



On the Edge...

COS COACHES NEWSLETTER

January 2009

Happy New Year

COACHES AREA REPS 2008/09

These coaches have volunteered their time to help provide information to you. They will act as your resource and represent your area's interests and concerns on the COS Coaches Committee.

You will from time to time be getting e-mails or phone calls from them. Please take the time to read these e-mails as there will be some important information in them.

YOUR AREA REP IS.....

- Midway East - Amanda Montgomery
- Midway West - Nancy McDonnell - Lemaire
- Metro West - Ann Fisher
- Metro East - VACANT
- Western - Karen Moore
- Northwestern - Colleen Harrison
- Northeastern - Tracey Zwiers

If you are interested in filling the Metro East position, please contact Laurene Collin-Knoblauch at laurenecollin@cogeco.ca.

Skate Canada - Central Ontario

Snidercroft Road, Unit A, Concord, ON., L4K 2J8
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Toll Free: 1-877-COS-0081

COS OFFICE STAFF

- Gary Oswald – Executive Director
- Patti White - Manager, Programs and Services
- Erin d'Eon - Skating Programs Coordinator
- Patrick Way – Judges Bureau Coordinator
- Karen Chisholm – Events Coordinator
- Irma Orzeck - Event Registrar
- Marta Szalay – Financial Administrator

OFFICE HOURS

Monday - Friday

9:00am- 4:30pm

NEWS

As you may know by now, Patti White is back from maternity leave. As well we are very fortunate to have Erin d'Eon stay on as a staff member in the office. Both Patti and Erin have done a fantastic job getting important information out to you. Please take the time to read their e-mails.



EVENTS PAGE

2008-2009 SCHEDULE OF EVENTS

COS Events

(Subject to change)

Winterfest 2009 Mississauga, ON	Jan 9 – 11, 2009
Ice Dreams - North West Area Competition Thornbury, ON	Jan 10-11, 2009
Frolics On Ice- Midway East King City, ON	Jan 17-18, 2009
Snowflake Skate - Metro West Area Competition Port Credit, ON	Jan 18, 2009
WestSkate – Western Area Competition Mount Forest, ON	Jan 23-25, 2009
Huronian Funskate – North East Area Competition Creemore, ON	Jan 23-25, 2009
Winter Glitters - Metro East Area Competition Pickering, ON	Jan 31, 2009
2009 Boston Pizza COS STARskate Championships Brampton, ON	Feb 20-22, 2009
March Mania Orangeville, ON	Mar 6-8, 2009
2009 Fun Competition Thornhill, ON	Apr 17-19, 2009
2009 COS Annual General Meeting & Awards Ceremony Mississauga, ON	May 9, 2009
2009 COS Summer Skate Thornhill, ON	Aug 13 – 16 2009

SKATE EXTREME IS BACK!

For all Skate Canada-Central
Ontario club competitions

Inspired by the Olympic Motto
“Citius, Altius, Fortius”
or
“Swifter, Higher, Stronger”

Check the COS website for more
information

*****NEW THIS YEAR***
Competitive Categories**

JUNIOR NATIONALS



Information for coaches that have skaters
competing at Junior Nationals is located on
the COS website under Team COS. Please
encourage your skaters to check this site
for any new or updated information.



The COS Board of Directors and staff
would also like to wish you and your
skaters all the best at these competitions.

We will be cheering you on.

THIS AND THAT

COACHES REP

It is time again to elect a Coaches Rep for the 2009/2010 season. For more information or if you are interested in running for the position, contact Patti White at the COS office.

COS COACHING AWARDS

There are three categories in which each club can nominate a coach: volunteer, club and competitive.

Forms are on the COS website and are due back to Patti White at the COS office no later than February 11, 2009.

Remind your club to recognize their coaches today by nominating one!

LTAD

Skate Canada's Long Term Athlete Development (LTAD) program will impact skating programs and competitions across the country. We have been very fortunate to have members of the LTAD steering committee come to many of our COS functions over the past several months to give us the latest information.

To keep yourself informed, you can visit the following links.

www.ltad.ca

LTAD in Members Only at

www.skatecanada.ca

or email

ltad@skatecanada.ca

Our first year of the Talent ID program was a success. We had 36 skaters become members of the Primary Development Team. These skaters, their coaches and their parents were treated to a seminar in the fall where they worked with Tracey Wainman, Chris Mabee, Kevin Gallagher and Elvis Malcolm. Parents and coaches were treated to a session with Lesley Buttle. It was a fantastic day with lots of learning and, more importantly, a lot of fun!

