

Performance and Development Opportunities: Simulation Opportunities

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 • Skill Development Sessions • Motivational Sessions 			<ul style="list-style-type: none"> • <u>Simulation Opportunities</u> • Feedback Sessions • Challenge Days • Motivational Sessions • Performance Opportunities • In-Club Events 			<ul style="list-style-type: none"> • Skill 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 • Skill Development Sessions • Motivational Sessions • Performance Opportunities • In-Club Events 		
MULTI-CLUB	<ul style="list-style-type: none"> • Prep/Information Sessions • Skill Development Sessions • Motivational Sessions 			<ul style="list-style-type: none"> • <u>Simulation Opportunities</u> • Feedback Sessions • Challenge Days • Motivational Sessions • Performance Opportunities 			<ul style="list-style-type: none"> • Skill Development Sessions • Challenge Days • Motivational Sessions • Performance Opportunities • Fun Events 			<ul style="list-style-type: none"> • Fun Events • Challenge Days • Prep/Information Sessions • Skill Development Sessions • Motivational Sessions • Performance Opportunities 		

Focus:

Simulate the competition experience for skaters to have an opportunity to familiarize themselves with the different parts of an event. It also emulates the pressure of skating in front of an official to acclimatize skaters to a competition.

Time of year:

Prior to and including the beginning of competition season.

Simulation Opportunities:



Examples:

1. Off-Ice: Simulating a competition environment (arriving at the arena, sample registration process, dressing rooms, warm-up, competition attire, hair, make-up)
2. On-Ice: Simulating competition environment (warm-ups in flights, names of skaters announced, assessment/feedback from coaches/officials)





Examples: On-Ice Example #1 – Woodville Skating Club - Simulation Skate (Multi Club opportunity)



“ Hosting a simulation day is a great way for skaters to get the opportunity to perform in a positive setting prior to a competition as a dress rehearsal. It also lends the opportunity for coaches to assess the programs and discuss the positives, as well as the possible changes needed to improve the performance. By interacting with skaters and coaches from other clubs, it is awesome to see the comradery between skaters and seeing them cheering each other on.”

- Denise Harris

About Denise

Denise has coached skating in the Woodville SC and Lindsay SC for the past 30 years and has had the opportunity to work along side many dedicated volunteers over the years.

1. Choose a date that optimizes your skater's yearly plan.
2. Reach out to local clubs and coaches to invite to opportunity.
3. Connect with local businesses to offer space for a booth.
4. Create feedback template and/or certificates.
5. Run community simulation day!
6. Share highlights through social media.





Detailed Explanation

Goal: To give skaters an opportunity to perform in a competition setting to increase their comfort level and development in preparation for events and competitions. Working with local clubs/skating schools adds another level of competition setting (outside skaters and community).

Plan:

- Choose a date that optimizes skater's yearly plan.
- Determine registration costs for participants and invite local clubs/coaches to participate.
- Book ice and other rooms needed for that day.
- Connect with Skate Ontario for a sanction.
- Prepare volunteer sign up sheets for simulation day. You may need volunteers for the following jobs:
 - Skater registration
 - Music registration
 - Dressing Rooms/Ice captain
 - Music and announcing
 - Creation of feedback forms and/or certificates for skaters.
 - Coach volunteers for skater feedback
 - Coaches can assess their own skaters or assess each others' skaters (or both) to enhance the feedback given to skaters.
- Consider finding community members to offer hair and make-up services for skaters.
 - Try using older skaters or parent volunteers.
 - There may also be hair professionals in your area that would be willing to volunteer their time for some advertisement opportunities.
- Communicate with local clubs & coaches to provide details about the opportunity.
- Prepare and print feedback forms.
- Reach out to local vendors that may want to set up a booth.
 - We had a young lady come in and do hair tinsel. She charged \$10 and gave all profits back to club. It was a hit!
 - Try to target vendors that would enhance the experience of the skaters (flowers, hair, make-up, etc.)

- Send out a skater list and skate times two weeks in advance to participating skaters and coaches.
- Group skaters in flights of maximum 6 skaters.
- Warm up times should be appropriate for each level.
 - STAR 1-4: 3-4 min
 - STAR 6-Gold: 5-6 min
 - Competitive: 6 min
- Send out detailed schedule to volunteer coach assessors.





Simulation Day:

- Arrive in advance to set-up registration tables, music drop-off, dressings rooms, signage, etc.
 - Set up a location for coach assessors to connect and provide materials (clipboard, feedback forms, pencils)
 - Consider setting up a special area for skaters to take photos in their costumes.
- As skaters arrive, they register themselves and drop off music.
 - Volunteers advise skaters of their assigned dressing room and warm-up area.
 - If you have arranged for hair and make-up services, skaters can be shown where those are located
 - Let skaters know where to pick up their feedback forms and/or certificate after they skate.
- On-ice simulation:
 - Skaters warm-up in pre-set warm-up groups.
 - Skaters are announced onto the ice like a competition.
 - Coaches or officials make written comments onto feedback forms during their performances
- Encourage skaters and parents to stay and cheer on other skaters to make it fun for everyone.
- Feedback forms are collected from the coaches or officials.
 - STAR 1-4 – Assessment sheets used
 - STAR 5 & up –
 - Provide feedback on program content
 - Provide any comments on well-balanced program
 - Include general comments and suggestions on program performance.
- Skaters pick up their feedback form and/or certificates and take photos in the photo area if available.
- Follow-up – Connect with parents & coaches following Simulation Day to seek feedback and input on any future changes that might be suggested.

