

# Coaches Newsletter

September 2011



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All Skate Canada Coaches are required to be registered for the 2011/2012 season **before** they start coaching any Skate Canada programs. Coaches can register on-line on the Skate Canada Members Only website. All new coaches are required to complete the Back-Check Police Clearance check, Making Ethical Decisions Online Evaluation, and must submit their Skate Canada coaches registration forms by mail. Information on registration procedures and forms can be found on the Skate Canada Members Only website as well. Once a coach registers they should provide their club with documentation of proof for membership for the 2011/2012 season.

A reminder to all coaches that in order to keep your Skate Canada Coach membership valid throughout the season, you **MUST** have current first aid. If your first aid expires during the skating season, you must re-certify prior to the expiry date otherwise your coaching membership becomes invalid. Coaches who are an active member of a group of licensed health care professionals are not required to complete an additional first aid course for the purposes of certification and accreditation. These are dealt with on a case by case basis and you must provide your current employment license and/or certificate when submitting your coaching membership.



## CanPowerSkate Coaching Course

Skate Canada Manitoba is offering a CanPowerSkate Coaching Course September 24th—25th in Dauphin, MB. Registration forms and further information can be found on our website. The registration deadline is **September 15th**. If you would like to attend the course you must meet the following qualifications:

- Minimum of 16 years of age
- Completion of NCCP Level 1 Theory or equivalent Introduction of competition Part A
- Current Skate Canada Coaching Membership
- Current First Aid
- Completion of one of the following:
  - o Skating - NCCP Instruction Beginner CanSkate Coach status or higher.
  - o Hockey - Completion of the Community Coach stream.
  - o Ringette – Completion of the NCCP Community Sport-initiation workshop.



## SIMULATIONS 2011/2012

The Winnipeg Region will be hosting the 2011/2012 Competition Simulations. Simulations will take place on Saturday, September 17th at the **Dakota Arena** in **Winnipeg**, Manitoba. All skaters who are planning to compete at the 2012 Skate Canada Manitoba Sectional Championships will be participating in this event.

## STANDARDS SEMINAR

All coaches and judges are invited to attend the Standards Seminar taking place on September 24th at the Keystone Centre in Brandon. Karen Howard will be the facilitator for this seminar and she will be covering GOE and Program Components. The seminar fee is \$30 and the deadline for registration is **September 7th**. This is a seminar you don't want to miss!

## 2011 SASK SKATE

The 2011 Sask Skate Open and Invitational Competition will be taking place in Saskatoon, Saskatchewan from October 7th—9th. Skate Canada Manitoba has selected a group of skaters in the Pre-Juvenile, Juvenile, Pre-Novice, Novice and Junior categories to represent Manitoba on the Invitational side of the Competition. We wish all skaters the best of luck at this competition!



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

Welcome Coaches to the 2011 - 2012 Skating season.

It has been a busy and fast summer. We have seen changes to STARSkate and Competitive streams. A great rule of thumb is "NEVER ASSUME"! Just because it was one way last year doesn't mean it is still that way this year. Read thoroughly through the Skate Canada Members only documents and update your trusted binders with the current information.

You all should be receiving updates directly from Skate Canada every two weeks. If you are not receiving these emails make sure your email address is correct on your Personal Profile on Members Only at the Skate Canada website and let Mary Elliott, Program Coordinator at our Section office know. It is our responsibility to keep our information current and accurate on our Personal Profile.

Some quick mentions are, program length and jump content have changed in STARSkate, Free Skate test sheets/criteria have changed in STARSkate as well.

WBP information is out there so make sure and double check that your skaters are falling within these parameters Competitive Skate, jump content/quantity has been changed as well as

programs are designated ChSp or step sequence. Thoroughly check the WPB. Pre Juvenile to Novice can be found on the Skate Canada site and Junior and Senior information can be found at [www.isu.org](http://www.isu.org)

Each year we have a new batch of Coaches entering this profession. The coaches need our help and if you were a part of their mentoring please allow yourself to continue to be a resource for them. We all remember how overwhelming this can be, and for them to have someone they can go to to ask those questions is a god-send for them.