Once again the Talent ID committee will be out at all the area competitions, as well as the Boston Pizza STARSkate Championships and March Mania.

ATHLETE DEVELOPMENT

The 2008/2009 season will bring exciting changes to many of our Athlete Development programs. Keep watching the COS website for information!

CONGRATULATIONS
2008/2009

Following is the list of coaches that we have on record as participating in Skate Canada's continuing education program (CEP). Congratulations to those who have earned Gold, Silver or Bronze status with Skate Canada. Well Done!

GOLD

Neda Assadpour
Teri-Lynn Black-Calleri
Pauline Caballero
Miranda Carney
Pam Chappel
Laurene Collin-Knoblauch
Rachel Davis
Karen Day
Angela Derochie
Tara Dowdles
Julie Dunlop
Ann Fisher
Robin Gadanyi
J.D. Gilmour
Nicole Handy-Richardson
Colleen Harrison
Allison Held

Sandra Johnston
Michelle Leigh
Monica Lockie
Lauren Miglia
LoriLee Nelson
Vicki Newman
Nita Patel
Chantal Pinard
Sharon Reardon
Cheryl Richardson
Kathy Rosenthal
Marsha Rudy
Debbie Walsh-Elliot
Nancy Whiteford
Christine Whyte
Tracey Zwiers

SILVER

Deborah Amigo
Sarah Jane Bamford
Karon Dalby
Ingrid Felluga
Tina McAuley
Robyn Myshrall
Kristina Pegelo-Dawson
Norma Petriska
Kathy Thompson

BRONZE

Shelley Crawford
Natasha Faiola
Paul Fisher
Marion Gowing
Debbie Neufeld
Janet Williams



CERTIFICATIONS!

Doug Leigh of the Mariposa School of Skating has become the first Skate Canada NCCP Level 5 certified coach

Congratulations Doug!



NCCP Coaching Certification

Congratulations to the following coaches who earned NCCP Certification Levels in 2008:

Primary STARSkate: Lauren Bandy, Pauline Caballero, Erin Csumrik, Allyson Dykstra, Angelica Emiroglu, Jason Galbraith, Janine Gregg, Andrea Gurski, Candice Keast, Shanique Lake, Ken Langlois, Hjordis Lee, Samantha McBride, Chris Mior, Amanda Molinari, Carrie Norman, Niki Pados, Alla Parkhomchuk, Justin Perdu, Jordan Schaus, Danielle Selders, Aryana Shanab, Ashley Tataryn, Melissa Thompson, Maria Ziegler

ISPC Singles: Lynda Downey, Merriam Twinn-Peace, Danielle Gerston

ISPC Dance & Synchro: Miranda Carney

Level 3 Singles: Mark MacVean

Level 5: Doug Leigh



CHANGES TO NCCP – INST BEGINNER CERTIFICATION PROCESS

Effective this season, all Skate Canada CanSkate Trained coaches have two years *from the initial date of registration as a Skate Canada Coach* to complete one of the following options:

Option #1 - Skate Canada Certified CanSkate Professional Coach

Once new coaches have completed the CanSkate Technical Course and assignment, they may choose to complete the NCCP Instruction – Beginner Certified CanSkate Coach Portfolio. This includes observing a CanSkate session conducted by a CanSkate Mentor Coach, completing the accompanying observation diary, and teaching a CanSkate session in front of a Mentor Coach. All CanSkate Mentor Coaches will be assigned by the Section Course Administrator. Details are available online at www.skatecanada.ca or by contacting the COS Office. Skate Canada Certified CanSkate Professional Coaches may teach at the CanSkate level only.

Option #2 - Skate Canada Trained Primary STARSkate Professional Coach

Coaches who wish to teach at levels beyond CanSkate should work toward the Primary STARSkate Trained status. There are two phases to this training. The first phase is completion of the Primary STARSkate Home Study Guide, which is part of the CanSkate course materials. The Home Study Guide must be submitted, complete and ready for marking, with the application to attend the Primary STARSkate Technical Course. Once both the Home Study Guide and the Primary STARSkate Technical Course have been completed, the coach will have achieved Primary STARSkate Trained status. Primary STARSkate Trained coaches may coach at any level and in any discipline, and have two years to complete the Primary STARSkate Certification requirements. Currently, this includes 50 hours of coaching in a Skate Canada club and 3 video lessons submitted to a National Video Evaluator.

CanSkate Trained coaches who have already exceeded the two year time limit will have until September 1, 2009 to complete one of the options outlined above.