

# Coaches Newsletter

April 2011



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At this year's Coaches' AGM we will be offering something for everyone! Whether your focus is on STARSkate, CanSkate, Synchro, or Competitive skating you will gain something by attending the Coaches' AGM that is taking place at the Royal Oak Inn in Brandon.

### CanSkate Workshop Friday 7pm-8:30pm

Megan Svistovski will be facilitating a workshop on CanSkate delivery. Revisions, lesson planning, brainstorming, troubleshooting, and a Q & A session will take place

Supplies to bring: note pad, pens/pencils and IDEAS to share

**RSVP to:** Megan Svistovski at:

[megansvis@hotmail.com](mailto:megansvis@hotmail.com) by April 15

### Coaches' AGM

**Saturday 1:30-5:00pm**

At the Coaches' AGM there will be a panel discussion focusing on a variety of skating areas, updates from various committees, a guest speaker, and a Q & A session.

**RSVP to:** MaryAnn Penner at:

[kelmar1@lincsat.com](mailto:kelmar1@lincsat.com) by April 15

### Motivational Speaker Saturday 4:00pm

Come listen to Para-athlete Slade Doyle as he speaks on "Passion, Spirit, and Triumph". Slade competed at the 2011 Canada Winter Games and won three medals in cross country skiing. Come out and be inspired by his story!



## 2010/2011 REGIONAL COACHING REPRESENTATIVES

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

If the Coaches Rep has changed in your region for the upcoming season, please let MaryAnn Penner and the Section Office know the updated information.

### CENTRAL PLAINS

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### SOUTH WESTMAN

**Meaghan Shewchuk**

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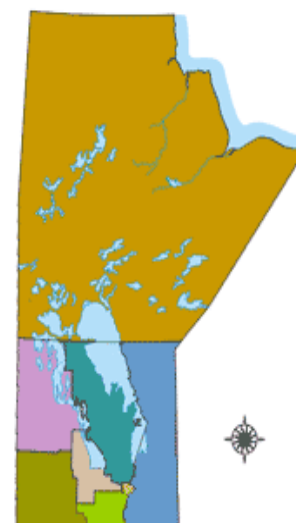
Ph: (204) 523-3318

### WINNIPEG

**Gordon Linney**

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Ph: (204) 284-7801





## A word from the Section’s Coaches Representative —MaryAnn Penner

Spring has sprung and so have those new plans for the upcoming year!

This time of year always gives us a sense of renewal and reflection. What worked well in our individual businesses of coaching; program strategies, training strategies, competitive opportunities inside and outside our province, test days, seminars, upgrading our own knowledge, experience and NCCP levels.

What can we do differently to serve our clubs and better our skaters? The knowledge we have directly affects both of those areas.

We know that there will be changes coming from Skate Canada and the ISU. It is the time of year we stay tuned to both of those websites and watch for communications being sent out. Take the time to check them out regularly but especially in June and July.

I hope you will all join me in Brandon at the Skate Canada Manitoba’s AGM on Saturday April 30th at the Royal Oak Inn. The Skate Canada Manitoba’s

AGM will take place in the morning and our Coaches’ AGM will be from 1:30pm to 5:00pm. We hope you will be inspired by the line up of the guest speaker/panelists we have for you.

Watch for information coming regarding a Recreation workshop on the Friday evening as well. Megan Svis-tovski is working hard on this workshop to help inspire new and “old” coaches working in the CanSkate program.

We will be asking for an RSVP to ensure we have adequate room for everyone!

As we tell our skaters – Plan the work, then work the Plan!

We must live this to the fullest in our profession of coaching, this is how we improve, our clubs grow and our skaters advance!

I had the privilege of listening to Robert Herjevec of Dragon’s Den speak at a FCC conference. He is such an energetic man with a passion for what he does. He LOVES his work and

can hardly wait to wake up each morning and get to the office. His passion for his family is second to none. His background growing up in Croatia has planted many strong roots; how he treats people (no one at his company has a title, they are all equal – if a job needs to be done – just go do it!), the lessons he learned growing up and watching his father and mother work hard. He says we live in the world’s best country and we should never complain.

Positive thinking is the key to many successes.

### Happy Spring Planning!

MaryAnn Penner

SCR



## 2010-2011 Skate Canada Qualifying Competition Results

Thank you to all the Coaches who worked hard throughout the 2010-2011 Season to prepare their skaters who attended competitions across Canada.

Congratulations to the skaters and coaches who qualified and competed at Skate Canada qualifying events.

