

# Performance and Development Opportunities: Preparatory & Information Sessions

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

## Focus:

Establish purposeful practice of skills to support effective training and develop healthy off-ice habits.

## Time of year:

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

## Preparatory & Information Sessions:



## Examples:

1. Off-Ice: Learning off-ice warm-up, hydration, snacks for fuel, benefits of a healthy sleep pattern, general fitness, off-ice jump, mental training, yearly planning, goals, technical knowledge, learning CPC, planning daily practice sessions, safety during a busy session
2. On-Ice: Learning on-ice warm-up, breaking down the basics, edge/turn training and healthy off-ice habits

# Examples: Off-Ice Preparatory & Information Session Example #1



**Season Planning & Goal Setting Session – RoxAnne Daignault**

## About RoxAnne

RoxAnne has been coaching for the past 42 years and is an NCCP Nationally Certified Coach. She is the Director of the Kenora Skating Academy. In June of 2020, she opened the Kenora Skating Academy Synthetic Rink. RoxAnne currently coaches CanSkate and STAR 1 - Gold Skaters in Kenora, ON.

- Book a date for an in-person goal setting & team building session.
- Communicate with skaters and parents.
- Prepare and send out any materials required for the session.
- Prepare team building activities.
- Run in-person session.
- Make formal check-in points through the season to adjust goals.
- Continue team building through season.

“This is an awesome tool to connect with your skaters and parents before the season starts to assist them in preparing for their season goals and creating a positive experience for all.”

- RoxAnne Daignault



## Detailed Explanation

**Goal: To meet with skaters prior to the skating season to explore, discuss and plan S.M.A.R.T. goals for each skater.**

### Plan:

- Schedule meeting 1-2 weeks prior to resuming skating for the season.
- Communicate with parents and skaters to let them know about the session, its intent and any important dates. This is a good time to send preparatory materials for skaters to review.
- Send out meeting reminder and details 1-week prior to the meeting.
- Plan an interactive game to help get skaters reconnected.
- Put together a skater package in binder or small workbook. Include the following:
  - Equipment checklist (see example below)
  - Goal Sheets (daily, weekly, monthly, long term)
  - Important Dates Calendar – Include planned PDOs, assessment days, events/competitions, etc.
  - Purposeful Practice Sheets (daily training plans)
  - Mental training tools
  - Journals (place to log training or jot down notes)

### Meeting Day :

- Arrive early to prepare your space.
- Welcome skaters back as they arrive.
- Play game to reconnect skaters and coaches.
- Begin planning session by reviewing the contents of their package.
- Discuss and work through resources.
  - Equipment Check (see example below) –

This is a great checklist for skaters to ensure their equipment is sound before taking to the ice. Ask skaters to mentally go through this list before daily training.

- Goal Sheets – Work with skaters to set goals for the season. Ask skaters to think about where they want to be in skating in 5 years. What about by the end of this season? Continue the discussion by having them think of things they would need to achieve along the way to reach those goals.
- (Use SMART GOALS [resources](#) in your planning)
  - Set long term goals – What do you want to accomplish in skating?
  - Set season goals – What would you like to accomplish this season?
  - Set short term goals – This is where we break it down and set shorter building blocks to achieve the long-term goals.
- Establish Important Dates Calendar:
  - What PDOs will be available to skaters through the season?
  - When will assessment days take place?
  - Mark down key events or competitions for skaters.
- Explain how to use purposeful practice sheets (daily training plans).
- Review mental training tools. Highlight how to use key words while practicing elements and methods to manipulate negative thoughts to more constructive thoughts for training.
- Journals – Discuss how they can be used, and what type of information can go in them.

### Follow Up:

- Check-in with skaters' mid-season to review and update goals as needed.
  - Adding a monthly or even weekly check-in can help keep goals relevant.

- Make adjustments to training plan, if needed.
- Add in any new PDOs or other important dates to the calendar that come up through the season.

### Modifications

- Consider holding the meeting by video conference. This may help with attendance as skaters can attend from their cottage!
- Try running the session in small groups with individual coaches or as a club with all STARSkate coaches and skaters in attendance.
- Planning the session in conjunction with a “Motivational Opportunity” or a team building type of session can help engage skaters and help strengthen your skater community.





