



NEW Coaches Page on our Website!!!

A new and improved Coaches' Page will be live at the beginning of November on the skatecanada-centralontario.com website. We have been working hard to develop a new Coaches' page to keep coaches current.

Information on NCCP/CBET courses, seminars and workshops, club program-

ming, club coaching lists, newsletters, news from Skate Canada and MUCH MORE will now all be in one spot!!!

Please visit the Coaches' Page on a regular basis at

www.skatecanada-centralontario.com.

Please let us know if there is anything else you would like included in this page.



"A winner never whines." Paul Brown, Former NFL Coach

LEVEL 1 PHASE 4 VIDEO SUBMISSION

Effective January 1, 2005 – Level 1 coach candidates will be required to submit one mandatory stroking or skating skills video lesson and two additional video lessons based on the following selection: Jump, Spin, Interpretive, Dance, Synchronized, Pairs

In summary – candidates will continue to submit a total of three 15-minute technical lessons; however, they will now be required to submit one mandatory stroking or skating skills video lesson plus two additional video lessons as outlined above.

Rationale: With the intro-

duction of the new stroking and skating skills course at the new Intermediate STARSkate / Provincial Coach program (Level 2) and the stroking/skating skills video lesson requirement at Level 3, it is imperative that Level 1 coach candidates also demonstrate their competency to teach the fundamentals of our sport to standard at the beginning stage of the NCCP.

Coaches are required to successfully complete their Level 1 Practical within two years of completing their Level 1 Technical course. This means you should be submitting your Level 1

Practical within the first year to 18 months to ensure time for marking and the possibility of resubmissions. Being a responsible and professional coach will lead to success. Please contact Deborah Amigo at the Section office, if you are having troubles meeting this requirement.

PHOTO ID

Reminder: all coaches must have an up to date Photo ID. This means that your First Aid must be valid and you have your current membership sticker attached to your Photo ID. Coaches need to renew their Photo ID each time their first aid certification is renewed.

Please send your Photo ID requests by mail or book an appointment with Deborah Amigo to come into the office. Deborah can be reached at 905-760-9100 or 1-877-267-0081 ext. 222 or by email at deborah@skatecanada-centralontario.com.

PLEASE NOTE: Effective December 1, 2004 the price for PHOTO ID'S will be \$ 20.00 for first time Photo ID and renewal is \$10.00.

NCCP Info—What is a Mentor Coach for Level 1?

Information for coaches who are asked to be a Mentor for Candidates of the Level 1, Phase 2

All coaches who are NCCP Level 1 certified (or higher) with five years coaching experience, can be a mentor for this program. This not to be confused with Section and National approved mentors that are used in Level 2.

Background

Candidates wishing to become a coach must now do the following:

- Phase 1 - a three day NCCP course;
- Phase 2 - a home study guide, Evaluator's Clinic and Apprenticing;
- Phase 3 - a three day NCCP course Phase 4 - the practical component

Tips and Responsibilities of a Mentor Coach

Coaching Candidates for the Level 1 Technical Phase 2 Home Study Guide are required to observe STARSkate lessons are primary level. You as the mentor coach are required to sign each of these summaries. As you read the summary, please assess if the candidate understood the flow of the session and was able to document some teaching points and/or progressions about the session.

They are required to observe private lessons.

The specific requirements are listed on page 31 of their guide.

This same candidate may use more than one mentor coach. It could be a different mentor for each discipline. All of these lessons are recorded in their guide and you

read and sign them. Please remember that each mentor coach must sign the box at the bottom of page 32 indicating that you have been paid in full for any bills related to this NCCP Level 1 Technical Phase 2 Apprenticeship.

If the candidate has been endorsed, then course conductors do not read the reports word for word but rather rely on your judgment.

Look for two teaching points and/or progressions per lesson. This will assist the coach in their own coaching as they now have some guidelines for teaching specific skills.

We as NCCP, course Conductors of this Level 1, are excited about this process as it gives the candidate the opportunity to learn by trial and error before they can actually coach. The candidates that apprentice under you may indicate that Phase 1 was a bit "dry" and that Phase 2 is tedious and time consuming. Please assure them that Phase 3 is a great course and Phase 4 is what they have to look forward to - COACHING.

Thank you for giving back to our sport and assisting our young coaches in their development!



"Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal, a commitment to excellence, that will enable you to attain the success you seek."
Mario Andretti, Race Car Driver

Level 2 General Subject Work books

The New Level 2 Program is coming. Coaches will be required to complete successfully a Phase 1 Home Study Guide to be eligible to continue to Phase 2 Technical courses.

If you are interested in starting the new Level 2 Program Phase 1 Home Study Guide, please contact Deborah at the Skate Canada-Central Ontario so she will be able to contact you as soon as the Phase 1 is available for purchasing.

Skating Programs Coordinator Hours

Skating Programs Coordinator,

Deborah Amigo, will assume the following office hours:

Monday, Tuesday : 11:00am - 4:00 pm

Wednesday, Thursday, Friday : 11:00am - 3:30 pm

Deborah can be reached at (905) 760-9100, x222 or

deborah@skatecanada-centralontario.com

Coaches Rep's and Area Rep's

Almost ALL Coaches/Clubs have informed COS of their club reps for the year. If your club has NOT done so, please see the Club Coaching Lists on our Website to submit your information.

