



Ontario  
Trillium Foundation



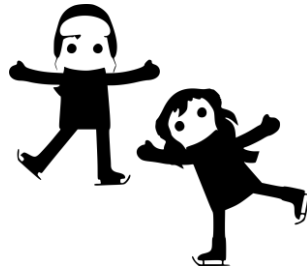
Fondation Trillium  
de l'Ontario

An agency of the Government of Ontario  
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# Effective Ice Usage

# Effective Ice Usage

1. Effective ice usage within the club
2. Effective ice usage of multiple levels / disciplines within the club.
3. Effective ice usage with multiple clubs



# Effective Ice Usage

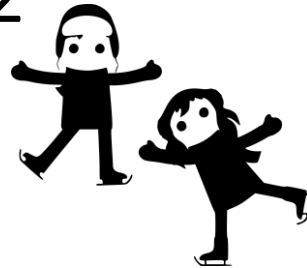
PRE CANSKATE

CANSKATE

PRE POWER

ADULT CANSKATE

TALENT ID / STAR 1,2



# Sharing Programs

- **1. Programs within your club**
- *List all the recreational programs in your club*

## **PRECANSKATE with PREPOWER**

*Skaters are all 5 or under and learning to skate – sharing with young skaters who show an interest in hockey – (Follow CanPower )*

*Ice divided by numbers*

# Example

- **PRECANSKATE with PARENT and TOT**
- *Skaters are 5 and under and willing to learn on their own – follow PreCanSkate*
- *Skaters age 2,3 or 4 come on ice with a registered parent*
- *Parent is like a PA to their own skater*



# More Examples

- **PRECANSKATE with ADULT CANSKATE**  
(beginners)
- **PRECANSKATE with CANSKATE** – parents love this as siblings can be on at same time
- **CANSKATE (STAGES 4, 5, 6) with Enrichment**  
(Talent ID program)

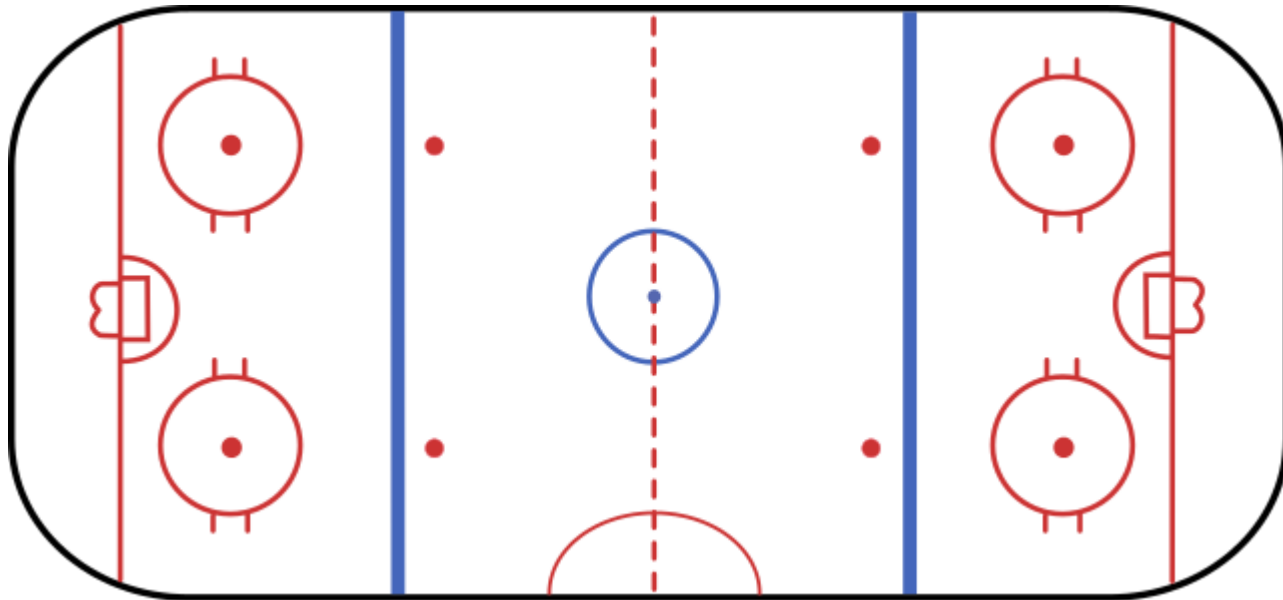
# Recreational and STAR Programs

- **ENRICHMENT with STAR 1-2**
- *Skaters all show an interest in “figure skating” and are all working on STAR 1-2 skills and elements*
- *Could be separate groups or grouped according to ability*

# More Programs

- Examples of :
- **ENRICHMENT WITH GROUP STARSkaters**
- *Group star being those skaters who do not want private lessons but have advanced to STAR*
- **STAR 1 -2 Bridge Program with GROUP STAR**
- *Skaters on Stage 5, 6 and perhaps doing 1 day of CanSkate and 1 day of Group STAR*