Modifications

- Consider running the session on regular ice time, instead of booking a separate day. This can help ensure all skaters can participate and reduces cost to club.
- Try working with a nearby club/skating school to share the responsibility of running the Simulation Day. They may be able to share duties and volunteers, and possibly host in their arena every other year.
- If you have brought in an official, you may consider adding a feedback session. This provides an opportunity for the official to give feedback and comments directly to the skater and coaches and is a great way to create positive relationships with local officials.
- If you are able to include an element event as part of your day as this provides skaters another chance to perform in a competition setting with the opportunity for further feedback.





Examples: On-Ice Example #2 - Kitchener-Waterloo Skating Club – Simulation (In-Club opportunity)

About Pat

Pat was a competitive singles coach for over 25 years and brought skaters to several National championships. She also was a CanPower coach for many OHL players and was chosen as the 2010 Ontario Winter Games Coach for WOS. Pat retired from coaching in 2013 and is now currently a Sectional level technical specialist on the official side. She also runs the operations at Kitchener-Waterloo SC as Technical Director (since 2018).

1. Choose a weekly or monthly timeslot that can be used for simulations.
2. Include these days on the seasonal calendar for skaters/coaches/parents to reference.
3. Set fee & prepare registration in online registration system.
4. Run in-club simulation days!

“ This simulation was great for new parents and skaters who had never experienced a competition before. For some of us competitions are second nature, but we must remember these are children and every opportunity we give them has the potential to be a learning experience and FUN. It does not have to be the real thing. Skaters left with big smiles! ”

- Pat teBoekhorst





Detailed Explanation

Goal: To give skaters an opportunity to perform in a competition setting to increase their comfort level and development in preparation for events and competitions.

Preparation:

- Technical Director schedules simulation days on the seasonal calendar.
 - We schedule our simulations on every Saturday leading up to the competition season. This is ice time we had trouble filling before scheduling simulations.
 - Fall/Winter simulations are available for STAR 1-4 and Super Series skaters.
 - Summer simulations are available for competitive skaters participating in Sectional Series.
- Membership coordinator sets up simulation day as a program in Uplifter Online Registration system.
 - The cost we use is \$11.00 per simulation
 - There are limited spaces available for simulations so it is a first come, first served format.
 - With being such a large club, coaches are asked to ensure their skaters only take part in one simulation session per month to allow all skaters an opportunity to participate.
 - Skaters can register until the Thursday prior to the Saturday opportunity.
- Technical Director collects the registration list from Uplifter each week and creates the schedule and flights of skaters according to their levels.
 - Warm-up times are matched with the level of the skaters.
 - Flight and warm-up group information is communicated to participants.
 - Flights are posted at the rink one day prior to the simulation.
 - Coaches are emailed the flight schedule to distribute to their skaters.
 - Planned program sheets are distributed to coaches to complete and return for their participating skaters.
- Music is sorted for the event by the volunteer music player/announcer.
 - Our music is on a computer system and is easily sorted.

- A volunteer coach is normally in charge of music and announcing.

Simulation Day:

- Skaters are asked to arrive 45 minutes prior to their flight for warm-up in the ballet studio.
 - Skaters are expected to be in full costume and makeup.
 - Planned program sheets are handed in to the Technical Director.
- Family and friend are encouraged to attend be part of the audience.
 - This is a great addition to the simulation as skaters tend to have family members attend their events and competitions. This can sometimes add more pressure than skating in front of officials!
- Technical specialists within our coaching staff assess skaters.
 - When available, coaches take part in the panel for performance feedback.
 - If you do not have Technical Specialists on staff, coaches and outside officials can be used for feedback.
 - When bringing in an official, make sure to apply for a sanction with Skate Ontario.
- Comments & feedback is written directly on the planned program sheet.
 - Note: When there is doubt about an element (i.e. under-rotated or downgraded jumps, or a question on spin revolution), we indicate that in a competition setting, a review would be requested to review the element using video replay
- Upon the completion of each flight of skaters, they are asked to stay and be part of the audience for the remainder of the simulation.
- Each skater and their coach are given the opportunity for a one-on-one sit down with the Technical Director to brief their performance.
 - This can also be done by the official or coaches used on the panel.
 - Planned program sheets, with feedback, are provided for each skater.

Modifications

- Consider adding a live view of the simulations to provide access to family and friends who may not be able to attend (Facebook Live, YouTube LiveStream, etc.)
- Add excitement to the simulations by using them as the place to reveal Synchro programs or even prepare skaters for external performances (like skating at intermission in the local hockey game).





Sanction Requirements

In-Club: No sanction required (unless bringing in an outside official)

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?

