



Memo

To: Potential 2011 Canada Winters Games Team Members
From: Skate Canada Manitoba Canada Games Committee
Date: March 5, 2010
Re: 2011 Canada Winter Games

If you are a skater who is planning to compete in the Pre-Novice or Novice categories at the 2011 BMO Skate Canada Manitoba Sectional Championships you are invited to be a part of the 2011 Canada Winter Games Manitoba Selection Team. The Manitoba Selection Team will be comprised of skaters who will potentially represent Manitoba at the 2011 Canada Winter Games. This document will provide you with information regarding the Canada Games, the Canada Games Figure Skating team selection, and the requirements that members of the Manitoba Selection Team will need to fulfill. This information should be used by you and your coach to determine the best course of action that you will take for the 2010-2011 skating season.

Only skaters who intend to compete in the Pre-Novice or Novice categories in singles, pairs or dance should respond to this invitation. If you plan on competing Pre-Novice or Novice at the 2011 Sectionals but do not have the appropriate test(s), you can still register for the Selection Team. The deadline for test qualifications for Sectionals is October 1, 2010. Skaters competing in the Junior category at Sectionals will not be allowed to skate down for the Canada Games and will therefore not be considered as a potential Canada Games Team member. Those with their Junior Competitive test that plan on competing Novice at Sectionals can register for the Selection Team.

In addition to the Pre-Novice and Novice competitions, the sport of figure skating will include a Special Olympics Competition. The 2011 Canada Winter Games will be the third time that a Special Olympics Competition is held at the Canada Games. Figure Skating is currently the only sport that offers a competition for Special Olympic athletes at the Canada Games.

What are the Canada Games?

An estimated 45,000 young Canadians have participated in the Olympic format national multi sport National competition (Winter and Summer, alternating every 2 years). Another 180,000 have engaged in try-outs and qualifying events. Many millions of Canadians have watched the Games either first-hand or on television, and over 67,000 have volunteered. Since 1967, the Canada Games have successfully provided an important and exciting competitive environment for young athletes from every province and territory. Our sport has been in every Canada Winter Games.

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The 2011 Canada Winter Games will be held in Halifax, Nova Scotia from February 11th – 27th, 2011. The sport of Figure Skating is during the second week of the Games. Those chosen to represent Manitoba will travel to Halifax via charter as booked by Sport Manitoba. The Canadian Government pays for all transportation, meals and accommodations at the Games for the athletes chosen to represent their province. All athletes competing at the 2011 Canada Winter Games will stay at the Athlete's Village.

Who is eligible?

Team Manitoba – Figure Skating team size is a maximum of 16 athletes (2 male and 2 female athlete positions are reserved exclusively for skaters with an intellectual disability). A maximum of 8 male and 8 female skaters will make up our team. Only two entries per province per category are allowed. A skater may enter only one event. A non-traveling alternate will be named in applicable categories.

Pre-Novice Single	males and females under 19 years of age as of July 1/10
Pre-Novice Pairs & Pre-Novice Dance	males under 21 years of age as of July 1/10 females under 19 years of age as of July 1/10
Novice Singles	males and females under 19 years of age as of July 1/10
Novice Pairs & Novice Dance	males under 21 years of age as of July 1/10 females under 19 years of age as of July 1/10
Special Olympics Level II & III Singles & Level II Dance (solo)	males and females – no age limit

Competitors must compete in the same category that they registered in at qualifying competition during the 2010-2011 competitive season. The deadline for Test qualifications are the same as for Sectionals – October 1st, 2010.

The Canada Games has played a prominent role in developing some of Canada's premier athletes – are you ready to be one of them?

How will the team be selected?

The Skate Canada Manitoba Canada Games Selection Committee is dedicated to the continued growth of each and every one of our skaters. The committee is committed to creating the best possible team to represent Manitoba at the 2011 Canada Winter Games in Halifax, Nova Scotia.

The Selection Committee will be taking a number of variables into account when selecting the final team. Focus areas include, but are not exclusive to, the following; competition results from the 2010-2011 competitive season (starting with summer competitions), training programs and plan, monitoring, commitment, attitude and dedication towards the sport, training, and participation and conduct at Games Training Camps and/or information sessions.

As a potential 2011 Canada Winter Games Manitoba Team athlete, you will be asked to fulfill a number of requirements. Those who decide to send in a registration form for the Manitoba Selection Team must be willing to do the following:

1. Attend the 2011 Canada Winter Games Manitoba Selection Team Pre-Summer Camp on June 19th, 2010 in Brandon, MB. You will be monitored by the Canada Games Team coaches and some of the members of the 2011 Selection Committee. There will be flexibility testing and other off-ice sessions (TBA). It is mandatory that you participate in all aspects of the training camp.
2. Participate in the team fund raising project. Skaters are required to participate in a fundraising project. The first \$100.00 raised will go towards the Selection Team costs (staging camps, fitness testing, skater monitoring, and other items not covered by Sport Manitoba). The remaining funds over and above the \$100.00 will go to the individual skaters to offset training costs.

The fundraiser will be based on the number of hours each Manitoba Selection Team member trains between June 1, 2010 and September 1, 2010. Skaters are asked to find sponsors to donate a certain amount of money per hour trained; the more the you train, the more you raise! Each skater will keep a log of hours trained. If asked by a sponsor, skaters must provide them with an updated training log with total number of hours trained. Skaters must also provide the sponsor with a means of verification (signature from head coach at your training location, club chairperson, summer school director, etc).

