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**SKATE**CANADA  
SASKATCHEWAN

**2018/19**  
**Team Saskatchewan**  
**High Performance Team**  
**Training Plan**

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regarding this document you may  
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# Introduction

The following is the training plan for the Skate Canada - Saskatchewan High Performance Team. The plan begins with the vision and objectives as per the direction of the Skater Development Committee. The team strategy, structure, action plans, selection criteria, correspondence etc. all originate from this vision and are detailed in the following report.

## Short Term Goals

By the 2019 season, Saskatchewan will have four (4) skaters/teams at the National Championships - placing four (4) athletes in the top half (1/2) for their respective disciplines.

## Vision / Long Term Goals

That Saskatchewan skaters be recognized across the country as legitimate contenders for medals at all Canadian National Championships and Canada Winter Games events.

That provincial resources be coordinated and focused to provide a healthy and fun environment for skaters to attain their highest potential in all aspects of skating skills, jump/spin technique, and physical development and to acquire life skills that support their emotional and psychological well-being.

By 2019, Saskatchewan would have a full team at the Canada Winter Games - placing in the top half for their respective disciplines.

# High Performance Opportunities

The High Performance Team will have access to some of the following funding and opportunities.

Camps and Seminars			
<b>Spring Camp</b>	3 day camp with access to sports science sessions, off-ice training, YPI meetings, judges presentations, etc... This camp will be held in conjunction with the competitive team for two days however the first day will be devoted solely to the HP Team. They will have more one on one time with the clinician.		
<b>June Camp</b>	This 2 day camp will ensure preparedness going in to summer training and summer competitions. On day one, skaters will perform their two solos in front of a panel (tech specialist, judge) for feedback. In between performances, they will have access to someone from sports science (nutritionist, mental skills, injury prevention, etc...). Day two will bring fitness testing (Vo2Max, Wingate, FMS). <b>If necessary, this opportunity will be split in to two nonconsecutive days (Testing in June and monitoring in July) depending on our judge's schedule and testing availability.</b>		
<b>Performance Camp</b>	This 2 day camp will bring with it the focus of maximizing performance. Skaters will have on-ice sessions with the chosen clinician, as well as sports science off-ice classes. Skaters will also have the opportunity to sit with a tech specialist and discuss some of the feedback the skater's have received from their summer competitions/monitoring.		
<b>Training Days</b>	The Skater Development Committee will be holding 2-3 Team Training Days (TTDs) throughout the season. High Performance Team members will be required to attend <u>at least 2</u> (two) of them.		
Sports Science		Competitions & Teamwear	
<b>Nutrition</b>	Access to a nutritionist for <u>3 individual</u> sessions per year	<b>Summer Competition</b>	Proposed subsidy for second out of province competition (must be a NextGen identified event). We want to encourage HP skaters to attend two summer competitions.
<b>Mental Skills</b>	Access to a mental skills professional for equivalent of <u>4 one hour</u> sessions per year. <b>All funding requests for mental training must be made through the High Performance Director</b>	<b>HP Fall Competition</b>	HP skaters are the most likely to be selected to attend an out of province competition in September or October. There will be a nominal fee (\$450-\$550).
<b>Strength and Conditioning</b>	Off-ice classes to be offered at camps	<b>Teamwear</b>	HP Teamwear to include vests (\$100.00 fee), as well as yet to be determined apparel.
<b>Fitness Testing</b>	Summer / End of season		

## **Selection Criteria** (posted on Skate Canada Saskatchewan website)

The Skate Canada - Saskatchewan High Performance Team will be comprised of skaters selected from across the province based on their technical ability, competition results, training plan and their observed talent/work ethic as determined by the Saskatchewan Skater Development Committee.

