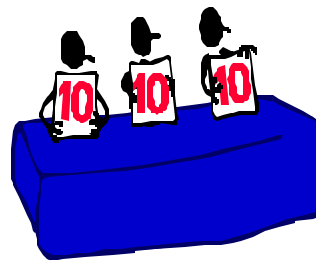


On the Edge . . .

2002/2003 CENTRAL ONTARIO EVENT CALENDAR

The event calendar for Central Ontario is extraordinarily busy this season. As a result, there are some weekends where there may be more than one COS event. Every attempt was made to avoid such situations. However, with the many opportunities available to skaters, there simply are not enough dates on the calendar to provide exclusive dates for all events. Coaches are encouraged to review the event calendar for the year, identify the weekends where conflicts may occur and plan your skaters' season to the best of your ability. Specifically, highlight the weekend of February 8-9, 2003 when several Interclubs and a Synchro event

are scheduled. The event Technical Representatives will not make special scheduling arrangements to accommodate those skaters who wish to compete in more than one competition on the same weekend. Please review this with your skaters and parents prior to registering for any events. Thank you for your cooperation in this matter.



Please review your skater's event schedule to avoid conflicts.

COS Staff Changes

The COS office has undergone a number of staff changes over the past few months. Skating Programs Director, Robin McDougall and Skating Programs Coordinator, Nicole Wilkie have both departed to pursue opportunities in the government sector. As a result, Deborah Amigo (deborah@skatecanada-centralontario.com) was appointed Skating Programs Coordinator and Patti White (patti@skatecanada-centralontario.com) was promoted to the newly-created position of Manager, Projects and Services. Both Deborah and Patti will be pleased to assist you with your coaching related questions.

Keep Current ...

Does the COS office have your:

- current address?
- current phone number?
- current email address?

Such items are critical in keeping you and your skaters informed. Updated information should be sent to Skating Programs Coordinator, Deborah Amigo

Is your membership paid???

All coaches were to register directly with Skate Canada directly by September 1st.



If you did not receive your package, please call Skate Can-

ada's Member Services Department at 1-888-747-2372.

CODE OF ETHICS

Along with our package this year, we received the latest version of the Coaches Code of Ethics.



Please note that it is now recommended that each coach distribute a copy of this document to each of their students.

Calendar of Events

- | | | | |
|-------------------------------------|-------------|----------------------------------|----------------|
| • Octoberfest, Barrie | Oct 18-20th | - BMO Sectionals, Sports Village | Nov 2-3rd |
| • BMO Sectionals, West Vaughn Arena | Nov 8-10th | - BMO Eastern Challenge, NB | Nov 28-Dec 1 |
| • Skates Alive, Orangeville | Dec 7-8th | - Snowflake Skate, Silver Blades | Dec 7-8th |
| • Winter Glitters, Thornhill | Dec 14th | - Frolics on Ice, Bradford | Dec 14-15th |
| • BMO Canadians, SK | Jan 6-12th | - Ice Dreams, Port Elgin | Jan 11-12th |
| • Weskate, Palmerston | Jan 11-12th | - Winterfest, Brampton | Jan 17-18th |
| • Huronia Funs skate, Innifil | Jan 18-19th | - BMO Jr. Nationals, Brampton | Jan 29-Feb 1st |

FOR A MORE DETAILED LIST OF EVENTS, CHECK OUT
2002-2003 EVENTS & SCHEDULES ON OUR WEBSITE

www.skatecanada-centralontario.com

Selected Rule Changes for 2002/2003 **(ISU and Skate Canada)**

The time of the Short Program and Free Skating must be reckoned from the moment the skater begins to move or to skate until arriving at a complete stop at the end of the program.

NOTE: This implies that "rolling endings" to programs are not recommended. Additionally, please be cautious with extending programs to the end of the allotted time (i.e. 2:40 minutes for a 2 1/2 minute program). By doing this, the skater is at risk of a time violation if for some reason they move early at the beginning of the program. The penalty is 0.1 off each mark for every 10 seconds above/below the permitted time.

