



Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

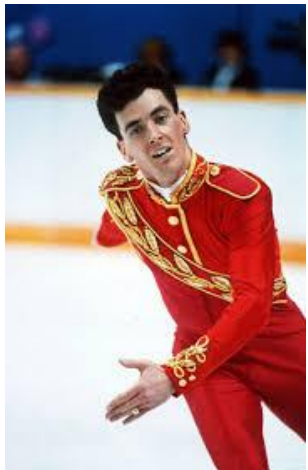
An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Identifying Potential For Accelerated Development

Potential For Accelerated Development

- Potential ID and Development Process
 - Why?
 - What?
 - When?
 - Who?
- What determines potential?
- Clubs, equality and potential

Small Town Ontario Beginnings



Small Town Ontario Beginnings



Meagan Duhamel

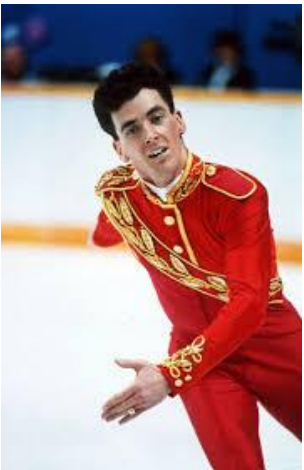
Hometown: Lively, ON

