

Coaches Newsletter

September 2010



Inside this issue:

Registration	1
Greetings from Sections Coaches Rep, Strength and power in Figure Skating	2
Sports Psychology	3
Calendar of Events	4
Calendar of Events, Coaches Reps	5
NCCP Courses, RIS, Jr. Development	6

ARE YOU REGISTERED?

The Skate Canada registration year begins September 1, 2010 and runs until August 31, 2011. All professional Skate Canada coaches must be registered for 2010-2011 in order to begin coaching. A copy of your Skate Canada coaching member card must be provided to all Skate Canada clubs and skating schools where you instruct skating.

Skate Canada is pleased to provide you with an online registration option that allows for membership to be updated within two business days! Log into Members Only section on the Skate Canada website at www.skatecanada.ca. Online registration will be available beginning Wednesday, August 4, 2010 and is simple and ready whenever you are. Be sure to read the Coaches' Code of Ethics found in Members Only and sign the Coach Declaration. Mail the form along with any required documentation and payment to Skate Canada. Manual registration may take up to four weeks to be processed.

In order to register you will need to verify that you have provided all of the following information to the Member Services Department by email at memberservices@skatecanada.ca or by fax at 1.877.211.2372

Police clearance checks are valid for three years. All professional coaches must use **BackCheck**. Complete **BackCheck** if your screening has or is expiring now at: www.backcheck.net/skatecanada

First aid certificates are required. Verify the expiry date of your first aid certificate before you register.

Refer to the First Aid Certification Policy found in Members Only.

To register online, access the Skate Canada website at www.skatecanada.ca and click on **Members Only**.

- Enter your 10-digit Skate Canada number for the LOGIN USER ID and enter your last name as your password. Your last name is your default password unless you have already changed it. Select language and click on LOG IN.
- You may be prompted to change your password. Keep in mind that your new password must be between 6 and 12 characters (alpha and/or numeric), the password cannot be the same as your previous password, or your last name, and is not case sensitive. Once the password is changed you will be prompted to log in again using your new password.

UPDATE & REGISTRATION

Simply click on **Personal Profile** from the homepage to begin the online registration process.

- Ensure all of the information listed is correct (name, address, date of birth, etc.). Please ensure that your e-mail address is accurate. If any information has changed, click on the appropriate field and type in the correct information. Once you have completed editing, click on the **SAVE CHANGES** button at the bottom of the screen to update and save the changes in your personal information. The **REGISTER** button will not update or save any information that has been changed.
- **Be sure to upload your photo** for future coaching member cards and/or accreditation tags. This can be done at the time of registration or at any time during the season. To upload your photo click on **UPLOAD NEW PICTURE** and **BROWSE** your files for your photo. **Specifications for photos** are: Colour photos preferred. Photo size must be approximately 37 mm (1 1/2 in.) wide and 50 mm (2 in.) long. The photos must be a close-up of the head and shoulders so that the face covers approximately 65 to 75% of the photo. Photos must be clear, sharp and in focus.

- The next step is to report the Skate Canada clubs where you will be coaching. Click on the **ORGS COACHED AT** button. You will then be prompted to input the Skate Canada club or skating school number. If you are unsure of the number, click on the **FIND ORGANIZATION** button. You will then be prompted to type the club/school's name and the number will be displayed. If you are unsure of the correct spelling for the club, the first three letters can be typed and a listing of clubs beginning with the same three letters will be displayed. Find the right club or school and click on **ADD** to include this club or school to your record.
- Once you have added all of the organizations at which you coach click on **RETURN** at the bottom of the screen. You are now ready to submit your registration.

SUBMITTING YOUR REGISTRATION

- Click on the **REGISTER** button at the bottom of the screen. This will bring you to a screen that will require you to input your credit card number for payment. Skate Canada has added PayPal as a payment option, allowing PayPal subscribers the option to use this feature. Your registration will not be accepted unless a valid credit card number is entered. **Please double check the numbers entered and ensure that the expiry date is correct (MM/YY)** Click on **SUBMIT TO SKATE CANADA**. A confirmation screen will appear and you can print this confirmation by click on **FILE – PRINT**. **NOTE: When submitting your registration you are agreeing with the Professional Coaches' Declaration and you confirm your compliance with Skate Canada's Professional Coaches' Code of Ethics. A copy can be found in Members Only or in the Skate Canada Rule Book.** **The Member Services Department will process your registration within two business days of submission after which time you will be able to print your coaching member card online.** Any questions regarding the registration process for professional coaches can be directed to the Member Services Department by e-mail at

GREETINGS FROM THE SECTION COACHES REP MARY ANN PENNER



PAGE 2

SEASON OF CHANGE

Well it is sad to think the leaves will soon be showing their fall colors, the nights will get cooler and that we will leave the rink in darkness! But for now this greeting comes to you from poolside! I am enjoying time off from the rink as I write this, however skating never stops!