## Equipment Checklist:

### Skates

Do they fit? – Remember to walk around in them. Leather will feel tight after it has dried.

Are they suitable skates for your level?

Are your laces in good shape?

### Blades

Do they need sharpening?

Have you checked to make sure they are not loose? Check your blades every month.

Guards: Are they clean? Clean your guards a few times a season. Dirt and stones can get stuck inside and scratch up blades.

Blade Covers: Make sure you wash them throughout the season. Dirt and rust can scratch your blades.

Do you have an absorbent cloth to dry skates? I recommend a microfiber towel, chamois cloth, or terry cloth. Don't forget to make sure it is clean.

### Skate Bag - What Should be in my Bag?

Guards, blade covers, absorbent cloth.

Extra pair of laces

Small screwdriver for screws on your blades

Mitts or Gloves. Make sure you have a dry pair for training. It's a good idea to have an extra pair available.

Socks or tights for inside your skates.

Skating clothing – Sport appropriate. (breathable, allows for movement, etc.)

Sweater, t-shirt

Leggings, tights, skirt

Bring a dress to skating once per week. This is good practice in preparation for assessments and events.

Hair accessories – Elastics, head bands, brush, etc.

Training book/Journal

Running shoes/Skipping rope for warm-up

Skating padding (if desired)

Small First Aid Kit

Extra Copy of your Skating Music

### Bring to the Rink

Refillable water bottle

Tissues

Healthy snacks





# Examples: Off-Ice Preparatory & Information Session Example #2



**Fueling for Skating: Yummy Healthy Snacks! – Lianne Sherriff**

## About Lianne

Lianne has a BSc in Nursing with a minor in Nutrition and is the Program Director at the East Gwillimbury SC. She is a Coach Developer and Technical Specialist. She has taught four “elite-skater offspring” how to “fuel up” for training and competitions. Lianne has taught hands-on nutrition classes to thousands of skaters with a goal to encourage independence and awareness of nutrition as fuel for their bodies.

- Skaters prepare and sample snacks with guidance. Skaters will research ingredients, read food labels, calculate amount of protein, fat, calories and notable vitamins and minerals.
- Book time and place for the session.
- Prepare recipes and materials.
- Run session.
- Follow up with check-ins or a challenge to monitor progress.

“ This class will be a favourite among your skaters; hands-on and full of new learning! ”

- Lianne Sherriff



## Detailed Explanation

**Goal: Introduce skaters to basic nutrition concepts by preparing healthy snacks used to replenish calories and to repair muscle fibers after training.**

### Planning:

#### \*Safety Notes\*

With careful set up, planning and supervision, skaters age 6+ can prepare their own snacks. With extra help from responsible helpers (program assistant, parents, etc.) and care taken with sharp knives/equipment, younger skaters can also safely participate. Ensure there are no allergies prior to the session.

### Preparation Ahead of Time:

- Book room for class with electrical outlet & sink. A sink is not required, but helpful!
- Request 2-3 tables and an extension cord. The cord should be taped down or tucked against the wall where it does not present a tripping hazard.
- Prepare recipe on large chart paper to place on the wall with masking tape.
  - Coloured markers can be used to add information (protein, fats, calories, vitamins, fibre etc.) as needed.
- Prepare recipe in a word document or pdf file to email to skaters/parents after class. It can also be uploaded to the club website or social media.
- Research the benefits of the highlighted ingredients to familiarize yourself with the information.
  - Research/data can be printed and

placed on the walls around the room for a scavenger hunt or to have it readily available for discussion.

- Prepare fun activities for skaters to do while other members are using the blender or preparing food. It can help reinforce the concepts and facts being learned during the food preparation.
  - Example: Crossword or Word Search
- Purchase supplies of ingredients and containers.
- Pack ingredients that need refrigeration in a cooler with ice packs; others can go in bags or totes/boxes.
  - Bring original packaging so allergens and nutrition facts can be identified.
- Collect Equipment
- Determine any allergies from parents of skaters. You can send out an email beforehand to ensure you have a comprehensive list.
- Ask skaters to bring their training book and a pen or pencil to copy recipe and note nutritional info for future reference.