Population: 7,000

Eric Radford

Hometown: Balmertown, ON

Population: 4,000



Brian Orser

Hometown: Penetanguishene, ON

Population: 9,000

Gabrielle Daleman

Hometown: Newmarket, ON

Population: 80,000



Small Town Ontario Beginnings



Small Town Ontario Beginnings



Scott Moir

Hometown: Ilderton, ON

Population: 1,000



NEXXICE

Nexxice

Hometowns: King City, Grimsby, Dundas, Erin, ON



Alaine Chartrand

Hometown: Brockville, ON

Population: 20,000

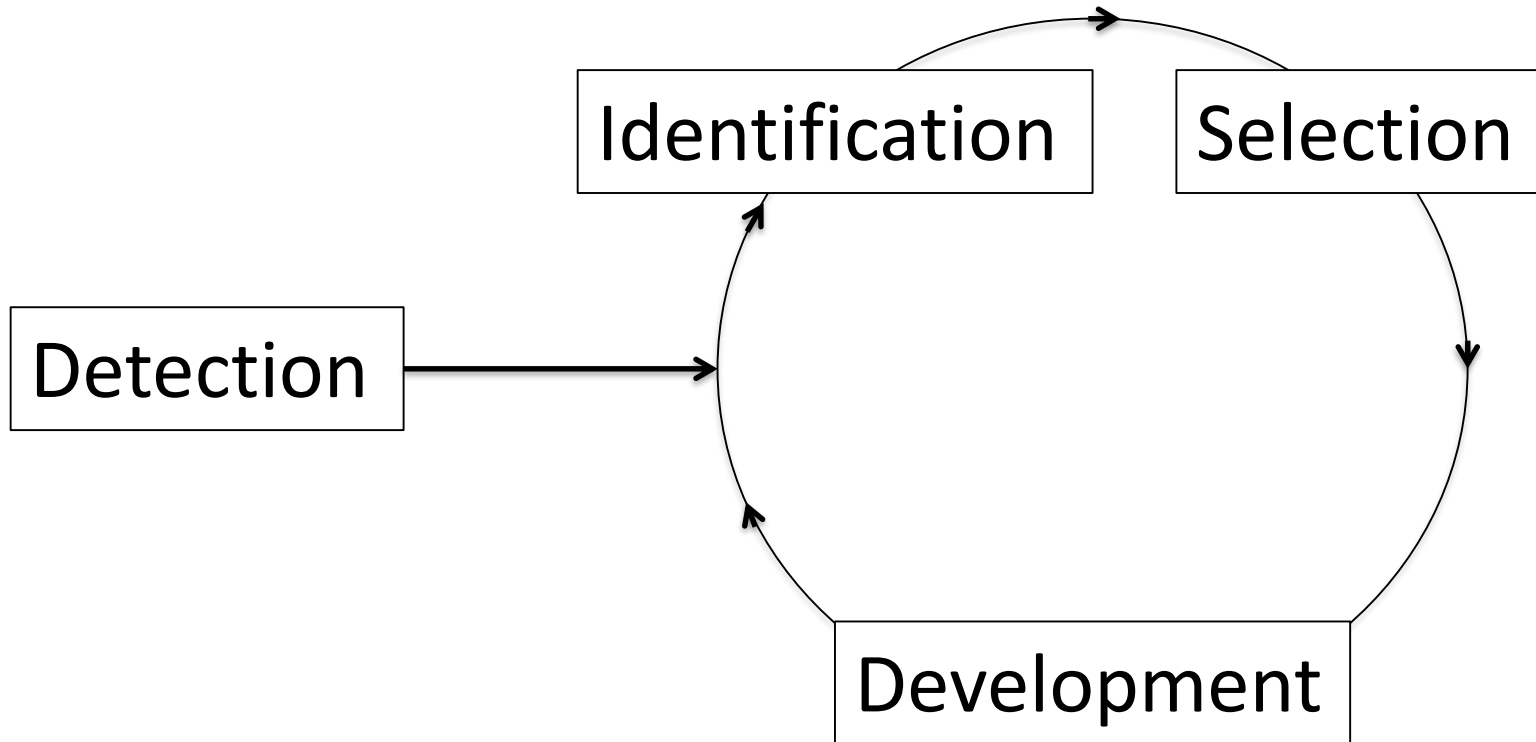
Why Should You Identify Potential?