You will be receiving your NEW Coaching ID cards. This card will be used and will replace your Coaches Photo ID. You will be required to display this at all competitions.

Please remember that this identifies you to the volunteers who are Ice Captain/Security, Officials and to other Coaches/skaters.

As we go into the new season make sure you let your Regional Coaches Rep know you are coaching at a club in their Region. You will only receive emails from them IF they know you are a part of that Region. I will also be sending out emails/notifications and this contact information is received directly from Skate Canada and what is listed on your Profile. Your RCR is

there to bring any concerns to your Regional supervisor and represents the Coaches in her/his Region. The RCR is your first point of contact for Coaching matter/issues. The RCR list can be found on the [mbskates.ca](http://mbskates.ca) website.

A variety of Coaches meetings are held throughout the year. Your RCR will host meetings at the Regional seminar during the fall and at the Regional Competition.

Provincial meetings are held at Sectionals, MB Open and Provincial STARSkate competitions. Notices and Agendas will be sent out in advance.

Starting in 2012 you will receive a monetary break in your Coaching membership should you have CEP status. We are in the middle of the two year cycle to get those CEP sheets up to date and bring them with you to seminar/meetings/clinics through out the year. It doesn't take long to earn Bronze Silver or Gold status!

I cannot encourage you enough to keep educating yourself. Skate Canada Manitoba offers a variety of seminars/clinics throughout the year.

I wish you the best as you head into this new season. Stay informed, stay updated, keep having fun!

See you at the rink!  
MaryAnn Penner  
SCR



### 2011 Prairie Skate — “Capture the Spirit”

The 2011 Prairie Skate 9th Annual Competition took place on August 5th—7th in Virden and was hosted by Skate Brandon. There were 140 skaters registered for the competition from the Manitoba, Saskatchewan, and Northern Ontario Sections. Both STARSkate and Competitive events were offered, including the Skate Canada LTAD Jump Event. A big THANKS goes to Bobbi Morken and the Host Committee for all the time and hard work they put in to making this event such a great success!!



Below you will find a calendar that will pertain to your coaching activities for the 2011-2012 season.

**September 2011**

- September 1 Skate Canada Registration DUE!
- September 17 Competition Simulations—Winnipeg, Dakota Arena
- September 24 Standards Seminar—Brandon
- September 29 2012 Skate Canada Manitoba Sectional Championships entry deadline

**October 2011**

- October 1 Competitive Tests deadline
- October 1 STARSkate Age “as of” deadline
- October 7-9 Sask Skate Open & Invitational Competition

**November 2011**

- November 4-5 2012 Skate Canada Manitoba Sectional Championships— Winnipeg, Dakota Arena
- November 15 Test deadline for STARSkaters

**December 2011**

- November 30—Dec 4 Challenge in Regina, Saskatchewan
- December 25 Merry Christmas!!

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

**January 2012**

**Happy New Year!**

- January 7 Skate Canada Manitoba Synchronized Skating Championships - Killarney, MB
- January 16-19 Junior Nationals—Moncton, NB
- January 20-22 Canadians — Moncton, NB

**STARSkate Regional Competition season!**

**February 2012**

- February 4-5 Prairie Regional Synchronized Skating Championships—Souris, MB
- February 17-19 Manitoba Open—Stonewall, MB

**March 2012**

- March 2-4 Provincial STARSkate Championships—Winkler, MB
- March 11 Team TOBA Junior Seminar—Morden, MB
- March 18 Crocus Invitational—Hartney, MB

**April 2012**

- April Regional AGM season, contact your Regional Coaches Rep for more details
- April 6-8 Skate Canada Adult Figure Skating Championships—Charlottetown, PEI
- April 27—29 Skate Canada Manitoba AGM—Winnipeg, MB

**Summer 2012**

**Time to rest and review rule changes for the coming year!**



## CanSkate Coach University Charlottetown, PEI



There were three Manitoba coaches who were selected by Skate Canada to attend CanSkate Coach University that took place this past May in Charlottetown, PEI during the Skate Canada ACGM. The three coaches who were selected were; Sharon Maki, Dana McKee and Nicole Gawthrop. Congratulations! You can read Dana and Nicole's testimonials below:

### DANA

This past May I was given the opportunity to travel to Charlottetown to participate in the 2011 CanSkate University offered by Skate Canada. It was an amazing experience that has allowed me to examine my coaching of the CanSkate program, as well as network with other great CanSkate coaches from across the country.