We have once again seen many changes to the world of skating as we know it. If you attended Prairie Skate in Saskatoon with your skaters I hope you were able to get some questions answered and clarified. *We must be willing to ask the questions in order to get the answers.* Rely on your coaching colleagues and TS resources to ensure your skaters are getting the most current and accurate information. Join us at the Standard Seminar Sept 25 in Steinbach. It will be paired with Simulations this year! The focus will be Program Components, GOE of CPC.

By now I am sure you are all registered or will be doing so in plenty of time before your skating season starts! On-line registration is fast and easy. Don't forget those CEP forms, I challenge to see how many "Gold" status coaches we can get this go around! REMEMBER we are starting a new cycle, so take those sheets with you where ever you go!!!

As always watch closely and read attentively those tech packages! Assume nothing! And have fun getting all those eager little skaters going! I hope you all had a great summer and you feel inspired and ready for the season ahead! **Change is Progress!**

Be sure to stay in contact with your Regional Coaching Rep! If you are not sure who it is, check the website for a full list of RCRs! I would like to take this time to wish Jacqueline Lyons all the best as they make the transition to Calgary! Good Luck in future ventures!

See you in the rink!

MaryAnn Penner

SCR

Kelmar1@lincsat.com



STRENGTH AND POWER IN FIGURE SKATING

A figure skater needs strength & power on the ice

It is a proven fact that strength & power training correlates directly with a higher double axel and also the ability to do more advanced spins. A higher double axel gives the athlete more time in the air to complete their rotations as well as prepare for landing.

A higher double axel comes from more speed going into the jump and a more explosive take-off. Strength and power training involves a lot of fast movements and jumping. This enables skaters to skate faster and more controlled and have more spring in their take-offs. This type of training also involves a lot of landing. Therefore, it will also help skaters practice landing and balance. On the ice, skaters will have a much more balanced and controlled landing, and more balanced spins.

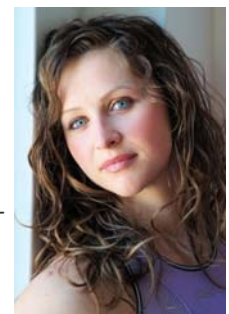
A powerful figure skater will have increased energy output throughout their practice or competition. This will allow the athlete to have higher quality, longer training sessions.

In addition, they will be stronger at the end of their routines where other competitors often fatigue.

Don't we want our skaters to become more efficient and consistent with their jumps and landings during practice, so that they nail it during competition?

Why exactly does strength training help? Well, when you exercise a muscle, its fibers become stronger and are able to withstand more repetition for longer period of time when they are asked to contract/act explosively. Strength and power training gives skaters the speed and jumping ability to execute higher jumps with more rotations, and more consistent, controlled landings. It gives the athlete more stability when performing spins and complex footwork. This type of training also helps with muscle injury prevention. Which do you think is harder to injure; a normal muscle fiber, or a strong muscle fiber?

Brigitte Girouard *BKin, CSCS, CFC, Certified Aerobics Instructor, Bed*
breege2000@hotmail.com





SPORTS PSYCHOLOGY

Some Suggestions for Coaches to Help Skaters Reach Peak Performance at Competitions and Test Days

Kendra M. Thomson (from Martin & Thomson, 2010*)

Research by sport psychologists on Canadian Olympic athletes representing many different sports, including figure skating has shown that those athletes who performed at or exceeded their expectations at National, World, or Olympic competitions did the following: *Used goal setting and mental skills at practices *Did lots of serious program run throughs at practices *Kept notes and records of their progress *Had detailed mental preparation plans to guide them at competitions.