Description of a jump sequence: A jump sequence consists of a minimum of two jumps connected with small quick steps, unclassified jumps such as half-loop, split jump, mazurka, etc., hops and/or turns. The sequence should be continuous in a rhythm to make it apparent where the sequence begins and ends.

NOTE: Crosscuts between jumps are not considered part of a jump sequence.

Free Skating, Singles and Pairs: when the program is not well balanced, the penalty should be 0.2 for each extra or lacking element in the mark for technical merit.

NOTE: This applies to all levels from Pre-Juvenile up to Senior. The balanced program requirements for Pre-Juvenile will be based on the Junior Bronze Free Skate test

For dance tests, a candidate who is 25 years of age or older will not be required to skate a solo.

Ontario High Performance Coaching Seminar

"Believe in the possibilities"

November 16, 2002

9:15 am—4:30 pm

At the Sport Alliance of Ontario, 1185 Eglinton Ave East, Toronto

Cost \$75.00 for non-members

Share this unique multi-sport professional development day with successful men and women who coach in Ontario and hear what they have learned in the process of developing individual athletes and teams to the highest levels of athletic performance. This seminar is open to all coaches at all levels, novice to experts.

THE PRESENTERS INCLUDE:

Jack Donohue - "The coach" - National Team Basketball Coach for 17 years

Vicki Keith - Marathon Swimmer and Coach

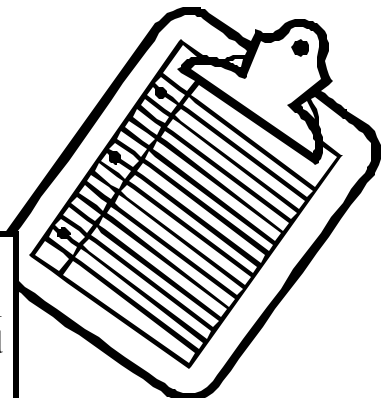
Marina van der Merve - Olympic Field Hockey Coach

Volker Nolte - Rowing Coach, Sydney & Atlanta Olympic Games

To register or for more information contact Susan Kitchen at the Coaches Association of Ontario, (416)426-7086 or email: info@coachesontario.org

PHOTO ID

Coaches are advised that the wearing of Photo ID will be strictly enforced at all competitions!!! If you do not have a photo ID, a temporary ID will be provided at a cost of \$25 (available at registration). No refunds! No exceptions!



Skate Canada Central Ontario Event Changes

All rule and policy changes at the Section level were the result of dialogue with our skating stakeholders, namely, the skaters, the parents, the officials, and you the coaches. As those on the “front line” every day, your input is appreciated. In fact, many of the changes being implemented are a result of coach recommendations.

Several of the changes outlined in this document have already been communicated through a variety of channels. However, additional insight with respect to the impact at the Section level may be of some interest to you. If you have any questions regarding any rule changes, please do not hesitate to contact Glenn Fortin at reagle@atccanada.ca. I will do my best to address them on an individual basis.

Sectionals

Due to restrictions in facility and volunteer availability, it is now necessary to reduce the amount of ice-time for Sub-Sectionals and Sectionals. There is also only one week between Subs and Sectionals. This was necessitated due to the fact that the Eastern Challenge was moved ahead one week.

Please note the following regarding Sectionals:

- Pre-Novice Dance and Novice Dance Sectional Championship events will be held on the weekend of Sub-Sectionals at the Sports Village on November 2nd and 3rd, 2002.
- When flights are necessary, the number of skaters advancing to the final will be approximately one third (30%) of the entries. (i.e. 52 skaters, top 4 from 4 flights of 13 for a final 16 skaters).
- Pre-Novice and Novice Singles run-offs will include both the Short and Free Programs.
- Because of restricted ice availability and the desire to continue full event (Short and Free) run-offs as well as Pre-Juvenile events, it may be necessary to reduce practice sessions to 20 or 30 minutes. If this is the case, music will not be played on practices. A music timing room will be made available for testing music length with the Event Technicians.



