



LTAD IMPACT ON EOS COMPETITIONS

2011 EOS Connections
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OVERVIEW:

In support of Skate Canada's LTAD Mandate, Skate Canada-Eastern Ontario, in consultation with Skate Canada will be introducing a "New" category to its CanSkate and Interclub Competitions this coming season

PHILOSOPHY: LEARN TO SKATE (*Active Start & Fundamentals*)

Quote – "In the Learn to Skate stage, the primary focus is skill development. For skaters aged 3 to 5 there is no need for any sort of competition. All of their time on the ice should be dedicated to training. For skaters aged 5 to 8/9, skill presentation/performance should be introduced. Introducing this at an early age can help identify possible talent as well as instill expectations for later development. Skaters do not need to be performing programs at this level but rather focus on elements based on fundamental movements and motor abilities." (Taken from page 19 of Skate Canada's LTAD Guide)

EOS CANSKATE CHALLENGE/INTERCLUB EVENTS FOR 2011/2012 SEASON:

In promoting the above LTAD philosophy EOS will no longer be offering CanSkate/Introductory One Minute Solo Categories at our CanSkate & Interclub Competitions for the coming season.

For CanSkate Challenge we will still offer the Individual Element Category (Stage 2 to Introductory) as well as the Team Element Category (Stage 2 to Introductory)

For Interclubs Competitions the Individual Element Category and Team Element Category as mentioned above, as well as STARSkate Team Elements and 'Fun' events.

What will be offered instead of solos?

"NEW" Category for both the CanSkate Challenge & Interclub Competition:

- **LTAD CanSkate Element Event:** The CanSkate Element Event is a pilot initiative developed by Skate Canada in support of the organization's on-going implementation of the LTAD Model. The event has been formatted to recognize the philosophies of the Learn to Skate stage which aims to provide skaters with the opportunity to showcase their skills in a fun and interactive environment. The focus of the event is on individual skill improvement and therefore performances are not ranked. Instead of the traditional podium presentations for first, second and third, all skaters will receive a certificate indicating their overall performance level award (Gold Silver, Bronze or Merit) The award level will be based on the assessment of four individual elements. Each element is evaluated using three predetermined performance standards. At the end of the event a skater will receive a full overview of their performance on the scoring standards chart, which will be provided along with their award certificate.



How does it work?

- **Schedule:** (see sample #1) There will be no more than 6 skaters in a group per category. Any two warm-up groups can participate on the ice at the same time with different judging panels. Allowing for a full warm-up time (three-minute initial warm-up + warm-up between each element) the overall time for two groups to be on the ice is approximately 30 minutes. Each group of competitors must complete all elements of the stage before the next warm-up group can begin.
- **Category Specifications:** (see sample #2) The following are the categories for the LTAD CanSkate Element Event:
 - Stage 4: Skaters must have passed the complete Stage 3 badge, but not the complete Stage 4 badge
 - Stage 5: Skaters must have passed the complete Stage 4 badge, but not the complete Stage 5 badge
 - Stage 6: Skaters must have passed the complete Stage 5 badge, but not the complete Stage 6 badge. (Note: Stage 6 will be broken into two different groups to accommodate different interests in skaters (Figure & Hockey))
- **Results Calculation:** For each category, the overall performance award given is the total of the individual element award levels defined as follows:
 - GOLD – at least two elements at the Gold level and no element lower than the silver level.
 - SILVER – at least two elements at the Silver level and no element lower than the Bronze level
 - BRONZE – at least two elements at the Bronze level
 - MERIT – when at least a Bronze level is not achieved for an element, the skater is awarded a merit level.
 - 'Performance Standards' are measured in proportion to the skater's age, size and physical strength. For example, a small 6-year-old skater and a taller 8-year-old skater may each receive 'Excellent' for the speed demonstrated in an element even though the 8 year old performed the skill at a much faster speed.
- **Off-Ice Requirements:** Two volunteers should be designated as ice captain and dressing room attendant to oversee the traffic between warm-up groups and help ensure the schedule remains on time.
- **On-Ice Requirements:** Two to three additional coaches or PA's should be stationed in the designated warm-up area on the ice to facilitate practice of the next skill and help move traffic in and out of the competition area ensuring the correct skating order is maintained. These individuals must remain conscious of the event schedule while rotating the skaters in and out of the practice area.
- **Music:** Background music can be played throughout the entire event; however, volume should be adjusted so that skaters and coaches are able to communicate without disruption.



