

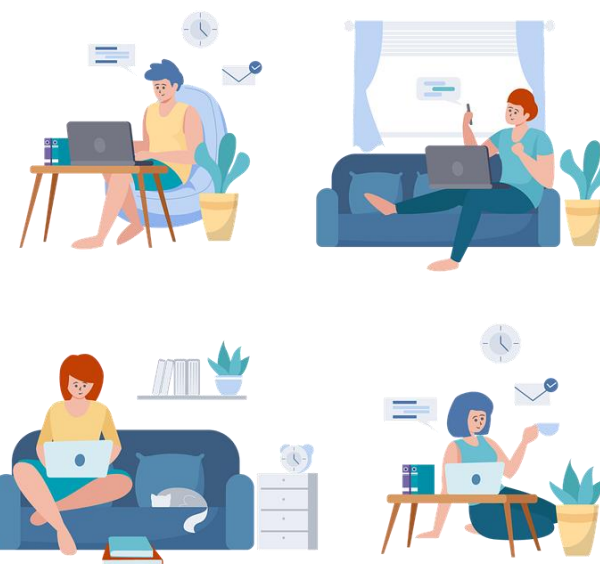


**SKATE ONTARIO**  
SKATECANADA

# Rebound to Skating: Season Planning

# *Registration*

- Online registration
  - Benefits: less volunteer time, automated, less paperwork to store and accessible for members
- What you may want to include:
  - ☐ COVID oversight group
  - ☐ Fee breakdown
  - ☐ Schedule
  - ☐ Fundraising activities
  - ☐ Volunteer opportunities
  - ☐ Policies





# *Registration Con't*



- Skate Ontario COVID Waiver
  - All participants (skaters, coaches, volunteers) and parents/guardians
  - Any on ice or off ice activity
  - Valid for 2 years from date of signature
    - Recommend a yearly requirement
  - Must be retained on file for a minimum of 2 years
- Rowan's Law Compliance
  - All skaters under 26 and parents/guardians for under aged skaters
    - CanSkate, CanPowerSkate and STAR 1-4 are exempt
  - Yearly completion
  - Kept on file for 7 years

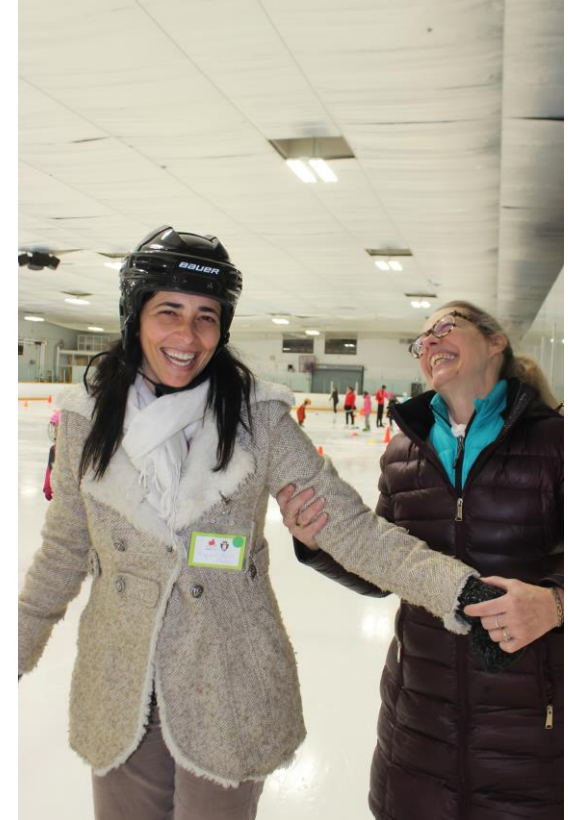
# Scheduling Considerations

- Focus (3) key areas
  - Range or programming
  - On ice and Off ice program/event scheduling
  - Staffing - Coach and administrative (if applicable)



# *Range of Programs*

- Are there are any unmet needs within your community?
- Could you provide additional or expanded programs?
- Do you need to combine sessions due to change of interest?
- Are there programs you can offer in conjunction with other sport groups?



# *CanPowerSkate*

- Expands your club reach within the community
- Improve relationships with hockey/ringette
- Aligns with the Hockey Canada Long Term Player Development model
- Great way to stay afloat during periods of membership fluctuations.



# *Adult & Teen*

- Helps keep older skaters on the ice
- Brings in new members
- Can help increase your volunteer pool
- Social aspect to adult skating





# *CanSkate: Parent & Tot*



- Allows for an entire family to take part and work on their skating development.
- Increases skater capacity for sessions where you may not have the coach and/or program assistant support.
- Provides an option for clubs/skating schools to offer programs for families during the day.





# *Synchro*

- Introduce skaters to the team side of figure skating
- Reinforces skills introduced in other disciplines.
- Supports coach collaboration between disciplines.
- Incorporates assessments for feedback on skater's development.
- Adds a place where skaters can set and achieve goals with their peers.
- Educate parents on the synchro discipline.



