



PERFORMANCE & DEVELOPMENT OPPORTUNITIES

CHALLENGE DAYS

YEARLY PLANNING VIEW												
	September	October	November	December	January	February	March	April	May	June	July	August
IN CLUB	<ul style="list-style-type: none"> • Prep/information Sessions • Skills development Sessions • Motivational Sessions 			<ul style="list-style-type: none"> • Simulations • Feedback sessions • Challenge days • Motivational Sessions • Performance Opportunities • In Club Events 			<ul style="list-style-type: none"> • Skills development Sessions • Challenge days • Motivational Sessions • Performance Opportunities • Fun Events • In Club events 			<ul style="list-style-type: none"> • Challenge days • Fun Events • Prep/information Sessions • Skills development Sessions • Motivational Sessions • Performance Opportunities • In Club Events 		
MULTI-CLUB	<ul style="list-style-type: none"> • Prep/information Sessions • Skills development Sessions • Motivational Sessions 			<ul style="list-style-type: none"> • Simulations • Feedback sessions • Challenge days • Motivational Sessions • Performance Opportunities 			<ul style="list-style-type: none"> • Skills development Sessions • Challenge days • Motivational Sessions • Performance Opportunities • Fun Events 			<ul style="list-style-type: none"> • Fun Events • Challenge days • Prep/information Sessions • Skills development Sessions • Motivational Sessions • Performance Opportunities 		

Challenge Days

Focus: Provide exciting and engaging ways for skaters to push their limits, pursue goals, explore different forms of training and venture out of their comfort zone

Time of year: Fitting in challenge days throughout can spark interest and ensure a higher level of engagement from skaters

Examples: Off-Ice: Fitness, flexibility, nutrition, team building activities
On-Ice: Jumps, spins, field moves, teamwork

OFF-ICE EXAMPLES

#1

#2

ON-ICE EXAMPLES

#1

#2





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OFF-ICE EXAMPLE

#1

FLEXIBILITY FOCUS

1. Choose a position (or positions) to focus on
 - Spiral
 - "y" position
 - Camel catch (or biellmann)
2. Lay out a plan to increase flexibility in this position with a series of exercises and/or stretches
3. Measure start point
4. Initiate flexibility plan
5. Set dates to check in and challenge progress
6. Adapt and add challenges for skaters to continue to progress

Detailed Explanation

Goal: To improve spiral flexibility (by 2 inches) by mid-November and improve the overall quality of the position

Plan:

- Collaborate with a nearby club for a flexibility challenge
 - Club Skate Great and Club Fantastic to take part
 - Winning team receives a pizza party for both groups of skaters
1. Initial challenge day to measure start point and teach stretches
 - Club Skate Great to host in one of the dressing rooms on September 9
 - Include skater "meet-greet" team games
 - Take starting point measurements (measure floor knee) and pictures, and add to closed Facebook group
 - Teach stretches
 - Give each skater a "stretch sheet" to log their days
 - Explain how the challenge works – team with the greatest number of inches of improvement from entire team wins
 - ◊ Example: Team 1 – Grace (3 inches), Jennifer (1 inch), Rachel (2.5 inches) = Team total 6.5 inches
 2. Bi-weekly Facebook group check-ins with pictures (or videos from the ice)!
 3. Final challenge day!
 - Club Fantastic to host in their off-ice room on Nov 16
 - Start with team challenges (holding spiral position, holding 1- foot sit glide position, hold spiral in a chain (hand to toe), wall sits, plank tower, etc., for as long as possible)
 - Small, fun incentives for each challenge
 - Begin Spiral Challenge measurements and pictures
 - Calculate winning team. Announce pizza party date!
 4. Pizza Party Day – December 5 at Elsie's house
 5. Enjoy and plan the next challenge!

Modifications:

- Use only club members, make teams within sessions or cross-sessions
- Run the challenge in the off-season to keep skaters connected and engaged before on-ice training begins
- Challenge another sports team (e.g. dance or gymnastics)
- Challenge a club/school across the country!





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OFF-ICE EXAMPLE

#2

STRENGTH FOCUS

1. Set up a circuit of the strength exercises using a wide range of muscle groups
2. Could include:
 - burpees, planks, push-ups, box jumps, jumping jacks, 2-foot long jumps, wall sits, squats, sit-ups, sprints
3. Determine best space to set up challenge (outside, off-ice room, hall, dressing room)
4. Book the date/time
5. Energize and motivate skaters to prepare for the challenge day through social media, off-ice training, training plans
6. Run Challenge opportunity

Detailed Explanation

Goal: To make it through the whole strength training circuit by mid-season and to elicit interest and excitement in the importance of strength training for skating

Plan:

1. Date planned for second week of skating (after an on-ice session)
2. Communicate to skaters/parents in person and through social media about the opportunity
3. Run the challenge event:
 - Set up the circuit/ stations
 - Break up skaters into teams
 - Explain, demonstrate and try-out all exercises to ensure skaters understand them
 - Take skaters through the circuit
 - Explain the rules of the challenge
 - First full team to complete the circuit 3 times
 - Quality counts! Start over if the movement is not completed
 - Run Challenge, motivate groups, cheer them on and watch for quality
 - Awards/incentives to winning teams and the team with the most grit!
 - Debrief:
 - ◇ Was it easy? What muscles did we work? Do you need those muscles for skating?
 - ◇ Would it be beneficial to make those muscles stronger? If so, what could that help?
 - ◇ If we did this again in 2 months, could we improve our times?
 - Have teams work together to create a plan on how to improve strength for the next challenge day:
 - ◇ Supply exercises (pictures/written), paper, workbooks, markers, glue, etc.
 - ◇ Check-in with groups to guide them
 - Communicate the next strength challenge day and incentives to look forward to
4. Check-in with groups every couple weeks in dressing room (prior to hitting the ice) to see how plans are working
 - What's working? Any challenges?
 - Have them share pictures of their exercises on a private Facebook group or on an arena bulletin board
5. Repeat challenge in a couple months to mark improvements and sustain engagement

Modifications:

- For smaller groups, use individual times instead of team
- Try having skater's set-up their own teams with skaters from a variety of sessions (STAR, Adult, CanSkate, CanPower)
- Set-up a challenge with another club
- Give skaters a strength plan to improve through the season. Use the same circuit challenge multiple times through the year to engage skaters to improve
- Try this in the off-season to keep skaters connected and engaged before on ice training begins
- Combine Challenge day with a team building activity and/or fundraiser
- Challenge another sport team! (hockey, dance, volleyball, etc.)





