

SKATE CANADA – CENTRAL ONTARIO
General Coaches Meeting
December 7th, 2006
COS Office, 12:00 – 2:00 pm

In Attendance:

Monica Lockie, Michelle Leigh, Patti White, Solange Boivin, Debbie Bolton, Leslie Baker, Lianne Sherriff, Elaine Hulme, Tracy Giffiths and Laurene Colin-Knoblach

General Welcome by Monica Lockie

Monica then went through an update from Skate Canada that covered the following topics:

- Coaching Program Update Presentation
 - o See attached document for presentation material
- CPC
 - o Eastern Challenge – a more detail sheet was available on the website which showed the GOE of the judges.
 - o STARSkate qualifying event will not be using the CPC system until 2008.
- Pond to Podium
 - o This is a marketing program to promote all ice sports in Canada.
 - o Created by Ted Barton of BC.
 - o Pilot program will be running shortly in BC and then it will go Nation wide.
 - o Clubs will need to be prepared for the inquiries once the program is up and running.
- Skate Canada Coaching Apparel
 - o Now available online after being in the works for the past 5 years.
 - o Open to all level of coaches
- CEP
 - o CEP statement of activities restarted on Sept 1, 2006.
- ACGM
 - o Location - Montreal, Quebec
 - o QC Section is planning to run their Section coaching seminar in conjunction with the National Coaches Seminar; similar to how COS ran it last year.
 - o More details will be coming
 - o Focus will be on technical and CPC issues.

- Level 4/5 Tasks
 - o Level 4/5 tasks are being offered this year. Schedule is available on the COS website. For more information, please contact Isabelle Cayer at the National office.
- Skating Program Survey
 - o Skating Program survey has been circulated and is available online. Please take the time to fill it in and send it back to Donna King at the National office by January 5th, 2007

NCCP -

- o Spring/Summer coaches course are being setup now. Once the brochure is complete it will be available online.
- o We are looking to host the course in Vaughan in June and Keswick in August.

COS Coaching Apparel -

- o Design and order form is available online.
- o Orders will be processed as received.

Boys Only Seminar -

- o 75 boys attended the seminar with Kurt Browning at Sport Seneca
- o Kurt was his amazing self.
- o Kurt spoke to the boys as well to the parents.
- o On ice was with Kurt and two off ice sessions were given as well; Mary Angela Larmer (movement) and Trampoline.

Under 14 Series -

- o The Under 14 Series outline is available on the COS website under the Athlete Development page.
- o 3 seminars – Feb, March and April
- o Evaluations process – total of 2 scores from a Summer and Fall competition, on ice evaluation at the April seminar and a skate off in late April.
- o A team will receive an away trip, monitoring and fall seminar
- o B team will receive fall seminar and monitoring.

Staging Camp –

- o A staging camp will be held for the Trillium STARSkate, National STARSkate and Trillium Cup skaters.
- o Will consist of a simulation, feedback and a pizza party
- o Suggestion – also offer an off ice component so the staging camp has more structure

Skate Extreme Seminars –

- New idea this year.
- Focus on STARSkate skaters and their basic skating skills
- 2 pilots will be offered this year
- It will consist of on ice and off ice sessions.
- On ice session will be run like a competition. Each skater will be competing events such as biggest axel, fastest stroking, longest spin etc.

Training Sessions

- Monica suggested an idea of creating a training session for skaters to get together who are at the same level. Primarily for those who are the only competitive skater in their club.
- Set location will be provided, targeting for once a month. Would like to see the location rotate to accommodate all.
- Session will consist of 30 minute, Edge class, 1 hour Freeskate and then end with 30 minutes spin session. The edge and spin session will be taught by who COS assigns but the 1 hour Freeskate is open time for the skater and coach.

Spring Coaches Seminar

- Plans are underway.
- Guest speakers will be Manon Perron and Lee Barkell
- More information will follow.

Area Competition

- Introductory C Freeskate was added to the remaining area competition
- Many inquires have been received about if half flip, half loop and half lutz can be include in the Freeskate program
- The answer is YES, but please note if the skater does over rotates the jump then it will be marked as a deduction.

Maternity Leave

- Skate Canada - Central Ontario is pleased to announce the appointment of ERIN D'EON as Coordinator, Programs and Services.
- Ms D'Eon, who is a current judge, will oversee the coaching, NCCP and Athlete Development staff portfolios for COS during the year long maternity leave absence of Manager, Programs and Services, Patti White.
- Ms D'Eon will assume her appointment on January 2, 2007.
- Patti's last day with us will be January 19th, 2007

Happy Holidays from COS!

- On behalf of the Board of Directors and staff of Skate Canada - Central Ontario, we wish you the best for this holiday season.
- Just a reminder that the COS office will close at 12 noon on Friday December 22nd and will reopen at 9:00 AM on Tuesday January 2nd, 2007.

Other Business

- Request to not hold the Midway West Area Competition - Skates Alive on the same weekend as Eastern Challenge.
- This has been passed on to the COS Event Coordinator.

Coaches were thanked for their interest and participation. Coaches were encouraged to keep communication/feedback going all year.

Meeting ended at 1:00 pm

If you have any question, please feel free to contact Monica Lockie at mjlockie@rogers.com or Patti White at patti@skatecanada-centralontario.com .