- Member retention
- Advancement to higher levels
 - Personal achievement
 - Club connection to future High Performance Skaters
- Distribution of skaters on sessions
 - CanSkate / STARSkate / Competitive
- Other disciplines
 - Synchro / Ice Dance / Pairs



Key Stages

Potential ID and Development Process



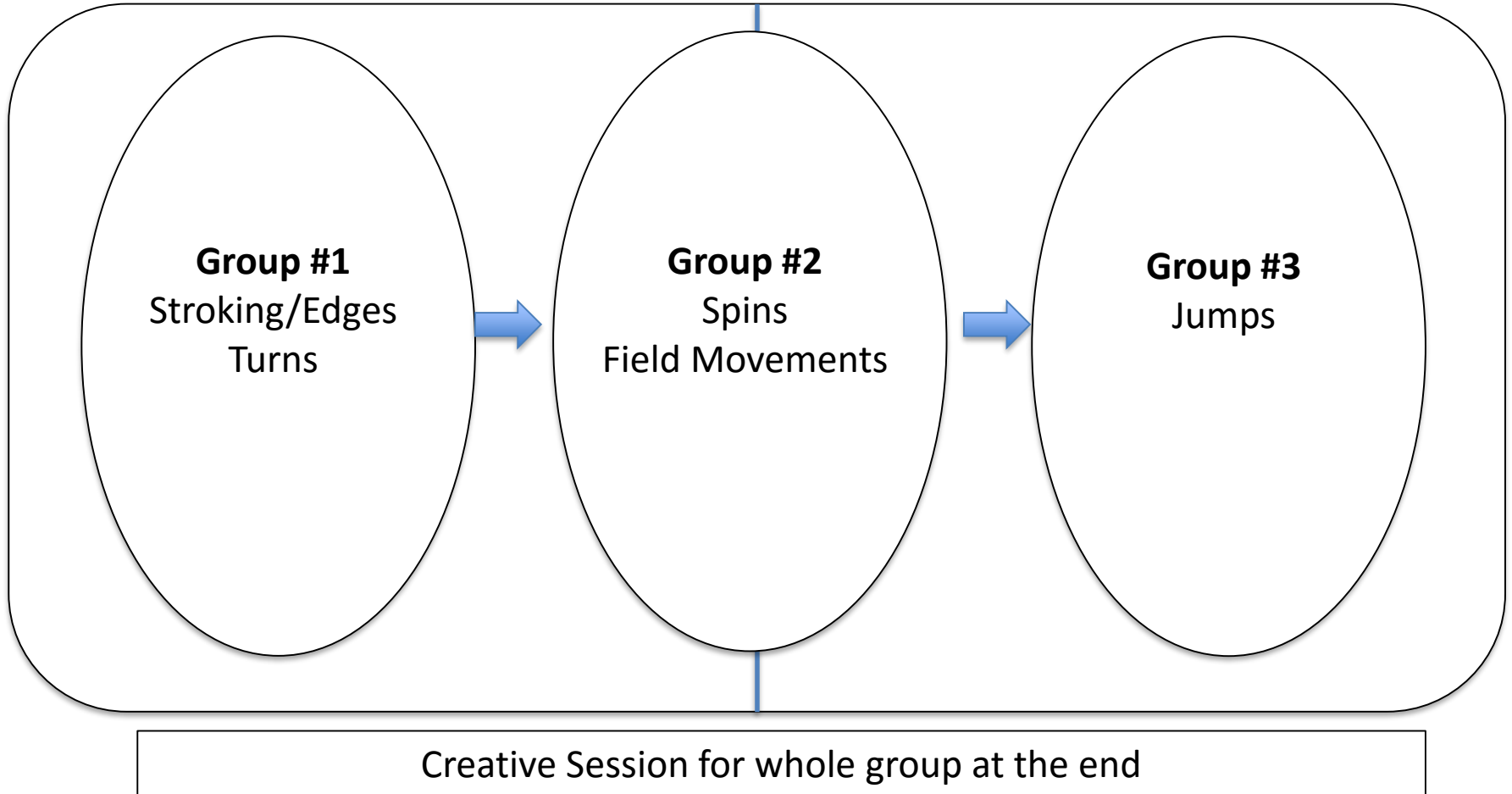
How to Start Identifying Potential

- Establish framework within club
 - CanSkate pathway
 - STARSkate pathway
 - Competitive pathway
- Ensure there is a common goal:
 - To help skaters maximize their potential

CanSkate Pathway

- CanSkate Enrichment program
 - On-ice and Off-ice component
- 1-2 extra sessions / week (in addition to CanSkate)
- Depends on ice availability / numbers
- Can run as own session, or on STARSkate ice
- Exposure to different coaches in Group Lesson format

CanSkate Enrichment Session



STARSkate Pathway

- STARSkate Enrichment Program
 - Group of identified STARSkate skaters within club
- May expose to external evaluation / monitoring
- Group / team travel to competition
- Club or Section recognition program
 - Section Seminar and / or Monitoring
- Private / Semi-private / Group lessons
- Introduce more specific off-ice training concepts

CompetitiveSkate Pathway

- CompetitiveSkate Enrichment Program
- Increase in ice time
- More targeted training
- More consistent external evaluation
- Additional resource coaching
- Opportunities for lessons with coaches from another club – or ice time at another club / training centre
- May involve travelling or eventually leaving home club