This year, our efforts are to increase the amount of communication to our coaches in our section. In order to do this, we need to know who and where you are.

We have already proven that the communication highway is working—our first seminar of the season was advertised on the COS website and through Area/Club reps (email). There were almost 70 coaches in attendance!!!! September saw an amazing seminar with Tracy Wilson on how to get power from the blade and Cathy Dalton, on how the new judging system works.

Our AREA Reps are::

Metro East - Dee Paxton

(looking for more help—Dee is not from this area, but stepped in because we needed someone!)

Metro West - Ann Fisher, Lesley Parr

Midway East - Amanda Montgomery

Midway West - Lorraine Graham

Northeast - Tracey Zwiers

Northwest - Colleen Harrison

Western - Kelly Culp,

Cathy Champagne—Baker

Club Reps

- are to ensure that COS is given current contact information of all coaches on staff;

- ensure that all club coaches have paid their membership for the current year;

- should communicate all information from COS to the coaches in their club as well as provide feedback to COS from the coaches.

Your Section Coaching Rep is:

Monica Lockie

majik@ils.net or
905-476-6154



"I learned that the only way you are going to get anywhere in life is to work hard at it. If you do, you'll win, if you don't, you won't" **Bruce Jenner**
Decathlete, Olympic gold medalist

Vision for Coaching and Key Messages!!!

As Skate Canada Professional Coaches, we believe that coaching is a privilege earned through our commitment to:

1. Continuous improvement / education;
2. The various roles of a Skate Canada Professional Coach which include: Role model, Teacher (transferring knowledge), Coach (combining all of the factors that enable the athlete to perform), Manager, Strategist, and Volunteer;
3. Working in alignment with the strategic priorities, goals and objectives of Skate Canada;

We must be the expert, the professional and the leader. Providing quality service and being accountable to athletes, parents, clubs, community, and Skate Canada;

4. Recognizing the nature of the coach/athlete relationship and acting responsibly in developing a well-rounded individual. We share responsibility in creating a positive environment that will promote:

1. physical development and well-being,
2. mental development and positive self image,
3. social skills development,
4. creativity and artistic development,
5. discipline,
6. self-reliance and independence, and

principles of fair play and good sportsmanship

KEY MESSAGES!!!

1. *Take responsibility for your education and your business*
 2. *Coaches need to be the Athlete Manager*
 3. *The coach must be the expert*
 4. *Encourage ethical coaching behavior*
 5. *Help Fight "Lost in the cost"*
 6. *Anticipate and embrace change*
 7. *Embrace information sharing and team teaching*
 8. *Coaches need to use the Athlete Development Model (ADM)*
 9. *Coaches need to be on the leading edge of fitness*
- Think big picture!*

**SKATE CANADA - CENTRAL
ONTARIO**

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We are on the Web!

www.skatecanada-centralontario.com

A competitive figure skater spends 650 hours per year practicing to compete for a total of 42 minutes in approximately 7 competitions per year.

Some Interesting

Facts: (based on 2003-2004 data)

COS has a ratio of 45 skaters for every coach

Nationally

- 47% of Coaches are Level 1 or under
- 83% are Certified Level 2 or below
- 17% are Level 3 or Higher

Our Section has 14 of the 39 Level 4 coaches in Canada (the highest amount, next highest is EOS with 6).

15% of Canada's coaches reside in COS.

Mental Training for Parents: How to Talk to Her...

(Excerpts from "Games Girls Play" Dr. Caroline Silby)

Try to stick with corrections rather than mistakes – "I can tell you're working to get the footwork down," instead of "Your footwork is still messing you up".

Let her know you understand what she might be feeling – "It must be really frustrating for you" or "I know you feel badly about today's game."

Add a positive observation. "You really look like you're concentrating out there"

Provide hope for the future. "I know when you get it, it will be an amazing jump"

Allow her to find her own answers, but pose the questions. "I wonder what you could do to get that spin better?"

Avoid comparisons to other athletes.

Validate what she feels rather than belittling what she says is happening. "I see that fall you took really scared you. It's okay to be scared, but you need to see that you're healthy and safe," rather than, "Why are you so scared? It was just a fall."

Avoid sarcastic comments. Don't say, "Are you going to cry again?" Understand what she feels is very real. You may not agree with it, but that doesn't mean it isn't important. Let her know you understand that you are very frustrated rather than judging them. Say "I understand that you are very frustrated right now and need to cry. But I bet if we think about it, we can come up with some ways to make you feel better about things."

Focus her attention on the mental aspects of her game. "I saw you really trying to project confidence today. After you tripped on your toe pick, I saw you take a breath as if you were trying to collect your thoughts. Good Job".

Fast fact: National champion figure skaters who held their titles between the years 1985 and 1990 (ten female and seven males) identified family relationships as a source of stress throughout their competitive careers. Stresses included expectations of others, difficult family relationships, and mother's reaction to having less input. The skater's coping strategies included receiving family support, surrounding self with supportive people, and talking to others for reassurance and support.

TIPS FOR PARENTS:

Get past "the loss";

Ask open-ended questions;

Focus on the corrections;

Have family discussions when life is going well;

Relive games or performances when she is ready;

Give positive feedback;

Be a good role model;

Be a parent – not a game-day coach;

Provide her with choices; and

Stay focused on her – not other athletes.