Over two days led by Monica Lockie; we participated in workshops, group discussions, presentations and concluded with a chance to teach a session to some of the local skaters. It gave us a chance to share new ideas, learn new strategies, but most of all come away firmly believing in the importance of the CanSkate program. We worked on strategies for breaking down and planning sessions, teaching during skill and progression circuits, use of fast tracks and fun zones, music, and we also had a chance to discuss the CanSkate pilot project and see what changes could be coming in the future.

CanSkate is the most important program that Skate Canada clubs can offer; it is the base for all skating. CanSkate University was a very motivating and challenging experience. I would advise any coach with a passion for CanSkate to persevere the application process this season.

- Dana McKee

### NICOLE

I was excited when I learned that I had been selected to attend CanSkate Coach University in Prince Edward Island, Charlottetown this past spring. I was given the opportunity to work and learn with the most enthusiastic and motivated CanSkate coaches from across the country. Attending this program was a very positive experience where both on and off-ice sessions helped to develop and challenge my skills as a CanSkate coach. The two-days of training encouraged a lot of active participation as individuals and in groups.

During the first day of training all 12 of us coaches planned the ultimate CanSkate session which was used on day two when we delivered our planned CanSkate session to real CanSkaters! Although tough at times trying to agree on one thing, it continually required me to think outside my CanSkate 'box'.

It was certainly an experience I will not forget as I took away a lot of valuable information and good memories! I encourage other coaches to apply for the 2012 CanSkate Coach University program in Vancouver, BC! I hope to share my positive experiences with you at a CanSkate Live session this fall, I look forward to seeing you there!

- Nicole Gawthrop





## National Coach Apprenticeship Program

This year, the National Coaching Apprenticeship Program will be held during the ISU Grand Prix of Figure Skating Final taking place in Quebec City. The program will be facilitated by Michelle Leigh and workshops will be lead by other top Canadian coaches. Competition planning, mental and physical preparation, strategies and tactics using CPC, travel logistics, planning on-site practices, and many other topics will be covered.

Tammy McKay from Skate Brandon has been selected to attend this exciting event from Manitoba! Congratulations! We hope Tammy has a great experience in Quebec City.

## BITS & BITES

- Coaches have until **July 1, 2012** to work on obtaining a CEP status for the 2012-2014 cycle. The deadline for submitting a Statement of Activity is **July 1, 2012**. This status will be shown on a coach's professional coach membership card for the 2012-2014 skating seasons.
- Please make sure to update yourself with Skate Canada's Well Balanced Program Criteria. Changes have been implemented this year in many important areas, so make sure to keep yourself "in the loop"!
- Skate Canada now requires all coaches to be FULLY Level 2 or ISPC Certified in order to attend Sectionals. If you do not have this designation, you will not be accredited at this event.

### NEW PHOTO ID CARD FOR COACHES

Skate Canada has implemented a National professional coach membership card for the 2011/2012 skating season. You will no longer receive your coaching card from the Section office and it is important to note that Section issued Photo ID cards will no longer be valid at competitions. You must upload your photo on your Skate Canada Members Only profile PRIOR to registering for the 2011/2012 season. If you don't upload your picture prior to registering, you will be sent a card with no photo and will need to pay for a replacement card with a photo!

Please note, that your picture needs to be on the card in order to receive accreditation at events, so it is important that you follow Skate Canada's guidelines!

After you register for the 2011/2012 season, Skate Canada will send your card to you. If you have any questions, please contact Skate Canada directly.



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Check out our website at

[www.mbskates.ca](http://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

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