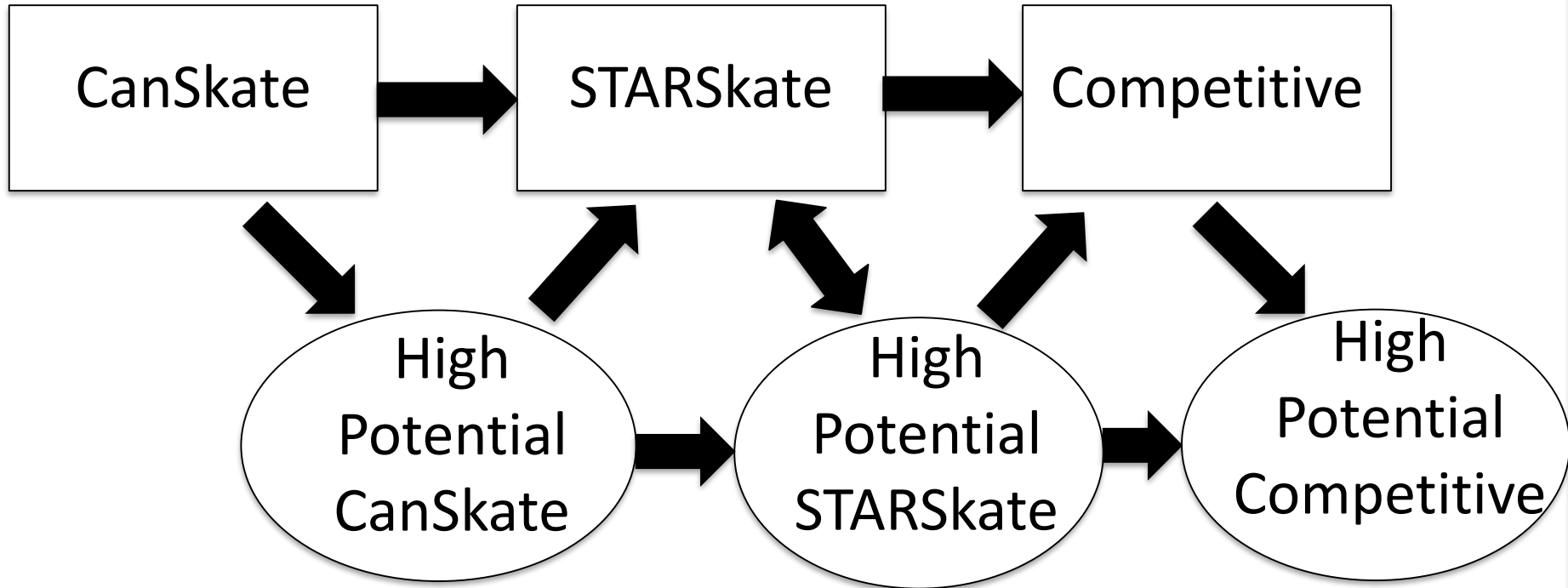
Pathway Development

On-ice focus:

- **Basic quality** – Edges/Turns/Stroking/Carriage
- **Technique** – Jumps/Spins/Step Sequences
- Always focus on **FUN and HARD WORK**

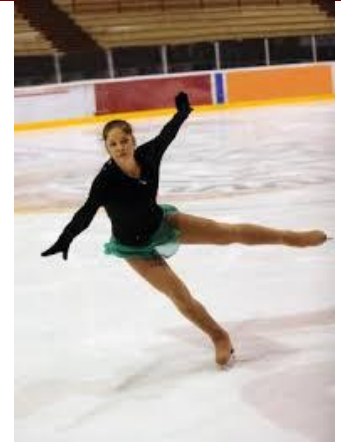
If not - we lose them

High Potential Pathway



Follow-Up and Analysis

- Monitor and assess skaters each year:
 - Pathway Fit
 - Commitment
- Long-term development vs the win at all costs
- Continue educating coaches
 - Difference between identifying potential and winning immediately



Who Identifies Potential?

CanSkate

- CanSkate Coach
- CanSkate Director
- Director of Skating/Head Coach

STARSkate

- Head Coach
- Base Coach
- Resource Coach
- Officials

Competitive

- Base Coach
- Resource Coach
- Officials
- Section Technical Director

Potential

- What defines “Potential” in terms of figure skating?



Potential For Accelerated Development

Characteristics of a Successful Figure Skater at any level

Alphabetized List

1. Coachable
2. Good Coaching
3. Good Decision Maker
4. Good Facilities
5. Hard Working
6. Perseverance
7. Resets Goals
8. Resources (Family Support \$)
9. Self-motivator
10. Talent

What is highest priority? Please rank from 1-10

Potential For Accelerated Development

Characteristics of a Successful Figure Skater

At Any Level

1. Perseverance
2. Self-motivator
3. Coachable
4. Hard Working
5. Good Coaching
6. Resources (Family Support)
7. Talent
8. Good Facilities
9. Good Decision Maker
10. Resets Goals

