2025 STAR & Podium Pathway Success Meeting

CAMPBELL River SKATING CLUB

Skate Canada

THANKS FOR COMING!

- We know September is a very busy month. Your time is much appreciated!
- This STAR & Podium Pathway Success Meeting outlines our expectations to ensure your athlete has a successful skating season
- This information will be available electronically
- There is intentional repetition with key points
- Please hold all questions until the end

CAMPBELL River SKATING CLUB

We appreciate that you have chosen to train with the Campbell River Skating Club!

AGENDA

STRATEGIES FOR SUCCESS

- Communication
- Stakeholders and their roles
- Training expectations
- Best practices in attendance

ACHIEVEMENT OPPORTUNITIES

- Goal setting
- Events (competitions, assessments, Ice Show & other events)

RESOURCE MANAGEMENT

- Budgeting
- Targeted Fundraising Initiatives

STRATEGIES FOR SUCCESS - COMMUNICATION

Coaches work long hours (dinner is often after 9pm in our world!). Lots of work is done behind the scenes (easily an hour of prep to an hour of coaching). As such, our approach to handling communication to you is as follows;

EMAIL

★ always our preferred method of communication (details on the next slide).

WEBSITE - 24 HR ACCESS

★ Regularly updated - bookmark recommended
★ MEMBER CENTRE
★ STAR & PODIUM INFO CENTRE
★ CALENDAR OF EVENTS
  - TIP: bookmark it, print it and put it on your bulletin board/fridge
★ SUCCESS PACKAGE
  - Contains important info such as development tips and billing

IN PERSON MEETINGS - PRE-SEASON & BY APPOINTMENT

- The annual ***Success Meeting*** (this meeting) outlines coaching team expectations and strategies to utilize to ensure your athlete has a positive and productive skating season.
- Please respect the coaches' space needs during session switches and flood breaks. Such breaks are used for checking email, dealing with time-sensitive club business, debriefing after a session, or completing necessary session preparation. Thank you for your understanding and cooperation!

STRATEGIES FOR SUCCESS - COMMUNICATION

Primary Coach Communication

- ★ In person meetings and phone calls: schedule a time via email.
- ★ Coaches are unable to accommodate meetings on weekends and statutory holidays.

- ★ If the subject matter is appropriate, consider letting your athlete directly email their coaches
- ★ **Important note:** Coaches are required to follow the Skate Canada Coaches Code of Conduct, which states that your skater must copy you, as their parent/guardian, on any emails sent to a member of the Coaching Team.

- ★ Notify your primary coach of any training absences in advance. No need to inform the Registrar.

- ★ Notify your primary coach when you register for a competition by forwarding the registration receipt.

Director of Programs Communication

- ★ Grievances should first be directed to the athlete's primary coach. If unresolved, they may then be submitted in writing to the Director of Programs. All grievances will be addressed after a 24-hour "cool-down period" from the time of the incident.

STRATEGIES FOR SUCCESS - STAKEHOLDERS AND THEIR ROLES

THE COACHING TEAM:

* continuous education
* commitment to athletes
* goal setting review
* level assignment
*technical feedback/instruction

ATHLETES:

* setting goals and working through corrections
* training with solid effort, especially when it's "hard"!

PARENTS/GUARDIANS:

* providing support systems (financial, physical, emotional)
* encouragement
* food, hydration, sleep, academic/athletic balance

This is a partnership!

At all times, all parties must work together with shared values, including:

A POSITIVE ATTITUDE!

Language, tone and body language all matter - both in what we say to ourselves and what we say to those around us!

RESPECT!

Each of us plays a part and we must respect the role that each person plays!

Note: Code of Conduct updates, including Parents Code of Conduct

MEMBER INFO CENTRE

STRATEGIES FOR SUCCESS - STAKEHOLDERS AND THEIR ROLES

The CRSC Professional Coaching Team collectively provides national and international athletic and instructional experience that spans multiple decades!

Our number one priority:

As coaches, we are strive to profoundly contribute to building truly exceptional young people. The effort we invest in developing great athletes (and people) is transferable to adulthood as we provide them with skills to succeed in life.