- **Event Officials:** The event is officiated using a collaborative judging panel (like the technical panel, i.e. decisions are made based on discussion and consensus of the group) The determination of an award level for each element is determined by consensus of the officials and based on each element's three performance factors. Each officiating panel will include three "Officials" (Note: it is not necessary to bring in certified officials for this type of event. Coaches and PA's may take on the role of "Official" for the purpose of this category) the panel **must** include at least one NCCP CanSkate certified coach or higher. One member of the panel is indicated as the referee and the other the 'scribe' (see duties below). The individual identified as the referee must be a minimum of NCCP CanSkate coach certified.
 - **Duties of Referee** Manage the communication with participants to ensure that the flow of element execution is maintained, lead any necessary discussion with other official(s) to determine the consensus decision on the success of the element. Provide visual indication (where applicable) as to the success of the element attempted, verify and authorize the calculation of the interim and final results. Be available to answer any questions following the event as to the assessment of the officiating panel.
 - **Scribe** Maintain written record of each element attempt and its assessment on each skater's performance standards sheet.
- **Publication of Results:** the event officials will document the final result on each skater's individual scoring standards sheet. From that information the overall performance award will be determined and indicated on the Skater's 'Award of Merit' certificate and must be verified by the Referee. **NOTE:** The tabulation of the results of each individual skater from the Judging Panels 'performance standards sheet' can be collated and the Award Certificate and copy of the said standards sheet can be done by a Volunteer on the Local Organizing Committee acting as a 'Data specialist' – it could be the Club Treasurer or Test Chair – the sheets and certificate can be printed ahead of time and then the name of the skater handwritten – or a computer could be used on-site, depending on what is available at the host club.
- **Presentation of 'Award of Merit':** Once all the skaters 'Award of Merit' certificates are ready for each group they should be presented, together with a copy of their original scoring standards sheet, in the Competition's designated Medal Presentation area in front of parents, coaches and peers.

Entry Fees?

This is a decision that will be made by each Club granted a Sanction for this season and as always will be based on the \$ per hour cost of the ice and general expenses for the event – as a guideline, looking over last year's CanSkate and Interclub approved announcements the average entry fee for individual elements was \$22.00. Keep in mind, however, that during this category there will be 12 skaters on the ice for 30mins – e.g. if your ice cost is \$160 per hr then each skater will have to pay at least \$13 entry fee to cover the ice costs, not including cost of Officials, awards, and other general event expenses.



What support will Skate-Canada Eastern Ontario Provide?

As with previous years we will develop all the Competition Announcement Templates together with the Entry Forms. The new LTAD category will be included in the relevant Templates for both CanSkate & Interclub Competitions. These will be posted on the Section Website and Clubs who have been granted a Sanction for the 2011/2012 Season, will be notified by the Championship Chair when they are available.

For this season all Section Approved Competitions will have an assigned Tech Rep and Data Team, however, while these Officials will be on-site for other aspects of the competition they will not be required to be involved in the LTAD CanSkate Element Event Category as this can be run with the help of the volunteers of the Local Organizing Committee.

This year in support of the new LTAD CanSkate Element Event Category we will also be producing a 'Parent Information Letter' to accompany the Entry Form (**see sample #3**) – this will aid Clubs and Coaches in explaining to parents how this category is different from competitions they have attended in the past.

Part of the Announcement Template package will also include a 'Feedback Form', which must be completed by the Chair of the Competition Organizing Committee, within two weeks of the event and returned to the EOS Championship Chair together with the Competition Fee Form and a copy of the Event Protocol. The information from the 'Feedback Forms' will then be forwarded to Skate Canada.

Also available to download for the Organizing Committee's use will be templates of the LTAD CanSkate Element Event 'Evaluation Standards' sheet and the 'Award of Merit'. Clubs will be responsible for inserting their own Competition Logo, date and location on the said forms. It will also be up to the Organizing Committee of each event to decide how the Award of Merit is going to show which level the skater has attained. This can be done several ways, stickers indicating Gold, Silver or Bronze with the Merit level being any other color. Perhaps it would be in the form of an event Ribbon – color-coded Gold, Silver or Bronze or actually using colored paper for the certificates themselves. All this will depend on the event budget.

Any Clubs that have been granted a Competition Sanction and have questions or concerns should not hesitate to contact the Championship Chair.