You must use the fundraising materials provided by Skate Canada Manitoba (official letter to potential sponsors & pledge sheet). This material will be mailed/emailed to you once you've registered for the Manitoba Selection Team. In addition to the materials provided, you are encouraged to create a personal document to give to your sponsors. This document should include your interests, a brief history of your skating (bio), why you want to compete at the 2011 Canada Winter Games, why you like skating, and anything else you may want to add. Sponsors may want to verify your participation in the Manitoba Selection Team. You must provide them with appropriate Skate Canada Manitoba contact information.

Although the fundraising program runs from June 1 to September 1, 2010, skaters can continue to ask for sponsorships after June 1, 2010. Skaters must negotiate with sponsors whether the sponsorship will begin on June 1 or on the date the sponsor is approached (if June 1 has already passed). It is the skater's responsibility to provide each sponsor with accurate and factual information regarding their training.

You must provide Skate Canada Manitoba with a postdated cheque (September 15, 2010) of \$100.00. Any money that you raise over and above the \$100.00 should be used towards your training costs.

3. Submit your training plan for the 2010-2011 skating season by June 19th, 2010. This plan should be developed in conjunction with your coach. The plan should include on-ice components (competitions, summer schools, goals, etc.) as well as an off-ice component.
4. Attend a minimum of five weeks of Summer School Training.
5. Attend a minimum of one summer competition (eg: Prairie Skate) and submit report card. Competitions held before June will not count as summer competitions.
6. Attend Competition Simulations (September 2010). Be available for monitoring feedback.
7. Attend the 2011 BMO Skate Canada Manitoba Sectionals (November, 2010) and be available for monitoring feedback. Submit report card.
8. If selected to the final 2010 Canada Winter Games team: Attend the final staging camp in early January, 2011.
9. Attend any mandatory sessions (i.e.: drug awareness)/functions/seminars as identified by Sport Manitoba (TBA).
10. If training out of province and cannot attend the June 19th Training Camp in Brandon, you must submit a video to Skate Canada Manitoba of at least one competitive program (short or long) by August 1, 2010. The video must have been taken during July, 2010.

If you meet the criteria and are interested in participating on the Manitoba Selection Team for a chance to represent Manitoba at the 2011 Canada Winter Games, you must complete the attached application and return it to the Skate Canada Manitoba Section Office no later than Thursday, April 15th, 2010. Please note that submission of an application does not guarantee selection to the team.

Information and updates regarding the Canada Winter Games will be located on the Skate Canada Manitoba Website at www.mbskates.ca. It is your responsibility (skaters, parents and coaches) to keep up-to-date.

The final team selection will be made by December 8th, 2010.

Team Coaches/Managers for the 2011 Canada Winter Games

Skate Canada Manitoba has selected the coaches & manager for the 2011 Canada Winter Games. We are very proud to have the following as the 2011 Canada Winter Games Coaching and Management Staff;

Tammy Fournier	<i>Coach</i>
Mary Ann Penner	<i>Coach</i>

2011 Canada Winter Games Training Camp

Saturday June 19, 2010

When: 10:00am – 6:00pm

Where: Keystone Center, Kinsman Arena, Brandon, MB

Cost: \$40.00 per skater

Base coaches may attend – cost \$20.00 per coach

Must include Training Camp registration form with the 2010 Canada Winter Games Manitoba Selection Team Application.**Off Ice**

- Strength /Conditioning – Flexibility Testing
- Nutrition Seminar –
- Other (TBA)

On Ice

- Flexibility, footwork, spirals, field moves, transitions etc

BBQ to end day.

Other Important Information

All skaters need to submit their Competition Report Cards from competitions entered as of June 1, 2010 and ending after the 2011 Western Challenge. Skaters are responsible for submitting a copy of their report card to Skate Canada Manitoba no later than 2 weeks following the competition. The following is a list of competitions that will be considered (not an inclusive list)

- | | |
|-----------------|---------------------|
| • Thornhill | • Autumn Skate |
| • Wild Rose | • Octoberfest |
| • Prairie Skate | • Sectionals |
| • Sask. Skate | • Western Challenge |
| • SuperSkate | |

- ✓ All skaters need to be committed to attending the 2011 Canada Winter Games in Halifax, Nova Scotia, February 19th – 27th, 2011
- ✓ Skaters must attend all required training camps and seminars provided by Skate Canada Manitoba and Sport Manitoba
- ✓ In order to be selected to the final Canada Games Team, you must be on the Manitoba Selection Team. You must be dedicated to completing all of the assigned requirements.
- ✓ Skaters must sign and abide by the Manitoba Selection Team Athlete Agreement (see enclosed)
- ✓ Skaters must sign and agree to the Athlete's Code of Conduct (see enclosed)
- ✓ If selected as a Canada Games Team member you will be representing your home club, your hometown, Skate Canada Manitoba, Sport Manitoba, and the province of Manitoba.

You are also a part of a much larger team comprised of athletes from other sports – you will be expected to be supportive to all Team Toba athletes.

- ✓ Base coaches must sign and agree to the Base Coach Support Agreement for each of their athletes applying for the Manitoba Selection Team (see enclosed)

Please complete and return the following to Skate Canada Manitoba no later then **April 15, 2010**.

- ✓ Manitoba Selection Team application form completed IN FULL
- ✓ Registration form for the June 19th Pre- Summer Training Camp (including a \$40 registration fee)
- ✓ Fundraising: \$100 Post-dated cheque (September 15th)
- ✓ Signed and completed Athlete Agreement
- ✓ Signed and completed Athlete Code of Conduct
- ✓ Signed and completed Base Coach Agreement

Skate Canada Manitoba
C/O Canada Winter Games
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Deadline is Thursday, April 15, 2010