

STRENGTH *in Unity*

COMMUNITY EVENT



JUNE 13 & 14 | 2020



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Message

from Skate Ontario's President and Executive Director

STRENGTH in *Unity* COMMUNITY EVENT

On behalf of Skate Ontario, we are pleased to invite you to attend our Strength in Unity Community Event on June 13-14, 2020. It is an opportunity to look back at the accomplishments of the past season, to look ahead and prepare for the new season to come, and to be inspired and energized by our skating community. We encourage you to take a look at the detailed program of events and session offerings as they reflect what we understand to be valuable and pressing topics.

We are very excited about this year's line-up of content for all our stakeholders. Educational session topics include a wide range of content to support club and skating school operations and skater and coach development. In addition, we will have updates from both Skate Ontario and Skate Canada, and the launch of the new Skate Ontario 2020-2023 Strategic Plan. Aside from all of this important information, this event is an opportunity to celebrate notable accomplishments and award winners and will include some inspiring special guests.

This is a great opportunity for our community to get together for business, networking, celebration and fun, and we look forward to seeing you there.

Karen Butcher
President
Skate Ontario

Lisa Alexander
Executive Director
Skate Ontario

Introduction

STRENGTH in *Unity* COMMUNITY EVENT

Skate Ontario is proud to invite you to join us on **June 13-14, 2020** for our **Strength in Unity** community event held at the Delta Conference Centre in Toronto, Ontario.

We are thrilled to have Kaetlyn Osmond, three-time Canadian Champion, 2018 World Champion and 2018 Olympic Gold and Bronze medallist, as our keynote speaker to kick-off Strength in Unity. Our community event will also offer a variety of engaging and informative sessions for clubs, schools, coaches, and skating families about by-laws and policies, mental training, yearly planning, Uplifter for new and current users and the coach pre-registration process. Our goal is to improve communication between Skate Ontario and our stakeholders and to foster a strong skating community across the province.

Online registration for Strength in Unity will open on **Monday, March 16, 2020 at 10:00 am ET**. This event has a maximum capacity of 450 people, so reserve your ticket early! Parking vouchers will be provided to attendees at registration.

During the complimentary lunch on Saturday, June 13, Skate Ontario will host its annual awards presentation to the winners of the 2019-20 Skate Canada Section Awards. Please join us in honouring our many accomplished athletes, volunteers, coaches and officials!

Please feel free to reach out to Melissa Fraser at mfraser@skateontario.org or 1-905-212-9991 for questions. We look forward to seeing you in June!

REGISTER HERE

Schedule

SATURDAY, JUNE 13, 2020

Room	Start Time	End Time	Session
Foyer	7:30 am	9:30 am	Registration
International B-C	9:00 am	9:30 am	Welcome
International B-C	9:30 am	10:15 am	Keynote Speaker - Kaetlyn Osmond
International A	10:30 am	11:30 am	ONCA (Ontario Not for Profit Corporations Act) and your Club By-laws
Mississauga A-C	10:30 am	11:30 am	Coach Pre-Registration Update for 2020-2021
New York	10:30 am	11:30 am	Introduction to Uplifter's Skating Club Software
International B-C	11:30 am	1:15 am	Lunch and Awards Ceremony
International A	1:30 am	2:30 pm	Policies 101
Mississauga A-C	1:30 pm	2:30 pm	The Business of Figure Skating - National Bank
New York	1:30 pm	2:30 pm	Seasonal Planning Tools for Coaches
International A	2:40 pm	3:40 pm	The Club/Coach Relationship
Mississauga A-C	2:40 pm	3:40 pm	How to get the most out of your off-ice programming
New York	2:40 pm	3:40 pm	Rowan's Law and Concussion Education at Skate Ontario Clubs/Schools
Foyer	3:40 pm	4:00 pm	Break
International A	4:10 pm	5:10 pm	Uplifter Skating Club Software Tips and Tricks
Mississauga A-C	4:10 pm	5:10 pm	Ask The Experts - Synchro
New York	4:10 pm	5:10 pm	Mental Training

SUNDAY, JUNE 14, 2020

Room	Start Time	End Time	Session
Paris	9:00 am	10:00 pm	Coach Assessor Pathway
Paris	10:00 am	11:00 am	Coach Assessor Pathway
Paris	11:00 am	12:00 pm	Coach Assessor Pathway
International A	9:00 am	12:00 pm	Just for Clubs!