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ON-ICE EXAMPLE

#1

SPIN & FIELD MOVE CHALLENGE

1. Choose spins and field moves that will challenge your skaters
 1. Spins:
 - ◇ 10 rotation basic position
 - ◇ Flying spin
 - ◇ Variation
 - ◇ Combination spins
 - ◇ Change of foot spin
 - ◇ Spin in the other direction
 - Field moves:
 - ◇ Hold position for 10 seconds (spiral, 1-foot sit glide, "Y" spiral, etc.)
 - ◇ Combine 2-3 different positions on the same foot
 - ◇ Ina-bauer, outside spread eagle, spiral catch
2. Pick a date - could be in place of a class time or a group lesson, or a time set aside for performance and development opportunities each month
3. Incorporate these elements as part of a station for weekly practice
4. Use coaches/parents, past skaters, or higher-level skaters to judge

Detailed Explanation

Goal: To incorporate 5 (for example) difficult elements into their regular training plan by the end of the season
Skaters will perform each element the day of the effort challenge and will be assessed and receive a certificate of participation and rewards such as mini gloves, a colorful book to keep skating notes, etc.

- Plan:**
1. Choose challenge elements
 2. Book date/time for the spin and field move challenge
 3. Winners to receive sparkly mini gloves
 4. Add challenge elements to group stations and introduce them in a class/group session 3 weeks prior to challenge day
 5. Advertise/promote challenge say with skaters. Use bulletin board or private Facebook group to share tips, progressions or week to week pictures of skaters practicing their challenges. Show off the sparkly glove incentives!
 6. Will run in the last 15 minutes of a regular session (instead of the group that day)
 7. Challenge day
 - Brief assessors (past skaters/coaches) on the challenge elements
 - Skaters execute first challenge in succession
 - Gloves awarded to winner right away
 - Repeat for the next challenge elements
 - Make sure all participants receive some type of loot for taking part
 - Once all elements completed, take a group shot for your bulletin board, then off the ice for some hot chocolate
 8. Start planning the next challenge day!

Modifications:

- These types of challenges could be offered monthly
- Try adding multiple types of challenges (spins, jumps, field moves, etc.)
- This could also be run as a team contest - have 2- 4 skaters on each team... skaters practice all elements and then the day of the challenge they pick an element out of a hat that they will execute for their team
- Try inviting another club to join you for the challenge day - provide them with the element 4 weeks in advance





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ON-ICE EXAMPLE

#2

"4" CHALLENGE

1. Teams of 4, 4 categories, 4 goals
2. Pick a session (or time) to run the challenge
3. Choose 4 event categories:
 - Jumps or jump combinations
 - Spins or spin combinations
 - Program
 - Transitions
 - Footwork
 - Field moves
 - Edges/turns
4. Have skaters choose a goal for each category

Detailed Explanation

Goal(s): To focus on the individual goals of skaters in a motivating team environment

Plan:

1. Date planned for second week of December on the Saturday session
2. Coaches will judge the event
3. Communicate to skaters in person, through social media and to parents about the opportunity. Excite them!
4. One month before challenge day, use the off-ice stretch session to detail the day
 - Put skaters into teams
 - Have skaters make goals for the four categories and add them to a cue card. One card for each skater. These cards will be used for feedback on the challenge day
 - ◊ **combo jump, program, spin, field move**
 - Skaters can make team names and bring team colours for the challenge day
5. Set-up schedule for the day and post in dressing room for the skaters to prepare
6. Run challenge event
 - Bring skaters on the ice for a motivational warm-up class. Give skaters a few minutes to warm-up any jumps and spins prior to the event
 - Execute schedule
 - ◊ **combo jump – 2 attempts, program, spin – 2 attempts, field move**
7. Small stuffed animals awarded to all skaters who achieve one of their goals!
8. Team with the most goals achieved get named the "4 Challenge Champs" and receive victory shirts
9. Give skaters their cue cards with feedback
10. Take pictures to add to the bulletin board

Modifications:

- Try challenging another club!
- Combine challenge day with a team building activity and/or fundraiser
- If time is an issue, try offering smaller challenges monthly that accumulate to a team score at the end of the season. For example, 1 focus, run in the last 15 minutes on the last Friday of the month





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SANCTIONS

- In-club:** No sanction required
Multi-club: Sanction required

- [SANCTION GUIDELINES and APPLICATION FORM](#)

Here are some items to consider in planning:

Does the session promote quality sport and physical activity?

Is the session developmentally appropriate for the participants? (including the right time of year)

Is the session fun, welcoming and inclusive?

Have we provided a safe environment for learning?

Have we ensured costs are kept low (to reduce barriers to entry) to encourage maximum skater engagement?

Do we need to pay extra SoCAN fees? ([SOCAN guidelines from Skate Canada](#))

Is there a plan for a medical emergency? (First aid representative, paramedic, etc.)

Is there a way to involve the community?

