

Coach Development Series

National Performance Centre – Toronto



A series of workshops organized by coaches for coaches, designed to empower the participants with knowledge, tips and ideas for better programming and skater development in their club.

Presenters:

Cathy Dalton: A Synchronized Skating coach for 34 years, Cathy is well known for her work with the former team “black ice” as well as her instrumental work in the development of synchronized skating programs and education. Cathy has traveled around the world working with coaches and their teams. She currently is coaching a new Senior team in the GTA. We are thrilled to be able to provide our coaches an opportunity to hear her share with us.

Bryce Davison: A former 3 time Canadian Pairs champion and World’s Bronze Medallist, Bryce is currently the Competitive Director for the Hamilton Skating Club. Bryce brings his personal experiences into his coaching philosophy to create a comprehensive training plan for his skaters.

David Islam: A dance coach with many years’ experience building strong skating skills from the lower levels to international competition. David has produced over 12 Canadian Champions and many International Medallists. His knowledge of power, presence and performance will empower coaches to bring those qualities out in their own skaters.

Michelle Leigh: A three time Olympic Team Coach and has coached at 14 World Championships as well as multiple Canadian Championships. Michelle specializes in jump technique and analysis, as well as program development and mental readiness for competition.

Vesna Markovich: A formerly trained dancer, as well as former skater, Vesna has taken her knowledge of body movement and applied it to the ice to help skaters develop artistry, power and mastery of their blade movements. Her articulate vision of turns, edges and lobes is invaluable. Vesna is able to offer exercises and development plans for training at early and advanced stages of development.

Robert O’Toole: A coach for over 35 years, Robert has worked on developing a simple, easy to deliver process for jump technique that has seen his students develop from grassroots to National and International level skaters. Robert has a unique way for athletes and coaches to break down key components for success.

Alison Purkiss: A former singles and pairs skater, Alison has been a National level coach since 2005. Working with skaters from the grassroots and honing their talent and development to the national and international level is her passion. Alison offers great tips and insights to give your skaters that extra edge.

Daily schedule:

11:15 – 11:45 am: Coaches Mingle/Networking/Introductions
Coffee, Tea, light snacks available

12:00 – 1:50 pm: On ice Session with featured presenter (Coaches must wear their skates on the ice)

Fee for all coaches will be FREE of charge. **Registration will be required online at npc.skatecanada.ca.**

We are hoping to record some of your workshop to make it available on line for other coaches across Canada.

DATES of Workshops:

- Wednesday, Jan 28th : **Spins and Presentation with Alison Purkiss (Part 1)**
Coaches will learn exercises and drills that will train good presentation skills, Along with tips on how to improve spins at all levels.
- Tuesday, Feb 3rd: **Synchro Tips with Cathy Dalton**
Cathy will share technical tips to improve the most difficult elements in programs. Coaches are welcome to bring 4 skaters from their team to try out the new techniques. Coaches looking to gain information on teaching synchronized skating welcome too!
- Tuesday, Feb 10th: **Transitions with Bryce Davison**
Explore new ways to set up jumps in a program, as well as stroking exercises to increase balance, power and stability for jump take offs.
- Thursday, Feb 12th: **Stroking technique with David Islam**
David will share tips and strategies to develop power, extension, body line as well as turn and edge technique.
- Wednesday, Feb 18th: **Movement with Vesna Markovich**
Today's session will keep you warm with lots of ideas and exercises on how to build confidence in your skater's movement on ice. Performance, interpretation, musicality and more!
- Tuesday, Feb 24th: **Jump Technique and Analysis with Michelle Leigh (Part 1)**
Today's focus will be the lutz and the loop jump. Bring a skater with you to put new ideas and tips to practice immediately.
- Wednesday, Mar 4th: **Jump Technique with Robert O'Toole (Part 1)**
Simple solutions for complex problems in jump technique. Whether you have skaters just starting to jump or working on triple jumps, these tips will enhance your coaching knowledge.
- Wednesday, Mar 11th: **Spins and Presentation with Alison Purkiss (Part 2)**
Coaches will learn exercises and drills that will train good presentation skills, Along with tips on how to improve spins at all levels. Even if you missed Part 1 Please join us.
- Tuesday, Mar 24th: **Jump Technique with Robert O'Toole (Part 2)**
Simple solutions for complex problems in jump technique. Whether you have skaters just starting to jump or working on triple jumps, these tips will enhance your coaching knowledge.
- Thursday, Mar 26th: **Edges and Turns with Vesna Markovich**
The focus of today's session will be giving coaches the tools to set up edge/turn sessions at their clubs for introductory to advanced level skaters.