REGISTER HERE

Sessions

SATURDAY, JUNE 13

ONCA (Ontario Not for Profit Corporations Act) and your Club By-laws

Presenters: Derek Ventnor – Director, Finance and Business Operations, Skate Ontario
Melissa Fraser – Coordinator, Club Support Services, Skate Ontario

- This session will provide clubs with information on by-law development and updating your club documents. We will also outline Skate Ontario's plan to assist clubs with the implementation of the new ONCA (Ontario Not for Profit Corporations Act) requirements.

Coach Pre-Registration Update for 2020-2021

Presenter: Kelsey Bennett – Manager, Events and Officials, Skate Ontario

- This session will offer an overview of what is to come for Coach Pre-Registration 2020-2021. We welcome both coaches and board members to partake in this session. Topics to be covered will include:
 - opening and closing timelines
 - what to have prepared as a coach to complete coach pre-registration
 - an overview of pre-registration improvements
 - summary and highlights from 2019-2020
 - an opportunity to ask questions

Introduction to Uplifter's Skating Club Software

Presenters: Jackie Kwan and Bryce Thomas, Uplifter Inc.

- Join the Uplifter team for a live tour of their Skating Club Software for Skate Canada clubs. Learn about how other clubs, large and small, are using Uplifter's software to automate registrations and waitlists, collect payments online, provide coaches with mobile class attendance and skater evaluation tools, and help streamline club operations with customizable financial and membership reports. This session is ideal for clubs that currently do not have Uplifter's software, or for board members and coaches that want to get a refresher on key features of their Uplifter system.

Policies 101

Presenter: Kathleen Douglass – Principal, Douglass Leadership Group

- Explore the process for creating and implementing policies at your club/school. Kathleen will guide you through the creation of a sample policy and how implementation should go at your club/school.

The Business of Figure Skating - National Bank

Presented by: National Bank Team

- Whatever your level as a coach, in this informative session you will be introduced to tools and strategies that will help you maximize the impact of your coaching business in your life. National Bank solutions such as credit cards, TFSA's, RRSP, NatGo investing and others will be explored.

Seasonal Planning Tools for Coaches

Presenter: Paul MacIntosh

- Information and resources on how to effectively plan your skater's year for their individual needs
 - Competition Planning – Using Skate Ontario's Pre-registration process to effectively plan your season
 - Yearly planning tools – Planning based on yearly skating calendar and seasonal needs of skaters
 - Coach/Parent planning meetings – Tools for positive and effective parent meetings

The Club/Coach Relationship

Presenters: Amanda Montgomery – Coordinator, Coaching and Synchronized Skating, Skate Ontario
Melissa Fraser – Coordinator, Club Support Services, Skate Ontario

The relationship between club/school and coaches needs to be cohesive in order for your members to see the most benefit. This session will provide resources and information to help cultivate a great relationship between these two key stakeholder groups. This will include roles and responsibilities, and contracts.

How to get the most out of your off-ice programming

Presenter: Mark Batka

- Mark will share unique ways to integrate off-ice training into your programming. Explore ways to overcome obstacles such as space, equipment, and financial limitations. Sample off-ice sessions for various skating levels and with demonstrations included in this session.

Rowan's Law and Concussion Education at Skate Ontario Clubs/Schools

Presenter: Derek Ventnor – Director, Finance and Business Operations, Skate Ontario

- This session will provide clubs with information on the latest requirements of Rowan's Law and the club's role for managing concussions including return to play rules and education for their members.

Uplifter Skating Club Software Tips & Tricks

Presenters: Jackie Kwan and Bryce Thomas, Uplifter Inc.