### **General Outline as follows:**

**Pre-Novice Skaters who have the technical elements and skating skills capable of placing them in the top third at Challenge.**

**Top Novice Skaters who can potentially qualify for Canadians**

**Top Junior Skaters who can potentially qualify for Canadians**

**Top Senior Skaters who can potentially qualify for Canadians**

Skaters accepting the invitation will be appointed to the team for a one year term starting April 1st and ending March 31st of the following year. Skaters, who throughout the course of their appointment, show consistent improvement and who will benefit from increased provincial support may have additional support afforded to them. Likewise, skaters who show a lack of training/preparedness, commitment and development may find themselves placed on the Competitive Team or removed from Team Saskatchewan all together.

## **Competition Support**

Skaters may be selected to attend out of province competitions based on their spring/summer monitoring, summer competition results and a criteria developed by the High Performance Director and approved by the Skater Development Committee.

For the out of province competitions where skaters are invited to attend as representatives of the HP Team, team coaches will be provided to look after the skaters both as chaperones and as coaches. Those coaches who are selected to out of province competition assignments will be selected to lead the Skate Canada Saskatchewan High Performance Team as a whole.

**If a skater is choosing to bring their personal coach, the coach's travel expenses and fees will be paid by the skater as per policy #103.**

# Programming

## Spring Kick-Off Camp

### **Objectives:**

- ☆ Increase awareness of the importance of skating skills & technical elements
- ☆ Increase awareness of the importance of off- ice training
- ☆ Begin to create a team environment
- ☆ Effective communication between skaters, coaches, parents and Skater Development.

### **The camp will include:**

- ☆ On-ice guest coaches and skaters
- ☆ Sports Medicine
- ☆ Team building exercises
- ☆ One on One Session for the HP Team with High Performance Director and Skater Development Chair to ensure that team members training requirements are understood
- ☆ Review of the Yearly Training Plan (must be submitted two weeks before the camp)
- ☆ Parent Awareness of the Team Members' code of conduct and responsibilities.

## June Camp

### **Objectives:**

- ☆ SP and FP simulations to ensure preparedness for summer competitions (day one)
- ☆ Assess fitness level heading in to the rigours of summer training

### **The camp will include:**

- ☆ Feedback from tech specialists and judges on the skater's new programs
- ☆ Sports Medicine (Fitness testing, nutrition, mental skills)

## Performance Camp

### **Objectives:**

- ☆ The steps taken to building a Winning Performance!

- ☆ Confirming technical elements and conforming to new Skate Canada and ISU requirements
- ☆ Sports medicine with focus on injury prevention through the competition phase of yearly plan.
- ☆ Continued communication between skater, coach, the High Performance Director and Skater Development

**The camp will include:**

- ☆ On-ice Guest Coaches and Skater
- ☆ Sports Medicine
- ☆ Team Building Exercises
- ☆ Presentation from Technical Specialists, judges, etc...

### Team Training Days

**Objective:**

- ☆ To bring together our top skaters and coaches at a few strategic times throughout the season to foster and promote a competitive atmosphere as well as encourage collaboration with skaters, coaches and clubs.

**TTDs will potentially include:**

- ☆ Minimum of two on ice training sessions
- ☆ SMSCS opportunities
- ☆ Off-ice sessions in ballet, stretch, pilates, High Performance Planning

### Sports Medicine Science Council Services

**Objective:**

- ☆ To provide resources for skaters to be both physically and mentally fit for both their on-ice and off-ice well being

**Proposed services provided by the SMSCS:**

- ☆ Fitness testing
- ☆ Mental Trainer
- ☆ Nutrition
- ☆ Injury Assessment & Treatment

### Monitoring

**Objective:**

- ☆ To evaluate the progress of all team members and provide constructive feedback to the skaters throughout the season

As part of the Skate Canada - Saskatchewan High Performance Training Program, skaters will be evaluated on their performance by the High Performance Director and the Skater Development Committee. Athletes will be assessed at the following events:

- ☆ June Simulation
- ☆ Potential monitoring by the High Performance Director during summer training
- ☆ Summer and fall competitions
- ☆ Sask Skate / Sask Open Competition
- ☆ You may also send a video clip of your progress to the High Performance Director as well as communicate by telephone, email/ or in person meeting.