Perseverance

- Steady persistence and tenacity
- Doesn't easily "give up"
- Sticks at it, often doggedly



Self-Motivator

- **Has Self Discipline**
- Can work easily by themselves
- Do not constantly need lessons or supervision



Coachable

- Eager to try new things
- Listens well
- Has a desire to learn
- Respect the coach
- Understand that they don't know it all
- As competitive with themselves as with others
- Likes to be taught to do something better

Hard Working

- **Work Ethic**
- Stays on scheduled sessions until the end
- Occupies themselves positively



Good Coaching

Characteristics of a Good Figure Skating Coach at Any Level

- Takes on roles of Teacher, Coach and Manager
- Demonstrates professionalism
- Passion for skating and working with children

Good Coaching

- High ethical standards (follows the Golden Rule)
- Able to accept change
- Keeps current, regarding rules and regulations
- Plans every lesson
- Sets and resets goals



Good Coaching

- Understands the LTAD Model
- Model relating to age and stage of development
- Updates technique
 - Attending seminars
 - Attending relative competitions

Resources (Family Support)

Characteristics of the Parents

of Successful Figure Skaters at any Level

- Appreciates that the coach is “The Expert”
- Key member of the goal setting group
 - Skater, Coach and Parent
- Budgets wisely
- Focuses on development, not just on results
- Follows the LTAD model

Resources (Family Support)

- Is aware of the opportunities available
- Loves the child, no matter what
- Responsible for the health, welfare, fitness level
- Stays out of club politics
- Volunteers, if it's possible
 - Club boards, test days, events

Talent

- Good balance on the blade
- Good glide (better than average)
- Has courage
- Generally has good posture
- Has quick reflexes
- Has a lot of energy
- Comfortable and easy movement



- Obvious enjoyment of skating



Good Facilities

- Properly prepared ice surface
- Fairly comfortable environment
- Somewhere to warm up and cool down
 - Possibly a dressing room
- Somewhere to hold off ice classes



Good Decision Maker

- Does not attempt something that is too far out of reach, thus avoiding injury
- Able to understand risk vs reward
- Not solely focused on short term
- Able to control impulses, follow set plans

Resets Goals

- With support of the coach and parent, able to advance more quickly than was first perceived
- Would be able to handle accelerated development



Identifying Potential



Considerations

- Gut instinct
- Physical and psychological attributes
- May be “raw” talent
- Different pathways for different skaters
- Opportunities to succeed



Equal vs Fair



Equal vs Fair

FAIR ISN'T

everyone getting the same thing

FAIR IS

everyone getting what they need to be

SUCCESSFUL

Clubs & Equality

- Clubs may struggle with equality
- Why is a skater “special” or “chosen”?
- Impact of club politics on skaters
- The goal is to help skaters maximize potential



Talent Pool

- Sometimes as Canadians we feel ashamed of our talents

It's OK to be talented and have potential!



Importance of Identifying Potential

- Let's encourage talent
- Let's find and nurture the potential out there



Role of Club

- Clubs have key role in identifying potential
- Ensuring high potential pathway in place
- Have discussions with club coaches
- Remember the goal:

**Do what is needed to help skater's succeed
and realize their potential**

Resources

- Skate Canada LTAD Document
- Section Technical Directors
- Skate Ontario Technical Director
- Mentor coaches



With Thanks to the Following

Lee Barkell

Scott Davis

Yvan Desjardins

Darlene Joseph

Nancy Lemaire

Jason Mongrain

Manon Perron

Wendy Phillion

Astrid Schrubb

Louis Stong

Thank you to all the individuals who shared
their expertise for this project

Carolyn Allwright

Denis Beaudoin

Brenda Bradica

Reaghan Fortin

Patricia Glenwright

Darlene Joseph

Joel Lenius

Monica Lockie

Sheilagh McCaskill

Paul MacIntosh

Barb O'Brien

Wendy Philion

Louis Stong

Ilan Yampolsky