- Learn how to get even more value out of your Uplifter Skating Club Software with our Tips & Tricks workshop! Hosted by one of our Uplifter Product Experts, the 50-minute workshop will highlight some of our newest features, plus include valuable how-to demonstrations and best practices for administrators and coaches. This session is recommended for current Uplifter software users, however, all are welcome. Feel free to bring your laptop to follow along.

Ask the Experts – Synchro

Presenters: Panel of experts comprised of some of Ontario's top synchronized skating coaches
Amanda Montgomery - Coordinator, Coaching and Synchronized Skating, Skate Ontario

- Are you looking to build a synchronized skating program or expand an existing synchronized skating program at your club? Are you looking for ideas on team management; how to structure practices, competition day plans, using the resources available to you, team building activities and more? Discuss how to overcome obstacles within your club and create a harmonious environment while working with your board of directors and fellow club coaches.

Mental Training

Presenter: Judy Goss, PhD – Mental Performance Lead, Canadian Sport Institute Ontario

- The session will focus on the importance of mental training, the impact it has on an athlete's performance, and how it truly is for everyone! We will provide tips and tools for coaches on focus/refocus, key words, and visualization. This session will include team building ideas and strategies to help athletes understand individual differences.

SUNDAY, JUNE 14

Coach Assessor Pathway

Presenters: Amanda Montgomery – Coordinator, Coaching and Synchronized Skating, Skate Ontario
Sharon Maki – Manager, Club Programs, Skate Ontario

- An opportunity for coaches to complete step C6 of the Coach Assessor Pathway for STAR 6-Gold Standards.

Just for Clubs!

Presenter: Melissa Fraser – Coordinator, Club Support Services, Skate Ontario

- This session will cover a variety of topics for our clubs and schools, including:
 - Conflict of Interest on your Board
 - ONCA (Ontario Not for Profit Corporations Act) recap
 - Skate Ontario Members Portal
 - Safe Sport – New Rowan's Law legislation effective July 1, 2020
 - Skate Ontario initiatives and projects for next year
 - Questions for Skate Ontario – this is the time to ask us your questions!

Fee Structure

SATURDAY SESSIONS			
INDIVIDUAL REGISTRATION			
TYPE OF REGISTRATION	DATES	PRICE	
Individual Early Bird Price	March 16 - March 29 @ 11:59 pm EST	\$125.00*	
Individual Regular Price	March 30 - May 31 @ 11:59 pm EST	\$150.00*	
MULTIPLE REGISTRATIONS			
TYPE OF REGISTRATION	DATES	DISCOUNT OFF INDIVIDUAL PRICES	PRICE/PERSON BREAKDOWN
Multiple Early Bird Price	March 16 - March 29 @ 11:59 pm ET	15%	\$106.25*/person
Multiple Regular Price	March 30 - May 31 @ 11:59 pm ET	15%	\$127.50*/person

***Price includes parking, morning coffee, lunch and afternoon coffee/snack break**

SUNDAY SESSIONS		
TYPE OF REGISTRATION	DATES	PRICE
Coach Assessor Pathway	March 16 - May 31 @ 11:59 pm ET	FREE
Just for Clubs!	March 16 - May 31 @ 11:59 pm ET	\$10.00*/person

***Price includes parking and morning coffee**

***Prices are exclusive of ticket processing fees**

REGISTER HERE

Accommodations

Skate Ontario has a block of rooms at the Delta Conference Centre. To reserve a room under our block please book your room(s) today at this link: [Skate Ontario](#)

This rate will only apply to rooms reserved for Friday, June 12 and Saturday, June 13. This hotel block is only available until Tuesday, May 12, so reserve your room immediately!

Delta Conference Centre:

655 Dixon Rd.

Toronto ON

M9W 1J3

Phone: +1 416-244-1711

DELTA CONFERENCE
CENTRE WEBSITE

DRIVING
DIRECTIONS

Delta Conference
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