# *On and Off ice Scheduling*

## **Optimize ice time**

- Combine programs
- Overlapping sessions
- Grouping skaters by age (instead of stage)



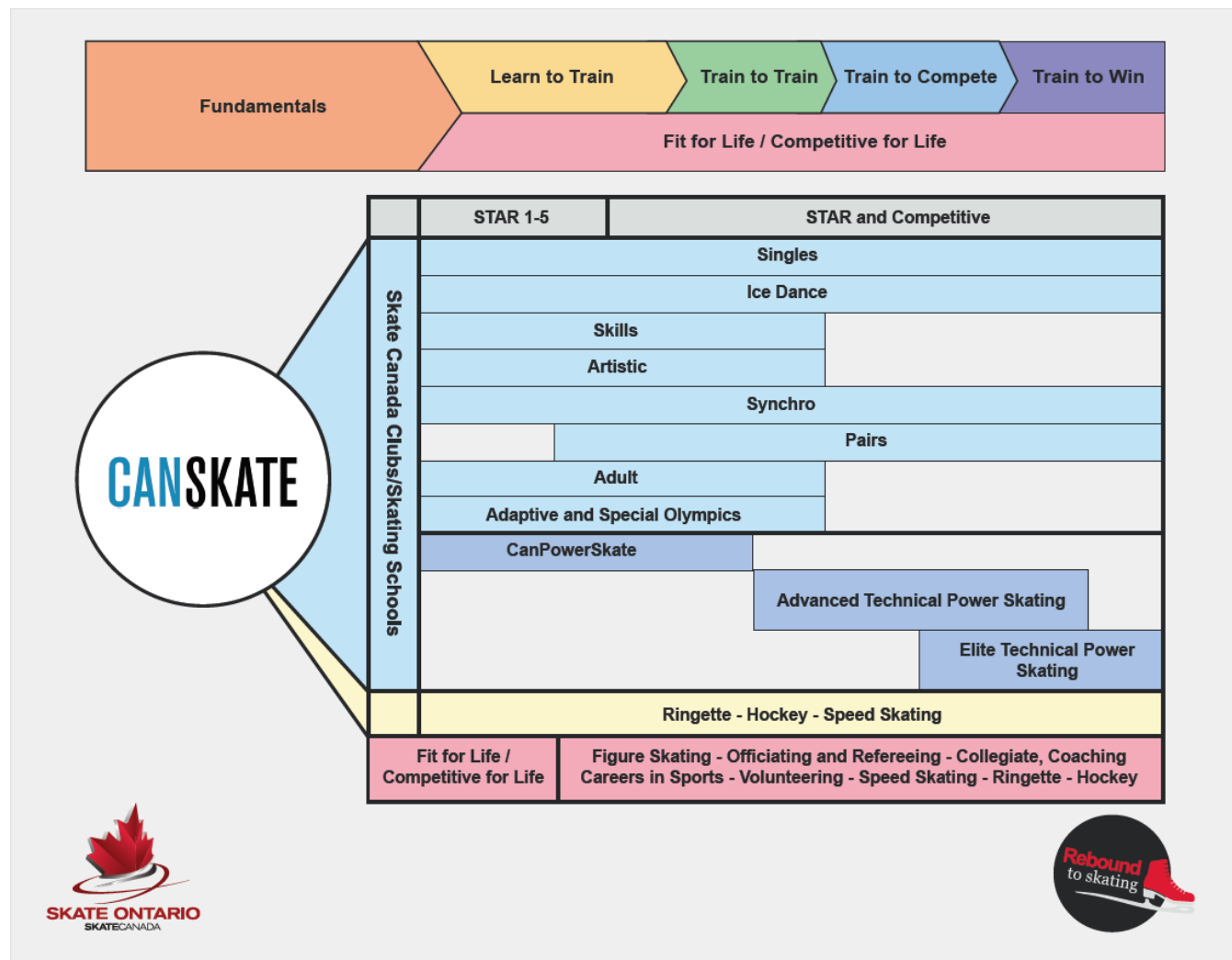
## **Maximize off ice training time**

- Lower cost training option
- Provides skaters with the tools to practice skills at home.
- Option to divide sessions into smaller groups (half on the ice, half off the ice) to maximize ice and coach time.
- Motivates skaters - some skaters excel at off ice skills.
- Functionally versatile

# *Special Dates*

**Remember to include special dates in your scheduling.**

- Performance & Development Opportunities
- Assessment days
- Events/Competitions
- Parent Information Sessions



# Discovering Pathways Resource

## The STAR 1-5 program is composed of 5 main disciplines:

Begins at STAR 1:



### Free Skate

The Free Skate discipline introduces basic spins, jumps, step sequences and aspects of program development and performance. Free Skate includes Singles and Pairs categories in events.