What we need from you:

Your Coaching Team must make day to day decisions and long term plans with your athlete in mind. As a parent/guardian, your unbridled trust allows us to employ sport specific tactics that will help them realize their full potential. Your confidence in our abilities is appreciated and your assistance will allow us to optimize progress!

What you can expect from us:

Ongoing review and development of technique, training methods, teaching formats, lesson plans and other integral facets, as we work towards helping your athlete reach their goals.

STRATEGIES FOR SUCCESS - TRAINING EXPECTATIONS

"We are what we repeatedly do... therefore excellence is not an act, but a habit."

Help us help **YOU** develop, while you contribute to **CLUB CULTURE**!

UTILIZE YOUR PRACTICE PLAN

There are 18 basic jump possibilities, countless spin options, endless field moves, and 64 essential turns!

Plan your time when not in a lesson.

ASK a coach for help when needed!

SOLO TRAINING

Train your solo twice daily with music.

Need help - ask a coach!

BE A CHEERLEADER

See something great?

Why not give it a round of applause!

LOSE THE EXPRESSION "I FORGET..."

Use your TRAINING BINDER!

Why? Because we want corrections to STICK!

Do all skaters HAVE one?

Do you bring it out onto the ice DAILY?

Is it used REGULARLY?

ASK a coach for help when needed!

ENDING YOUR SESSION

Unless in a lesson, use the last 2 mins of each session to do some fast stroking laps, prior to "presenting" to the middle of the ice for your curtsy or bow!

STRATEGIES FOR SUCCESS - BEST PRACTICES IN ATTENDANCE

SUMMARY OF WHAT WE HAVE COVERED **FROM A BEST PRACTICES STANDPOINT:**

- ★ Optimal communication that allows everyone to do their job
- ★ Roles, responsibilities and working together as a team!

TRAINING SCHEDULE

For developmental reasons, it is our strong recommendation that when selecting days to train, you space them out as much as possible.
Multi-day discounts: the more you train the more you save!

REGISTER EARLY

Help us plan - register in advance!

DROP-IN / BUY-ON

Does <u>everyone</u> know what this is?

BE ON TIME

Try your best to be on time. Skaters: when arriving late, quietly approach the coach and apologize for being late.

QUIET SESSIONS

Avoid the crowds!
Ask your primary coach about adding in (or switching) sessions if your schedule is more open.

WARM-UP & COOL DOWN

Help us create healthy habits! Drop off 10-15 min early and pick up 10-15 min late. ***Encourage your skater to warm-up before and stretch after!***

ACHIEVEMENT OPPORTUNITIES - GOAL SETTING

2025-2026 SEASON GOAL SETTING FORMS

- ★ Links to be shared by email following the meeting
- ★ Junior Goal Form
- ★ Intermediate & Senior Goal Form

IMPORTANT NOTES

- ★ Parents/guardians should be present (there is a budget section)
- ★ Training commitment/time and allocated budget must match goals that are set
- ★ After goals have been determined, a recommendation to adjust training time/commitment or the goals that have been established may be presented
- ★ Should an adjustment be recommended, a meeting may be requested to discuss options
- ★ REMEMBER! Developing an “athlete first, skater second” lifestyle is essential to goal achievement and long term success

DEVELOPMENT OPPORTUNITIES - EVENTS

Save the dates!

Check the Events Calendar often!

COMPETITIONS

October 2-5 Autumn Leaves Competition - Chilliwack (deadline passed)

November 6-9 Sectionals - Richmond (Podium Pathway events only)

November 14-16 Vancouver Island Interclub Competition - Chemainus

January 22-25 Vancouver Island Regional Championships - Duncan

Mar 5-8 Super Series Final - Kelowna

May 14-16 Victoria Day Competition - Surrey (dates estimated)

Aug 13-16 BC SummerSkate Competition - Burnaby (dates estimated)

Additional events to follow

Order deadline now passed. To inquire about teamwear items for purchase: teamwear@skatecampbellriver.ca

SIMULATIONS

September 19 (Autumn Leaves)
October 24 (Sections & Interclub)

SEMINARS

Sep 20-21 - Seminar
Try to attend all or part!

