

# TRAIN TO COMPETE

## SKATE CANADA Novice, Junior, Senior

Figure Skating in Canada follows a Long Term Athlete Development (LTAD) model to help guide and shape programming in clubs and schools to direct the growth of all athletes through any age and stage of the development pathway. Programs designed and delivered by Skate Ontario clubs and schools follow modern principles of athlete development outlined in the LTAD. By providing step-by-step technical support and a customized performance and competition calendar, Skate Ontario ensures an optimal development pathway for athletes.

The **Train to Compete** stage of the LTAD sees athletes progressing to high-level national and international level competitions. Athletes at this stage have an exclusive commitment to figure skating and also require program choreography that is tailor-made for each individual in order to optimize performance. The following chart outlines the recommended commitment levels at the **Train to Compete** stage:

Minutes/Ice session	Days/Week	Session/Day	Weeks/Year
45-60 minutes	5 days	2-3 sessions/day: <ul style="list-style-type: none"> <li>1 to 2 technical sessions</li> <li>1 to 2 sessions on stroking, edges/turns, choreography, presentation, etc.</li> </ul>	44-48 weeks

(Skate Canada's Guide to Long-Term Athlete Development, 2010)



During the **Train to Compete** stage, athletes will refine existing skills and work to improve consistency and increase their repertoire of new skills. Heightened artistic and theoretical figure skating knowledge is required at this stage, and athletes will strive to achieve peak performance at pre-determined times throughout the competitive season. The number of competitions increases at this stage, with full program events taking place in the late summer/fall in preparation for qualifying competitions. The following chart outlines the recommended competition participation for this stage:

Recommended Number of Competitions			
Category	Summer	Fall	Winter
Novice	1-2	1-2	2-4
Junior, Senior (domestic)	2	1-2	2-4

Athletes at the **Train to Compete** stage should make use of an integrated support team (IST), comprised of a physiologist, strength and conditioning coach, psychologist, sport nutritionist, etc., led by the primary coach. Off-ice training is a vital part of training at this stage, and should include at least 30-60 minutes of warm-up (full body, off-ice jumps, lifts if applicable) and mental preparation. Stretching/cool-down at the end of each training day is also required, as well as the addition of other off-ice programming like dance, theatre and movement classes.

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