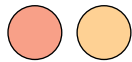




PERFORMANCE & DEVELOPMENT OPPORTUNITIES INFORMATION

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"> • Challenge days • Fun Events • Prep/information Sessions • Skills development Sessions • Motivational Sessions • Performance Opportunities 		

Prep/Information Sessions



Focus:

Time of year:

Examples:

To start purposeful practice of skills during training and healthy off-ice habits

Typically done during the summer or fall, prior to the start of the yearly skating season

Off-Ice: Learning off-ice warm-up, hydration, snacks for fuel, benefits of a healthy sleep pattern, general fitness, off-ice jumping, mental training, yearly planning, goals, technical knowledge, learning CPC, planning daily practice sessions, safety during a busy session

On-Ice: Learning on-ice warm-up, breaking down the basics, edges/turns

Skills Development Sessions



Focus:

Time of year:

Examples:

Develop and focus on technical fundamentals and quality skill development

Skill development is an on-going theme through the skating season; however, development opportunities geared around new skills will tend to appear after the competition season is over (in summer and fall)

Off-Ice: Jump technique, spin positions, landing positions, trampoline class, off-ice harness, flexibility training

On-Ice: Jump technique, spin technique, edge work, landings, dance, power/speed, on-ice harness, pole harness

Motivational Sessions



Focus:

Time of year:

Examples:

Skater, team, club motivation - bringing in a role model or expert from outside the club can help motivate skaters to the next level

Choose the time of year that is best for your skaters - try booking during less frequent/busy times of the year.

Off-Ice: Skaters, athletes (including other sports), coaches (including other sports), community members

On-Ice: Skaters, athletes, coaches, choreographers





PERFORMANCE & DEVELOPMENT OPPORTUNITIES INFORMATION

Simulations



Focus: Emulate the competition experience from arriving at the rink to the end of their performance - acclimatize skaters to skating under the pressure of a competition

Time of year: Prior to and including the beginning of competition season

Examples: Off-Ice: Simulating a competition environment (arriving at the rink ahead of event, sample registration, dressing rooms, warm-up, competition attire, hair, make-up)
On-Ice: Simulating competition (warm-up in flights, names called, assessment from the stands)

Feedback Sessions



Focus: Working with officials and/or coaches from surrounding clubs to provide expertise and valuable feedback for skaters

Time of year: Leading up to competition season

Examples: Off-Ice: Fitness evaluations, video playback and analysis
On-Ice: Reviews on - programs, elements, transitions and performance

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

Performance Opportunities



Focus: Offering multiple venues for skaters to perform in front of an audience

Time of year: Typically offered during the second half of the skating season and through the off-season

Examples: Off-Ice: Dance numbers, talent show
On-Ice: Showcase nights, Ice Show, 'Feature Fridays', galas, CanSkate element event

Fun Events



Focus: Provide an opportunity for skaters to work together, perform, and have fun doing it!

Time of year: At the end of the skating season

Examples: Off-Ice: Club cheers, best decorated team, holding a spiral/one-foot sit glide position, skating trivia, scavenger hunt, team building activities
On-Ice: Longest spiral, most loop jumps in a row, most rotations in a spin, group creative activity, team field move, obstacle course

In-Club Events



Focus: Low pressure, competition style opportunity amongst club members

Time of year: During the second half of the skating season, once programs are ready to perform

Examples: On-Ice: Club competition, CanSkate element event

