

Performance and Development Opportunities: Information

YEARLY PLANNING VIEW												
	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG
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 		

Prep/Information Sessions



- Focus:** To start purposeful practice of skills during training and healthy off-ice habits.
- Time of year:** Typically done during the summer or fall, prior to the start of the yearly skating season.
- Examples:** **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:** Develop and focus on technical fundamentals and quality skill development.
- Time of year:** 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).
- Examples:** **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



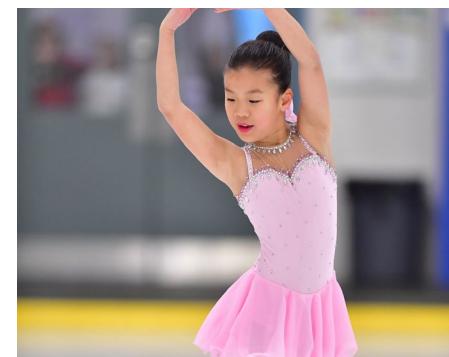
- Focus:** Skater, team, club motivation - bringing in a role model or expert from outside the club can help motivate skaters to the next level.
- Time of year:** Choose the time of year that is best for your skaters - try booking during less frequent/busy times of the year.
- Examples:** **Off-Ice:** Skaters, athletes (including other sports), coaches (including other sports), community members.
On-Ice: Skaters, athletes, coaches, choreographers



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.