ASSESSMENTS

Ongoing

RESOURCE MANAGEMENT - BUDGETING

LESSON BUDGETS

To amend your budget at any time, contact your primary coach

“OFF SEASON” TERMS

- ★ Winter (Christmas) Break, Spring Break and June Extension Training are examples
- ★ Avoid taking 2+ weeks off - keeping ***some*** momentum by retaining club programming even once per week during the “off season” term is invaluable for skill retention as well as maintaining motivation. Long gaps without connection to their coach are detrimental.

SAVE MONEY (AND TIME) BY FOLLOWING THE PLAN!

- ★ Make the best use of all of the resources that are available to you

TARGETED FUNDRAISING EVENT PARTICIPATION!

SUMMARY FOR PARENTS & GUARDIANS

TRAINING TOOLS:

★ Ensure your skater has what they need for all on and off-ice classes (including their training book)
- Resource: Success Package (link to be shared)
- Rent a locker: email info@skatecampbellriver.ca

SCHEDULING:

★ Sharpen skates every 12 - 15 hrs to avoid a drastic adjustment
★ Avoid back to back then long gaps whenever possible (eg Mon/Thu is better than Wed/Thu)
★ Build a “time buffer” when dropping your skater off and picking them up to allow them the opportunity to warm-up and cool down. Encouragement also goes a long way!
★ Encourage Participation in events such as "Competitions", Simulations, Assessments, Ice Shows and Seminars

ADDITIONAL BEST PRACTICES:

★ Participate in events such as Competitions, Simulations, Assessments and Seminars
★ Develop an "athletic lifestyle" mentality (and in actions). Example: Encourage your skater to practice off-ice activities such as flexibility and spinner work at home
★ Promote team spirit - encourage your skater to be supportive while leading by example!
★ Continue to respond to emails from the coaching team in a timely fashion

SUMMARY FOR SKATERS

❑ Dress for success! Pick a day per week:

- ➢ Girls: once per week, wear a dress and tights
- ➢ Boys: once per week, wear "skating pants" and a "skating shirt"
- ➢ Starting an Axel? Wear padding (for your mind and body) "it is an honor to wear it!"

❑ On the ice:

- ➢ Use a practice plan for "freeskate" time to ensure you are moving 90% of the time
  - ✓ Jr: follow the practice plan that is either in your book or as presented on the ice
  - ✓ Int & Sr: create a practice plan (ask a coach for help)
- ➢ All levels: train your solo with music each day you skate (ask for help if needed)
- ➢ "Present" your elements with speed out!

❑ Prepare for your on and off-ice classes, while encouraging others to do so:

- ➢ Arrive early to warm up off the ice
- ➢ Practice at home - what skills can you perfect?!? What needs the most work?
- ➢ Review your training notes in your book prior to stepping on the ice

❑ On and off the ice:

- ➢ Be on time!
- ➢ Be a "team player" by clapping and cheering when something fabulous happens!
- ➢ Watch body language (eg, eye contact, cover mouth when yawning, elbows off the boards, headphones never visible etc)
- ➢ Ask for permission before leaving a training session for any reason

❑ Finishing your sessions:

- ➢ On-Ice: complete some fast laps during the last 3 min of the session (if not in a lesson)! "Present" to the centre of the ice.
- ➢ On and Off-Ice: curtsey or bow to all sides with an audience
- ➢ Stay afterwards to stretch and write your corrections down in your training book

NEXT STEPS FOR PARENTS/GUARDIANS & COACHES

RESOURCES TO BE REVIEWED BY PARENTS/GUARDIANS & SKATERS:

- ❑ Success Package
  - ➢ Figure Skating page
- ❑ STAR & Podium Info Centre
  - ➢ Figure Skating page
- ❑ Fall Binder Reminder Project (Includes Fall Term Goal Setting Form)
  - ➢ Provided at Success Meeting (contact your primary coach if absent)
- ❑ Calendar of Events
  - ➢ Member Centre (print and post)
- ❑ Team Wear Order
  - ➢ Member Centre page (coming soon by email)

COACHES:

- ❑ Primary Coach assignments (new skaters) and amendments will be presented by the DP
- ❑ Full Season Goal Setting Package to be sent soon by email

Thank you for attending!

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