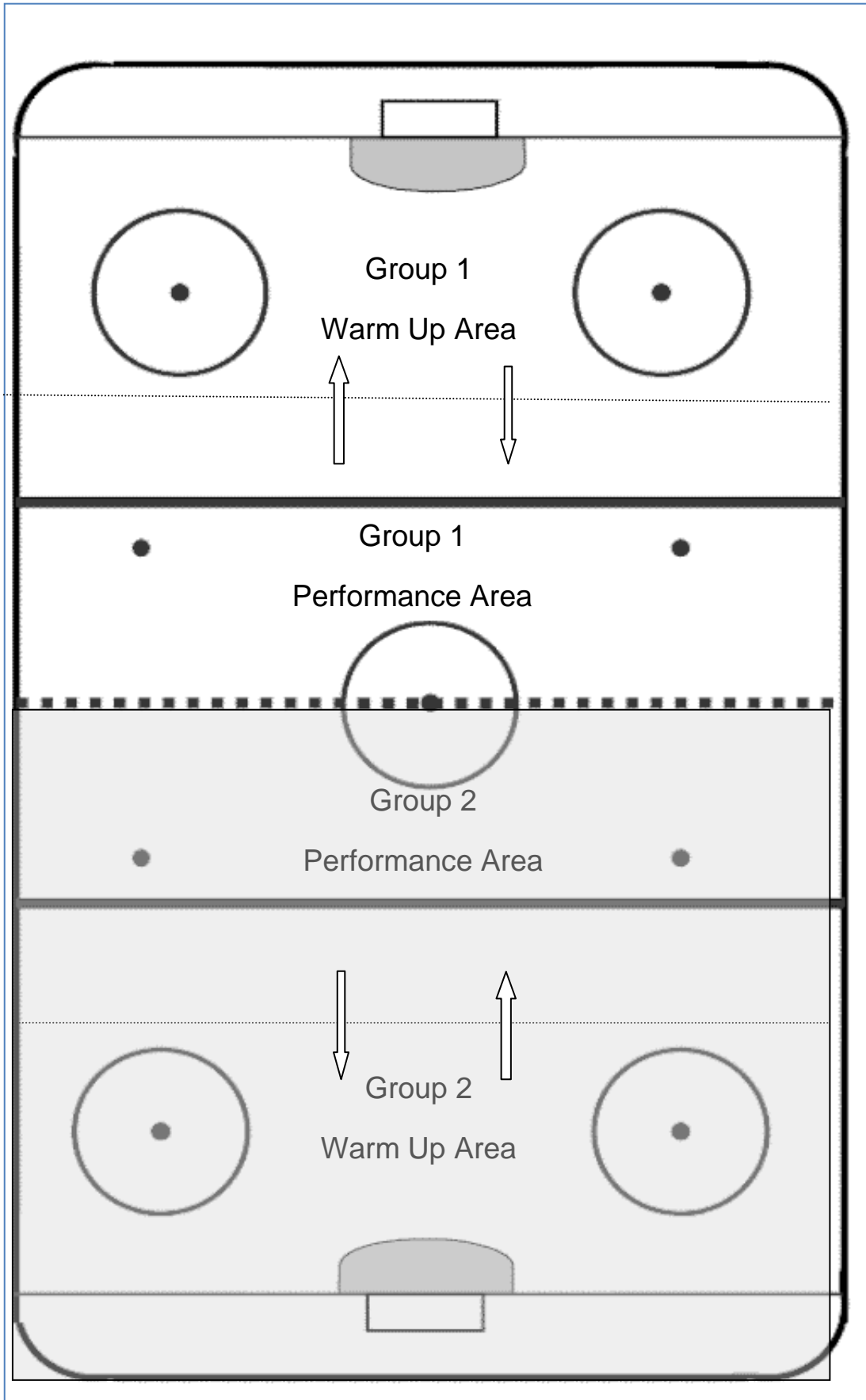
Before beginning our Question & Answer Session I would like to close with a quote from Jeff Partrick, Skate Canada Director, Coaching and Skating Programs:

"Some of the philosophies we will be incorporating into programming will be different from what we currently do. These philosophies are based on sound exercise science knowledge and growth and maturation principles and it is important that we be open to considering and implementing these ideas. These changes are a positive thing and our primary objective is to create a better and more efficient development system for all our participants so they can be active for life within skating"