# Sample Calendar for High Performance Team Skaters

## Novice Skater (Goal of Personal Best at Canadians)

<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>
Select new music for one of two programs. Design costume, build program. Previous program should step in to next phase of development (technical elements, speed, content, transitions, etc...)	Compete one new program and one from the previous season at Jean Norman (depending on previous season's competition schedule).	If having two new programs, select music, design costumes and build second new program. January's new program should also step in to phase 2 of choreography and development.
<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
Compete 2nd competition in preparation for spring. Training new technical element (jumps, spins levels, etc...). This should be debut for one program and second time out for January's new program.	Continue work on new technical elements. Programs should move in to phase 3 for January's and phase 2 for March's from development and choreography standpoint.	June/July Sims should see a good representation of what the summer competition skates should resemble. Program should be skated fallout. Changes to element order, layout, costumes, content etc... prior to summer
<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>
Heavy training of new technical and both programs in order to ensure fitness level is where it needs to be. Next phase of choreography for both programs adding difficulty to transitions.	Heavy training of new technical and both programs in order to ensure fitness level is where it needs to be. August should bring 1 or 2 competitions with goal of achieving all spin and step levels.	Continue training of new technical and both programs in order to maintain fitness level. Sept and October should bring 1 or 2 competitions with goal of achieving personal best scores from summer development.
<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
Continue training of new technical and both programs in order to maintain fitness level. Sept and October should bring 1 or 2 competitions with goal of achieving personal best scores from summer development. Performance Camp reinforces or clarifies content.	Programs are ready, all elements are engrained in muscle memory and competition becomes a matter of executing what has been built up in training	Programs are ready, all elements are engrained in muscle memory and competition becomes a matter of controlling nerves and excitement.
<b>JANUARY</b>		
One more simulation in a Canadians style rink. Run throughs are 80% clean and focus should be managing nerves and the unknown emotions that come with a Canadian Championships.		

The calendar above is to be used solely as a guide however the timetable for when to begin work on new programs should be relatively close. For Pre-Novice skaters the calendar should shift one month prior to allow skaters to peak at Challenge.

# Team Requirements

Skate Canada - Saskatchewan is committed to the growth and support of the Saskatchewan High Performance Team. The intent of the Skate Canada - Saskatchewan Skater Development Committee is to help elite and select skaters who have the potential to medal in the next 3-5 years at Provincial, National, International and Canada Games Events.

In order to be eligible to be part of the team, athletes must:

- Apply to participate as part of the Skate Canada High Performance Team and once accepted, pay the required team fees
- Commit to compete for the following season and be prepared to follow the Skate Canada Saskatchewan High Performance Team Training Plan
- Develop, submit and report on their Yearly Training Plan as required
- Must attend a minimum 7 week summer school
- Fully participate in two fitness testing sessions at the University of Regina
- Fully participate in judge monitoring/simulations between June and November 2018
- Commit to compete in at least **TWO** National Summer Series competitions
- Commit to compete at the 2018 Sask Skate / Sask Open
- Commit to compete at the 2019 Skate Canada Saskatchewan Sectionals
- **Must register to be a part of Saskatchewan Series**
- Commit to attend the Spring Camp, June Camp and Performance Camp
- Commit to attend a minimum of two (2) Team Training Days
- Participate in yearly monitoring
- Must be willing to sell a minimum of one (1) skater lottery book
- Parent / Guardian attend a Parent Information Session at the Spring Kick-Off Camp

# Special Circumstances

## **Athletes Training Out-of-Province**

Athletes training out of province have special challenges in addition to being away from their team and local training opportunities. To remain on the Saskatchewan High Performance Team skaters training out of Province must take additional steps to:

- Develop and submit an appropriate on-ice/off-ice training plan
- If skaters are not able to attend one of the designated Training Camps in Saskatchewan/or competitions skaters must indicate what actions they are taking as a substitute to continue their development.
- Send a video to the High Performance Director of their progress and an update on their training plan as requested