### Class Day – Content & Flow:

- Arrive 15 minutes early to set up the room.
  - Put recipe up on wall or copy onto a white board.
  - Set out ingredients on the table at the front of the room.
  - Set up equipment at the prepping station.
- Welcome skaters as they arrive. Ask them to take their training book and pen to a table with ingredients.
- Explain safety guidelines (including any special accommodations for allergies) and hand washing expectations.
- Review the purpose and benefits of the unique ingredients to the class.
- Snacks with protein support muscle fibre repair. Consume within 30 minutes of training completion.

- Breakfast & Post-training smoothie include green antioxidants, vitamins, fibre, calcium & protein.
- Distribute ingredient containers. Ask skaters questions about the nutrition facts on the labels. This is a great place to have skaters explore serving size, RDA (recommended daily amount/percentage) and familiarize skaters with reading nutrition labels.





- Discuss important ingredients. Ask question that engage learning.  
**Q.** What is the benefit of Greek yogurt as compared to regular yogurt?  
**A:** It has 3-4x the amount of protein, and ½ the carbohydrates and sugar content.  
**Q.** Why are dates a main ingredient in this recipe?  
**A:** There is an abundance of fibre. The flavour is sweet but has a lower glycemic index than sugar. There are also some antioxidants.  
**Q.** Why would we choose kale instead of spinach or arugula as our greens in this smoothie?  
**A:** Kale does not have a bitter taste and can easily “hide” in a smoothie with berries and fruits. It is nutrient dense, low calorie, and has antioxidants.  
**Q.** What do hemp hearts offer to our health?  
**A:** They have all 9 amino acids (complete protein). They lower blood cholesterol and have a great ratio of Omega 3:6 fats that supports heart and brain health.
- Create groups of 4-6 skaters to ensure every skater can participate with the food preparation.
- Set-up 2 or 3 stations to rotate:
  - Smoothie or date energy ball prep station
  - Nutritional facts collection/recipe transcribing
  - Word search, crossword, games.
- If you want to keep the entire group together, set-up 2 or 3 prep tables, one for each group, and one table with the blender or food processor that groups can use once their preparation is complete.
- Choose a leader for each team who will help ensure everyone shares with the tasks and clean up is completed.
- When ready to begin, ask the “prepping group(s)” to wash and dry their hands thoroughly.
- Rotate Stations. The group that has finished their food prep can be sent to the sink to clean their dishes/utensils with detergent, cloths, and drying towels.

- Once all skaters have prepped their recipes, the instructor can reinforce the main messages and send them home with the recipe in their training book and samples in their Ziplock bag labelled with their name.
  - Smoothies can be “taste-tested” after each group completes their smoothie. Have one group member set out enough Dixie cups for everyone to have a taste and then if they love it (most do!) They can line up in front of the blender to get some extra! This way, if every group creates a different smoothie, the skaters can try 2 or 3 varieties.
  - In my classes, I explain at the beginning that I expect everyone to try “10 tiny sips” to decide if they like it (based on the theory that it takes 10 “tries” to accept a new food) and after that they can have extra or discard.
  - If they are at camp where they earn points for tuck shop prizes you can award “taste testing” points or for figuring out the total protein in the smoothie or total fibre in the date balls or completing the word search first, etc.

### Modifications

- Offer class by video conferencing. In one hour, you can create both recipes and lead the skaters through the preparation while discussing the nutritional value of the ingredients. Send out the equipment and the ingredient list ahead of time and then go over the exact recipe during the class and send it out by email after the class.
- Add a “Challenge Day” type opportunity by having skaters log their snacks or challenge each other to try new snack recipes.
- Plan multiple sessions over the season to add a variety of recipes to skater’s repertoire and to solidify their learning.
- Consider combining with a community event, a Motivational opportunity or even a fundraiser.

### Sources:

1. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-many-types-and-health-benefits-of-kale>
2. <https://www.healthline.com/nutrition/10-proven-benefits-of-kale> <https://www.livescience.com/50818-kale-nutrition.html>
3. <https://www.webmd.com/diet/grape-juice-health-benefits#1>
4. <https://www.welchs.com/juices/100-percent/white-grape/>
5. <https://www.webmd.com/diet/hemp-seeds-good-for-you#1> <https://www.healthline.com/nutrition/greek-yogurt-vs-yogurt>





# Date Energy Balls

## Equipment Needed

Disinfectant wipes or soap & dish cloth to wash tables, soap & paper towels for washing hands, clean cloths/tea towels/dish cloths/detergent for spills washing up, food processor, large spoons, medium bowl, small bowl for coconut, measuring cups, plate for finished balls, ziplock bags or small containers for finished energy balls.