### Challenge

Kate Charbonneau—5th

Madison McCallum—15th

Claudia Ingram—45th

Brooklyn Parker — 41st

Kirsten Gutenberg—49th

Justin Wong—37th

Jeremy Ploughman—38th

Stacey Woods—36th

Mercedes McLean—43rd

Jaime Wong—40th

Sarah Slagerman—44th

Deidre Russell—30th

Lindsay Penner—37th

Kaleigh Hole—26th

### Nationals

Kate Charbonneau—9th

Alexa-Marie Arrotta and Martin Nickel—7th

### Prairie Regionals

University of Manitoba Ice Intrepid—1st

Wheat City ConnXion—2nd

### Synchronized Skating Nationals

University of Manitoba Ice Intrepid - 10th





## CANADA WINTER GAMES

The 2011 Canada Winter Games were a huge success in Halifax and our team embodied the true spirit of the games! The skaters had an awesome experience at the games, skated great programs, and soaked up the atmosphere. Madison Scott also brought home a silver medal!! Way to go!

A big "Thank You" goes out to the Coaches and Team Manager who volunteered countless hours in preparation for the Games. The Coaching staff and manger included: Tammy McKay, MaryAnn Penner, Colleen Lowdon—Bula and Patrick Wong.

### Results:

#### Novice Women

Stacey Woods—5th

Mercedes McLean—14th

#### Pre-Novice Women

Madison McCallum —7th

Brooklyn Parker—16th

#### Pre-Novice Men

Justin Wong — 11th

Jeremy Ploughman—13th

#### Special Olympics

Katie Colomb Fedak—6th

Madison Scott—2nd



## WAY TO GO TEAM!!!!



## MANITOBA GRASSROOTS BURSARY DINNER AND ICE SHOW

The Trustees of the MB Grassroots Bursary Fund would like to take this opportunity to remind you that the

### *27th Anniversary Dinner and Ice Show*

will be held the evening of Saturday, April 16th at the Winnipeg Winter Club. They sincerely hope you show your support and attend!

#### Dinner & Ice Show

\$50.00

#### Junior Dinner Tickets

(12 & under)\$20.00

#### Ice Show Only

\$10.00 and \$ 5.00 (12 & Under)

Tickets can be purchased from:

Gordon Linney (Winnipeg) 284 -7801

Miranda Edwards (Brandon) 726-8892

Pearl Humenny (Winnipeg) 837-4965

Don Brown (Winnipeg) 661-0096

**Ice Show: 3:00pm at Winnipeg Winter Club**

**Dinner: 5:30pm at Winnipeg Winter Club**





## BITS & BITES

- ◆ Skate Canada Manitoba had asked coaches to let us know if they would be interested in attending an ISPC course. However, due to lack of interest, no ISPC courses will be taking place at this time. If you are wanting to attend an ISPC course in the near future, please check with other Sections as they may have scheduled these courses.
- ◆ Skate Canada Manitoba's and the Coaches' AGM will be held in Brandon on April 30th at the Royal Oak Inn
- ◆ If any coaches are interested in sitting on any committees for the 2011/2012 season please forward your name to the Section Coaching Representative, MaryAnn Penner by April 25th.
- ◆ For competitions, your skaters should have a Competition Only CD as well as a Competition Only BACK UP CD. At competitions this year there have been issues with CD's skipping due to scratches on the disc.. For regular practices during the season, there should be a separate non competition CD that is used.



## COACHING COURSES

### CanSkate Course

April 22nd—23rd: Brandon

Keystone Centre

Deadline: March 11th, 2011

### CanSkate Course

August 26th—28th: Winnipeg—Winnipeg Winter Club

Deadline: July 14th, 2011

### Prerequisites:

Must be 16 years of age

Must be currently registered with Skate Canada

Must provide proof of passing Preliminary Dance,

Preliminary Free Skate, and Preliminary Skating Skills

in addition to one Junior Bronze test (Free Skate, Dance, or Skating Skills).

### Primary STARSkate Course

May 6th—8th: Winnipeg & Morris

Sport For Life Centre & Morris Arena

Deadline: April 8th, 2011

### Primary STARSkate Course

August 26th-28th: Brandon—Keystone Centre

Deadline: July 14th, 2011

### Prerequisites:

Must have successfully completed the CanSkate Course, CanSkate assignment, and the Primary STARSkate Home Study Guide.

Must be currently registered with Skate Canada

Must provide proof of passing Junior Bronze Dance, Free Skate, and Skating Skills.

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**Check out our website at**

**www.mbskates.ca**

**for all the latest**

**information.**

**If there is something that you would**

**like to see included in the next**

**newsletter,**

**please let us know at**

**skate.pc@sportmanitoba.ca**