### Singles

Skaters begin by learning basic stand-alone elements (i.e. jumps, spins, etc.). As they progress, they will be given the opportunity to perform a program to music with these elements incorporated. Free Skate includes Singles and Pairs categories in events.



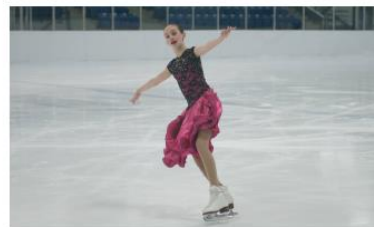
**Pairs (Begins at STAR 3)**  
Pairs consists of two skaters skating together and performing free skate elements such as jumps, lifts and throw elements.

At the STAR level, skaters will learn to:

- skate in unison with a partner,
- perform jumps side by side,
- and begin to learn the mechanics of throws and lifts at beginner level.



Begins at STAR 1:



### Ice Dance

Ice dance is inspired by ballroom dance and provides the opportunity to explore different musical styles, dance specific elements and introduces full Ice Dance sequences.

The discipline of Ice dance includes the development of skating technique while promoting:

- Timing
- Accuracy
- Musicality and rhythm through pattern dances

Skaters begin by learning a variety of basic dance elements. This progresses to the execution of elements in sequence and then to the performance of those elements in set dance patterns to music. At the STAR 2/3 level, skaters can form a partnership with another skater to perform dance patterns together at events.

The skills learned through this discipline also support development in the Free Skate, Synchro and Artistic disciplines.



4

## Hockey and Ringette Skills Pathway



**CanPowerSkate (Pre-requisite: Achieve the skills equivalent to the CanSkate Stage 4 badge)**

CanPowerSkate is a Skate Canada program offered in clubs/skating schools specifically geared to hockey and ringette players. It targets skaters/players with a base level of skating skills to enhance their skating ability by teaching technique and efficiency, for faster, stronger skaters.

The CanPowerSkate program is situated in the Learn-to-Train stage of the LTD Model where key skill development and training strategies are introduced. Teaching and development of proper skating technique is the focus of the program.

You can expect a coach directed, full ice session with a variety of high energy skill-based stations. Skaters are required to wear hockey skates, gloves, CSA approved hockey helmet and to bring their hockey stick; full gear is optional.

Once skaters have completed the CanPowerSkate program, the Advanced Technical and Elite Technical Power Skating sessions are available to develop more advanced skating skills.



### Advanced Technical Power Skating

Advance Technical Power Skating builds upon the skills acquired in CanPowerSkate and provides training through repetition to:

- Develop skills.
- Improve and refine hockey specific skating skills, individual skating mechanics, and game-situation skating skills.

This training is geared to hockey players in U-15, U-18, & U-20 and ringette players in U-14 (Tween), U-16 (Junior), 18+(Belle/Open), and U-19 (Belle).

Advanced Technical Power Skating is customizable program and can appear on a club/skating school schedule as a stand-alone program, individual/small group training on practice sessions or open ice.



### Elite Technical Power Skating

Elite Technical Power Skating provides training to refine skills including:

- Individual Skating Mechanics
- Game-situation Skating
- Enhancement and Repetition

This training targets U-20, University, and Professional hockey players as well as U-20 (CWG) and 18+ (Team Canada & NRL) ringette players.

Elite Technical Power Skating is a customized program and can appear on a club/skating school schedule as a stand-alone program, individual/small group training on practice sessions or open ice.



2

# *Coach Scheduling*

- Review your schedule and programs
- Will changes be required to your staffing needs?
- Consider changes you have made in your schedule or programs.
  - Are there new or different ways to consider scheduling coaches on your sessions?
  - How will this affect the size or composition of your coaching team?
  - How many coaches are needed to execute the planned programs?







# *Coach Contracts*



- Contracts should outline the following:
  - Start and end date of contract,
  - Pay rate,
  - Schedule of sessions,
  - Job description,
  - Coach expectations and performance review information,
  - Absentee protocols
  - A clause outlining the process for early termination of the contract by either party (club/skating school or coach),
  - Disruption Clause - in the case of an unexpected shutdown (i.e COVID shutdowns)



# *Volunteer Recruitment and Retention*



## Recruit

- Make the connection early
- Engage with active members
- Advertise positions available
  - Job descriptions
  - Time commitments
- Communicate the need for help
- Run information sessions
- Communicate the impact on the organization

## Retain

- Provide training, education and tools needed
- Align interests/expertise where possible
- Mix it up
- Check in regularly
- Connect on a personal level and create a team atmosphere
- Communicate the impact on the organization
- Show your appreciation





# *Back-Up Plans*

- Review last year
  - Communications plan - for both members and staff/volunteers
  - Plan for staff and coaches
  - Programming
    - On and off ice
  - Membership interest
    - Normal vs low vs surge
  - Refund/credit plan
    - Ensure you have the people to support



Hope for the best - Plan for the worst!