Most of the athletes who did not perform to potential, however, were less consistent in each of these areas. Below are some suggestions for how coaches can help their skaters to reach their potential at competition or test days.

2 Weeks Before a Competition/Test day, Coaches Should Encourage Skaters To:

- Visualize the competition/test day rink before doing his/her program run throughs in practice.
- Use key words and self-talk during program run throughs
- Focus on both technical scoring and program components during program run throughs
- Carefully self-assess after each program run through
- Do off-ice walkouts of his/her programs, and to record the results
- Focus on process and execution, and to think about performing at the competition/test day like they do during good program run throughs at practice
- Prepare a positive thinking card to take to the competition/test day
- Complete the self-talk checklist in order to have positive thoughts for key situations
- Practice relaxation strategies to be used at the competition/test day

At the Competition/Test Day

- Soon after registration, meet with your skater to check the practice and competition schedule, and bus schedule, and to write out a time management plan for your skater
- At competition/test day practices, encourage your skater to do his/her own thing and focus on their own program and skating
- For each program, work with your skater to prepare a preskate plan for before the 6-minute warm-up, and a preskate plan for after the 6-minute warm-up
- Encourage your skater to conserve energy and eat healthily

On the Day of a Program/Test

- Meet with your skater to review his/her preskate plan
- Help your skater follow his/her preskate plan
- Help your skater focus on process, let the results take care of themselves
- Help your skater to minimize distractions during his/her preskate plan (e.g., people coming up and talking)
- If performance is poor, help the skater to put it behind him/her and to focus on what's coming up

After the Competition/Test Day

- Ask the skater to complete a competition/test day evaluation form a few days after the competition/test day
- Discuss the evaluation with the skater within a week after the competition/test day, and encourage the skater to use the information for goal setting and practice planning
- Encourage your skater to learn and grow from their successes and their disappointments, and to enjoy the opportunities and experiences of being a competitive/test skater

Overall, your ongoing support in a positive way plays a huge role in helping your skater to master various mental skills, to thoroughly enjoy his/her skating experience, and to master some important and valuable life skills in the process.

*This material was adapted with permission from:

Martin, G. L. & Thomson, K. (2010). A Sport Psychology Self-Instructional Manual for Figure Skaters. Sport Science Press: Winnipeg, MB Canada.



2010-2011 COACHES CALENDAR OF EVENTS

Below you will find a calendar that will pertain to your coaching activities for the 2010-2011 season. Please mark your agenda, day timer, blackberry, palm or whatever keeps you organized!!

September 10

September 1 Skate Canada Registration DUE!
September 11 CanSkate LIVE— Morris
September 12 CanSkate LIVE— Brandon
September 16-19 Autumn Skate—Ottawa
September 25-26 Competition Simulations—Steinbach
September 25 Standards Seminar—Steinbach
September 30 2011 BMO Skate Canada Sectionals—Manitoba Championship entry deadline

October 10

October 1 Competitive Tests deadline
October 1 STARSkate Age “as of” deadline
October 8-10 SGI Sask Skate Open & Invitational Competition

November 10

November 5-6 2011 BMO Skate Canada Sectionals—Manitoba Championship in Steinbach & Provincial Coaches Meeting
November 15 Test deadline for STARSkate skaters
November 26-28 Winnipeg Super Skate Competition—Terry Sawchuk, Winnipeg

December 10

December 1-5 Challenge in Mississauga, Ontario
December 25 Merry Christmas!!

October-December—Regional Seminars, Regional Coaches Meetings and CanSkate Delivery and Development Clinics.

January 11

Happy New Year! Make those resolutions AGAIN!!

January 8-9 Virden Fun Skate
January 8 Skate Canada Manitoba Synchronized Skating Championships - Selkirk, MB
January 17-20 Junior Nationals—Victoria, BC
January 21-23 Canadians — Victoria, BC

STARSkate Regional Competition season!!

February 11

February 4-6 Prairie Synchronized Skating Championships—Moosomin, SK
February 18-20 Manitoba Open—Neepawa, MB



March 11

March 4-6 Provincial STARSkate Championships in Portage la Prairie, MB & Provincial Coaches Meeting
March (TBA) Crocus Invitational
March (TBD) Stony Mountain on Ice

Spring Break—go somewhere that only has ice in a tall frosted glass with an umbrella!!