# Ice Layout



# Effective Ice Usage

**EFFECTIVE ICE USAGE FOR**  
**MULTIPLE STAR LEVELS**  
**AND**  
**STAR DISCIPLINES**

# EFFECTIVE ICE USAGE FOR MULTIPLE LEVELS

## LAYERING THE ICE

**SHORTER PERIODS OF TIME – 15-30 MINUTES**

**EXAMPLE** - Star 3/4/5 own session

**COMBINE** -Star 3/4/5 + Sr. Bronze / Jr. Silver  
- Sr. Bronze / Jr. Silver session own  
session

- Work on basic skills, edges, spins, etc.
- Works for all disciplines

# EFFECTIVE ICE USAGE FOR MULTIPLE LEVELS

## Another example of a layered session

- ❑ - Star 5 / Sr. Bronze / Jr. Silver own session
- combine - Star 5 / Sr. Bronze / Jr. Silver/ Sr. Silver / Gold
- Sr. Silver / Gold session session
- ❑ can work for a wide range of levels – skills are adapted for each level

# EFFECTIVE ICE USAGE FOR MULTIPLE LEVELS

## GROUP SESSIONS

### LONGER PERIODS OF TIME - 30-60 MINUTES

- The ice can be split into sections /stations
- Coaches can work with their own skaters and move through the stations with them - or coaches can stay in one station to work with all the skaters on a designated skill as the skaters rotate through
- You can rotate the layout every session
- Example - one week you could set up the ice for transitions, spins and edges
- The next week could be set up for field moves, spins, jumps

# EFFECTIVE ICE USAGE FOR MULTIPLE DISCIPLINES

## LAYERED SESSIONS FOR MULTIPLE DISCIPLINES

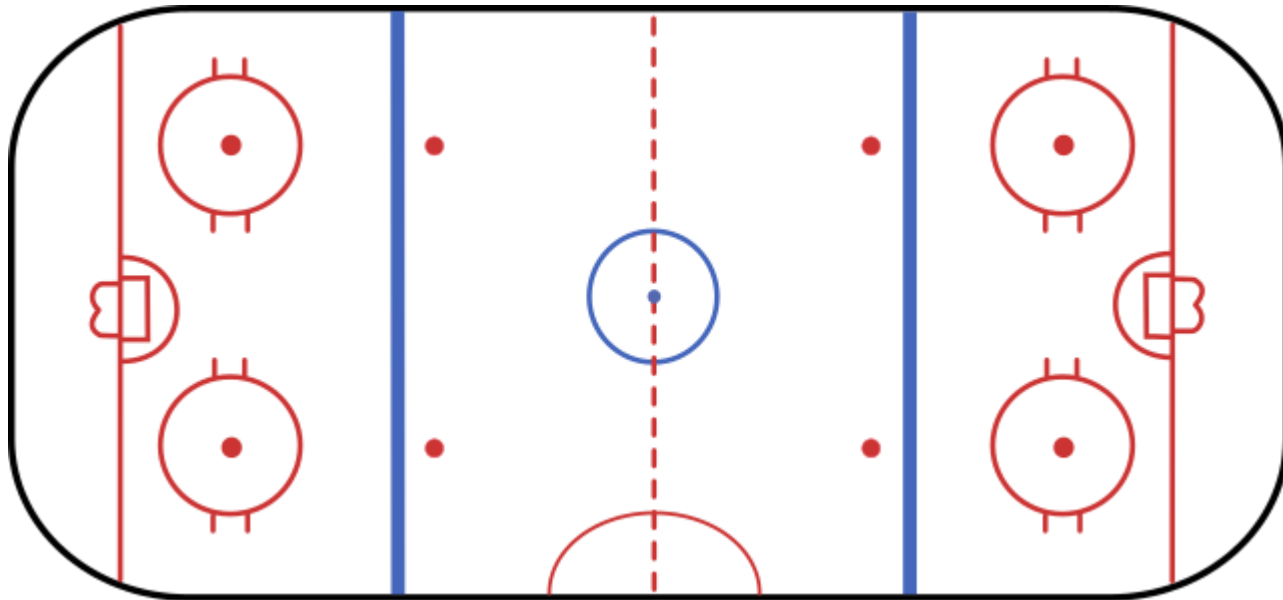
- ❑ (ie) - dance own session
- ❑ - combine dance / free - edge work, stroking, skills
- ❑ - free own session

# EFFECTIVE ICE USAGE FOR MULTIPLE DISCIPLINES

## OFFER COMBINED PROGRAMS

- ❑ (IE) theatre on ice, simulations
- ❑ For all levels of each discipline

# Ice Layout



# Effective Ice Usage

**EFFECTIVE ICE USAGE FOR**

**MULTIPLE CLUBS**

# Effective Ice Usage with Multiple Clubs

**Each club could offer a simulation day at their club which all area skaters could use**

- ❑ (ie) Week One – Club A  
Week Two – Club B
- ❑ As many clubs that want to can Participate

# Effective Ice Usage with Multiple Clubs

## Combine off season sessions

- Shared ice costs, etc.

## Combine seminars

- Shared costs, etc.
- Take turn hosting



# Effective Ice Usage with Multiple Clubs

## Combine Special Events

- Organize at the different clubs days where they bring in evaluators, specialists, etc.
- Share costs if they want or keep separate
- Each club could rotate

# Effective Ice Usage with Multiple Clubs

## Combine sessions for area skaters

- ❑ Each club could have days where the skaters / coach could come on a session for dance, free, theatre on ice, etc.

Example – Competitive skaters from the area clubs could skate together on a session

# Effective Ice Usage with Multiple Clubs

## Combine sessions for area skaters

- ❑ Each club could have days where the skaters / coach could come on a session for dance, free, theatre on ice, etc.

Example – Competitive skaters from the area clubs could skate together on a session

Thank you to all the individuals who shared  
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