\*Allergy Warning\*

\*Makes approximately 10-16 balls depending on the size of hands that create them\*

## Ingredients

1 cup pitted dates  
 ½ cup nuts (almonds/cashews/walnuts/peanuts)  
 ¼ cup nut butter (almond/cashew/hazelnut/peanut etc.)  
 2 tablespoons ground flaxseed or hemp hearts  
 ¼ cup mini chocolate chips  
 Optional: flaked unsweetened coconut

## Instructions

1. Place dates in food processor
2. Add nuts
3. Add nut butter
4. Add ground flax
5. Mix until the dates are indistinguishable, and the nuts are very small pieces
6. Put in a separate bowl and mix in chocolate chips
7. Take a teaspoon amount in washed hands and create a ball the size of a small donut hole/Timbit. Roll in coconut if desired
8. Place in a container and store in the fridge for up to a week, freeze individually or in small packages for after-skating high protein snacks

## Nutrition Facts Per Recipe

20 grams of fiber  
 30-34 grams of protein  
 20-36% of calcium and 48-64% of iron recommended per day

## Dates Nutritional Facts

66.5 Calories  
 18g Carbohydrates  
 16g Sugar  
 1.6g Fiber  
 0.4g Protein  
 0.04g Fat

For a tiny fruit, dates are teeming with vitamins and minerals, including (but not limited to!) iron, potassium, magnesium, and B vitamins. And while they're high in calories and carbs, they're full of good-for-you fiber. Boasting nearly 2 grams of fiber per serving, dates can help promote healthy digestion and bowel movements. These prune-looking fruits are also full of disease-fighting antioxidants, such as **flavonoids** and **phenolic acids** — both of which have been shown to reduce inflammation in the body.





# Kale Super Smoothies

## Equipment Needed

Disinfectant wipes or soap & dish cloth to wash tables, soap & paper towels for washing hands, clean cloths/tea towels/dish cloths/detergent for spills, washing up, blender, measuring cups, spoons, cutting board and paring knife, measuring spoons, Dixie Cups for sampling.

## Ingredients

1 ½ cup washed Kale  
3 cups juice or coconut water or milk (white or purple grape, orange, apple, almond, cashew, oat, cow's)  
1 apple (washed, cut & cored, skin on)  
1 cup Greek yogurt  
3 tablespoons hemp hearts  
2 cups fresh or frozen fruit (strawberries, blueberries, peaches, mango, raspberries etc.)

## Instructions

1. Place kale in blender
2. Add juice/water or milk
3. Add Greek yogurt
4. Add cut apple
5. Add hemp hearts
6. Add fruit
7. Blend until smooth
8. Taste and enjoy!

## Total Smoothie Nutrition Facts

Calories: 428  
Protein: 38gm  
Carbohydrates: 34gm  
Sugar: 16gm  
Fat: 15gm  
Fiber: 7gm

**Note:** Allow skaters/different groups to choose different juice/water/milks and different fruits to allow for different flavours and taste testing for each group. The kale, Greek yogurt, apple, and hemp hearts are included in every recipe.

## Nutritional Facts

Kale	Greek Yogurt	Hemp Hearts	Strawberries
1 ½ cups	1 cup	3 tbsp	2 cups of whole strawberries
50 Calories	120 Calories	166 Calories	92 Calories
4.5 gm Protein	22g Protein	9.5 gm Protein	1.9 gm Protein
Vit A, K, & C,	9g Carbohydrates	14.6 gm Fat	0.86 gm Fat
Good source of	2g Sugar	2.6 gm Carbohydrates	22.1gm Carbohydrates
Calcium, Iron, &		1.2 gm Fiber	5.8gm Fiber
Manganese		0.45 gm Sugar	13.4gm Sugar



# Sanction Requirements

**In-Club:** No sanction required

**Multi-Club:** Sanction required

## SANCTION GUIDELINES, SANCTION 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? (link to [SOCAN guidelines](#) from SC)

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

Is there a way to involve the community?

