

# Performance and Development Opportunities: Information

YEARLY PLANNING VIEW												
	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG
<b>IN-CLUB</b>	<ul style="list-style-type: none"> <li>• Prep/Information Sessions</li> <li>• Skill Development Sessions</li> <li>• Motivational Sessions</li> </ul>			<ul style="list-style-type: none"> <li>• Simulation Opportunities</li> <li>• Feedback Sessions</li> <li>• Challenge Days</li> <li>• Motivational Sessions</li> <li>• Performance Opportunities</li> <li>• In-Club Events</li> </ul>			<ul style="list-style-type: none"> <li>• Skill Development Sessions</li> <li>• Challenge Days</li> <li>• Motivational Sessions</li> <li>• Performance Opportunities</li> <li>• Fun Events</li> <li>• In-Club events</li> </ul>			<ul style="list-style-type: none"> <li>• Challenge Days</li> <li>• Fun Events</li> <li>• Prep/Information Sessions</li> <li>• Skill Development Sessions</li> <li>• Motivational Sessions</li> <li>• Performance Opportunities</li> <li>• In-Club Events</li> </ul>		
<b>MULTI-CLUB</b>	<ul style="list-style-type: none"> <li>• Prep/Information Sessions</li> <li>• Skill Development Sessions</li> <li>• Motivational Sessions</li> </ul>			<ul style="list-style-type: none"> <li>• Simulation Opportunities</li> <li>• Feedback Sessions</li> <li>• Challenge Days</li> <li>• Motivational Sessions</li> <li>• Performance Opportunities</li> </ul>			<ul style="list-style-type: none"> <li>• Skill Development Sessions</li> <li>• Challenge Days</li> <li>• Motivational Sessions</li> <li>• Performance Opportunities</li> <li>• Fun Events</li> </ul>			<ul style="list-style-type: none"> <li>• Fun Events</li> <li>• Challenge Days</li> <li>• Prep/Information Sessions</li> <li>• Skill Development Sessions</li> <li>• Motivational Sessions</li> <li>• Performance Opportunities</li> </ul>		

## 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.





### Skill 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



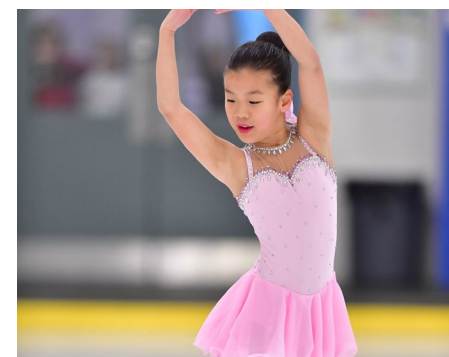
- Focus:** Skater, team, club motivation - bringing in a role model or expert from outside the club can help motivate skaters to the next level.
- Time of year:** Choose the time of year that is best for your skaters - try booking during less frequent/busy times of the year.
- Examples:** **Off-Ice:**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



### Simulation Opportunities



- 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.