Interclub/COSIC

- Solo Dance: In the event of a tie after both dances have been skated, the skater finishing higher in the second dance will place higher (second dance will have more weight).
- Pre-Juvenile Dances and Gold Dances will be announced in the official COSIC announcement.
- Skaters will be permitted to enter both mixed dance and solo dance events. The prior rule did not allow this and in doing so limited the potential for mixed dance couples to be formed. It is in the Section’s best interest to promote the development of mixed dance couples at all levels.
- All clubs must submit the maximum possible Interclub entries for each event to the respective Interclub Chairman and Technical Representative by December 1st, 2002. Final entries including names of skaters must be submitted as per the announcement.

Trillium STAR Skate Championships (formerly Ontario Interclub Championships)

The Trillium STAR Skate event (Whitby, March 2003) will closely follow the technical package for the National STAR Skate Championships. For Central Ontario, the most significant change is the introduction of the Pre-Preliminary Free Skate, Open Free Skate, and mixed dance events for all levels of the STAR Skate test program.

As in prior years, the technical package for The STAR Skate Challenge will be based on the provincial announcement and the top three placements in these events will advance to The Trillium STAR Skate Championships.

“I firmly believe that the only disability in life is a bad attitude”

- Scott Hamilton

GREAT BOOKS!!!

“Mind Gym” An athlete’s guide to inner excellence. Gary Mack with David Casstevens by Contemporary Books (Division of McGraw-Hill)

“Conditioning for Figure Skating” Off-ice techniques for on-ice performance. Carl M Poe, M. S., C.S.C.S. by Contemporary Books (Division of McGraw-Hill)

National STAR Skate Championships (cont’d)

Skate Canada has developed an Interclub championship format, which includes the following events advancing to a National Championship. These events will be held at the STAR Skate Challenge. The winner of each event may be selected to compete at the National STAR Skate Championships in March, 2003.

TRIATHLON *

(a) SILVER TRIATHLON *

- (i) TEST: Must have passed one of the Junior or Senior Silver Freeskate test, and/or Junior or Senior Silver Skating Skills test and/or Silver Interpretive/Artistic Test (no higher tests)
- (ii) SPECIFICATIONS FOR EVENT: The Silver Triathlon shall consist of 3 parts:
 - One skating skills creative exercise (see attached specifications)
 - One interpretive program (min. 2.0 to max. 3.0 minutes in length)
 - One Freeskate program (3.5+/- 10 seconds)(Note: events to be skated in the order listed and not all on same day)



(b) GOLD TRIATHLON *

- (i) TEST: Must have passed at least one of the Gold Freeskate test, Gold Skating Skills test or Gold Interpretive/Artistic Test
- (ii) SPECIFICATIONS FOR EVENT: The Gold Triathlon shall consist of 3 parts:
 - One skating skills creative exercise (see attached specifications)
 - One interpretive program (min. 2.0 to max. 3.0 minutes in length)
 - One Freeskate program (3.5+/- 10 seconds)(Note: events to be skated in the order listed and not all on same day)

BIATHLON *

(a) SILVER DANCE BIATHLON *

- (i) TEST: Each partner must not have passed the complete Gold Dance test.
- (ii) SPECIFICATIONS FOR EVENT: This competition shall consist of 2 parts:

COMPULSORY DANCES: One group of two compulsory dances shall be designated for each year.

- GROUP 1: Argentine Tango and Paso Doble (odd numbered years)
- GROUP 2: Cha Cha Congelado and Viennese Waltz (even numbered years)

INTERPRETIVE DANCE: A 2.5 minute (+/- 10 seconds) dance created to Skate Canada or ISU music selected from the compulsory dance rhythms of the Senior Silver Dance Test.

(Note: events to be skated in the order listed and not all on same day)

(b) GOLD DANCE BIATHLON *

- (i) TEST: At least one partner must have passed the complete Gold Dance test.
- (ii) SPECIFICATIONS FOR EVENT: This competition shall consist of 2 parts:

COMPULSORY DANCES: One group of two compulsory dances shall be designated each year.

- GROUP 1: Quickstep and Viennese Waltz (odd numbered years)
- GROUP 2: Silver Samba and Westminster Waltz (even numbered years)

INTERPRETIVE DANCE: A 3.0 minute (+/- 10 seconds) dance created to Skate Canada or ISU music selected from the compulsory dance rhythms of the Gold Dance Test.