2010-2011 COACHES CALENDAR OF EVENTS—continued

April 11

- April Regional AGM season, contact your Regional Coaches Rep for more details
- April 5-11 Skate Canada Adult Figure Skating Championships—Sarnia Lambton, ON RBC Centre
- April 30—May 1 Skate Canada Manitoba AGM—Brandon, MB
- April 30—May 1 Provincial Team Seminar—Brandon, MB

Summer 11

Time to regroup and rejuvenate, revised rules will surely come!!

Please take advantage of the Coaching Meetings at your Regional and Provincial events.

The following information can be found on the Skate Canada Manitoba website:

- ◆ Test Day—dates and locations
- ◆ Competition—dates, locations, announcements and results
- ◆ Coaches Wanted listings from clubs in search of Coaches for their programs.
- ◆ NCCP Courses



REGIONAL COACHES REPS 2010-2011

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 Mary Ann Penner and the Section Office know the updated information.



CENTRAL PLAINS Jody James

jkskates@hotmail.com

Ph: (204) 648-7247

EASTMAN Michelle Andres

cmandres@twinairview.ca

Ph: (204) 320-9663

INTERLAKE—Michelle Zurawski

mzurawski@hotmail.com

Ph: (416) 4202140

NORMAN -Betty Anne Wilkinson

bawilkinson1@mts.net

Ph: (204) 652-5578

WINNIPEG - Gordon Linney

693aas@mts.net

Ph: (204)284-7801

NORTH WESTMAN

Tammy Fournier

tfournier@mymts.net

Ph: (204) 729-8492

PARKLAND

Susie Wilkinson

vinsue@mts.net

Ph: (204) 448-2181

PEMBINA VALLEY

Kyla Wall

kyla_synchrosk8er@hotmail.com

Ph: (204) 331-4234

SOUTH WESTMAN

Meaghan Shewchuk

mshewchu@mts.net

Ph: (204) 523-3318

SECTION COACHES

REP

Mary Ann Penner

Box 147

Douglas, MB

ROK ORO

kelmar1@lincsat.com

Ph: (204) 763-4736

Cell: (204) 761-0573

Fax: (204) 763-4679



NEW TEAM TOBA STRUCTURE

The Team TOBA Program is a Skate Canada Manitoba Program that identifies and gives opportunities to skaters who meet a set criteria and enables us to create a branding scheme that identifies the skaters to the team to which they belong.

Team TOBA Elite

Team Composition

- ◆ Skaters at the Novice level and up progressing to and competing at Junior Nationals and Senior Nationals.
- ◆ Team will be named after Canadian Championships

Team TOBA High Performance

Team Composition

- ◆ Skaters competing at Skate Canada Manitoba Sectional Championships finishing in the top 4 plus
- ◆ Team will be named after Sectionals.
- ◆ Team is skaters qualifying for Challenge.

Team TOBA Competitive

Team Composition

- ◆ Open to all Sectional Juvenile and up competitors who are not named to Team TOBA Elite or High Performance.
- ◆ Team will be named after Sectionals

Team TOBA Junior

Team Composition

- ◆ Open to skaters who compete in Pre-Preliminary 8 & under, Preliminary 9 & under, Junior Bronze 10 & under and Pre-Juvenile categories.

Team TOBA STARSkate

Team Composition

- ◆ Open to all STARSkaters wish to join
- ◆ Must register and participate at their Regional Seminar to be part of the team.

ONE LAST NOTE

Well coaches a new skating season is just around the corner and I hope that the season treats you and your skaters well! I will be heading out to Alberta this month and I want to thank everyone for this great journey that I have been on over the last few years. Please make sure that you register to make the start of the year easy on all of us and that Mary has an much easier time keeping track of it. With saying that I would love to welcome Mary Elliott to this position! Make sure that at your next competition to find her and say hi!

Thanks again for everything—and I'll see you at some rink soon!

All the best

Jacqueline Lyons



Shauna Marling – Executive Director

925-5708

Skate.exec@spotmanitoba.ca

Mary Elliott – Program Coordinator

925-5709

Skate.pc@sportmanitoba.ca

Lois Kreutzer – Administrative Assistant

925-5707

Skate.admin@sportmanitoba.ca

Check out our website at

www.mbskates.ca

for all the latest new and
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

Or (204) 925-5709