January 19—Carberry



We're on the web!
Skate Canada Manitoba www.mbskates.ca
Skate Canada
www.skatecanada.ca

Bits & Bites

- Coaches' meeting will be held at MB Open, your next year's AGM and at each Regional Competition. Please do your best to attend these meetings.
- It is the coaches' responsibility to keep themselves updated with the changes within our sport. Please check the Skate Canada website, members only for updates on a regular basis.
- All Synchro Coaches, please remember to make sure your team is registered with Skate Canada at the beginning of each season. Forms can be found on the Skate Canada website, members only.
- "Guidelines for hiring a partner" can be found on the Skate Canada-Manitoba website under Club Information section.
- At competitions—Coaches must be wearing a valid Coach Photo ID. Please respect the Host's restricted areas, ie: no coaches allowed in dressing rooms. Reminder that there are only 2 coaches per skater allowed at the boards.
- 2008 Skate Canada Manitoba Annual General Meeting will be held April 26, 2008 at the Victoria Inn in Brandon. A Coaches AGM will be held on this weekend as well. Please watch the website for more information and please try to attend.

Junior Development Team

Introducing Skate Canada Manitoba's newest program. The Junior TOBA Team. This program is for skaters who are in the following categories: Pre-Preliminary 8 & Under or Preliminary 9 & Under or Jr. Bronze 10 & Under or competed in the Pre-Juvenile event as a Sectional Skater and are age eligible for Juvenile for the 2008-09 season. A seminar is planned for March 8, 2008 in Morden. If you have a skater who fits this category and would like to be considered for this exciting new Jr. TOBA Team, please forward Name, contact info, age and category to programcoordinator@mbskates.ca.

Grassroots Bursary Awards Dinner and Ice Show

It's the 25th Anniversary of the Manitoba Grassroots Bursary. The committee is inviting all former Bursary Recipients to attend the reunion dinner and participate in the Reunion Ice Show. The Reunion Dinner and Ice Show will be taking place on April 12, 2008 in Winnipeg.

If you received an Grassroots Bursary or know of others who did, please send the information to: Don Brown at amber@mts.ent or phone (204) 661-0096 for further information. Please watch the Skate Canada Manitoba website for more information.

2007-08 BMO Skate Canada Western Challenge

- Skate Canada Manitoba sent a large team to represent Manitoba at the 2007-08 BMO Skate Canada Western Challenge, December 5-9, 2007 at the Hershey Centre in Mississauga, Ontario. Team Leaders who attended with the team were Audrey Heffell and Mary Ann Penner. Thank you to Audrey and Mary Ann for all your hard work. Everyone had a great experience at this event! **Congratulations**, to all the coaches who attend the 2008 Western Challenge this year in Mississauga, ON with their skaters. Job well done. **Good Luck** to the skaters and coaches who will be attending 2008 BMO Skate Canada Junior Nationals in Ottawa, ON, January 30 to February 2.

Pre-Novice Women (total competitors 24)

Deidre Russell—15th
Holly Grabowecy—16th
Stacey Woods—19th
Julie Hechler—22nd

Pre-Novice Men (total competitors 18)

Aaron Stanley—13th

Novice Women (total competitors 24)

Madison Stewart—19th
Holly Peyton—22nd
Janelle Langlais—23rd
Brittany Hewlko—24th

Novice Men (total competitors 16)

Lee Chandler—14th

Junior Dance (total competitors 8)

Tamiko Uyeda/Martin Nickel—7th

Junior Women (total competitors 21)

Kaleigh Hole—6th
Debbie Zomer—12th
Alyx Hewins—16th
Devon Scheirich—20th

Kaleigh Hole and Tamiko Uyeda / Martin Nickel will be going to Canadians in Vancouver January 16-20th. Jamie Wong and Kevin Chen will be going to Junior Nationals in Ottawa January 30—February 2nd. **Congratulations to all skaters and we wish those advancing on the best of luck!**

We're on the web!
 Skate Canada Manitoba
www.mbskates.ca
 Skate Canada
www.skatecanada.ca

Skate Canada-Manitoba Awards Package

The Skate Canada Manitoba Awards Packages is available on the website. Coaches can review the awards package and assist their clubs in nominating skaters, coaches and volunteers. Also in the awards package are the applications for the 25 and 50 year Skate Canada Pins.

Upcoming NCCP Courses

All Courses are **TENTATIVE**—please check website for final dates.

Phase 1 CanSkate Technical Course

April 18-20, 2008—Gateway Community Centre—Winnipeg

Phase 3 STARSkate Technical Course

June 20-22, 2008—Gateway Community Centre—Winnipeg

ISPC Technical Course

April 17-20, 2008—Gateway Community Centre—Winnipeg

Courses include: Sport Science, Stroking & Skating Skills, Singles, Pairs & Synchronized Skating, and Ice Dance.

In order to take these courses, you will need to complete the ISPC Homestudy Workbook. Contact the Section Office to place an order for the workbook.

On Ice Coaches Supervision

As stipulated in the Skate Canada skating program delivery standards, a certified and registered coach must be present on the ice. In cases where a coach can not be present due to certain circumstances (i.e. Illness, bad weather, coaches away at competitions etc.) an Executive Member with a valid first aid should be assigned by the club (well in advance) to monitor STARSkate and competitive sessions by the boards (not on the ice) and provide first aid services if needed.

Regional Coaches' Representatives

Section Coaches' Representative

Mary Ann Penner

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Remember—for any coaching issues, concerns or questions, your first point of contact should be with your Regional Coaches' Representative.

If you do not know your region's Coaches' Rep, you should introduce yourself through email or telephone. You'll most likely bump into them at your next competition. Don't be shy, they're all very nice.

CENTRAL PLAINS

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PEMBINA VALLEY

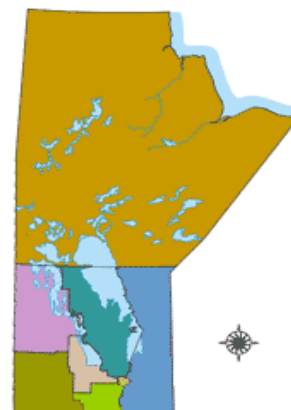
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WINNIPEG

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Next meeting will be at each Regional Competition, this is the time to elect or re-elect your representative.