SAMPLE #1 - Canskate Element Event

Sample Ice Usage



Players Box
Panel #1

Players Box
Panel #2

.....
Indicates the division of ice.
May use cones or cups for set up of ice surface

Insert club/
competition
logo here

SAMPLE 2

Insert date here

Insert location here



CanSkate Element Event

Award of Merit

Presented to

Congratulations on achieving the following award:



Date:

Location:

CanSkate Element Event - Evaluation Standards

SKATER'S NAME: _____

DATE: _____

Stage 4 - Element	Desired Performance Level	Bronze	Silver	Gold
Fwd glide on curve, two-foot to one-foot (Clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Length of sustained glide on one foot	<input type="checkbox"/> At least 2 seconds	<input type="checkbox"/> At least 3 seconds	<input type="checkbox"/> At least 4 seconds
	(2) Quality of curve used throughout the glide	<input type="checkbox"/> Slight curve but flattens out	<input type="checkbox"/> Slight curve throughout	<input type="checkbox"/> Strong curve throughout
	(3) Speed and flow demonstrated throughout the element	<input type="checkbox"/> Limited	<input type="checkbox"/> Good	<input type="checkbox"/> Excellent
Bwd glide on curve, two-foot to one-foot (Clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Length of sustained glide on one foot	<input type="checkbox"/> At least 2 seconds	<input type="checkbox"/> At least 3 seconds	<input type="checkbox"/> At least 4 seconds
	(2) Quality of curve throughout the glide	<input type="checkbox"/> Slight curve but flattens out	<input type="checkbox"/> Slight curve throughout	<input type="checkbox"/> Strong curve throughout
	(3) Speed and flow demonstrated throughout the element	<input type="checkbox"/> Limited	<input type="checkbox"/> Good	<input type="checkbox"/> Excellent
Turning on curve fwd to bwd and bwd to fwd (2 feet) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Rotation of turns (both feet on ice)	<input type="checkbox"/> Both turns just short of 180° rotation but greater than 90°	<input type="checkbox"/> Full 180° rotation on one turn and just short of 180° on the other	<input type="checkbox"/> Full 180° rotation on both turns
	(2) Control of turns (knee action and shoulder check)	<input type="checkbox"/> Limited	<input type="checkbox"/> Good	<input type="checkbox"/> Excellent
	(3) Speed throughout turns	<input type="checkbox"/> Lost majority of speed after first turn	<input type="checkbox"/> Lost majority of speed after second turn	<input type="checkbox"/> Speed maintained throughout
Two-foot jump fwd to bwd and bwd to fwd on curve <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Rotation of jumps (in air)	<input type="checkbox"/> Both jumps just short of 180° rotation but greater than 90°	<input type="checkbox"/> Full 180° rotation on one jump and just short of 180° on the other	<input type="checkbox"/> Full 180° rotation on both jumps
	(2) Control and technique of jumps (knee action and shoulder check)	<input type="checkbox"/> Limited	<input type="checkbox"/> Good	<input type="checkbox"/> Excellent
	(3) Speed throughout jumps	<input type="checkbox"/> Lost majority of speed after first jump	<input type="checkbox"/> Lost majority of speed after second jump	<input type="checkbox"/> Speed maintained throughout

Overall Performance Award: MERIT BRONZE SILVER GOLD

Notes:

- The desired performance level for each element is defined by three performance features. To achieve a Bronze, Silver or Gold award level on any element, the skater must demonstrate the first (bolded) feature at or above that level and they must demonstrate at least one other feature of the element at or above the award level. When at least a Bronze level is not achieved for an element, the skater is awarded a "merit" level.
- The overall performance award is the total of the individual element award levels defined as follows: GOLD: At least two elements at the Gold level and no element lower than the Silver level, SILVER: At least two elements at the Silver level and no element lower than the Bronze level, BRONZE: At least two elements at the Bronze level.
- Performance standards are measured in proportion to the skater's age, size, and physical strength. Example: A smaller 6-year old skater and a taller 8-year old skater may each receive "Excellent" for the speed demonstrated in an element even though the 8-year old performed the skill at a much faster speed.



SAMPLE 3



CanSkate Element Event Parent Information Letter

Host Club:

Date:

Location:

The CanSkate Element Event is a pilot initiative developed by Skate Canada in support of the organization's on-going implementation of the *Long Term Athlete Development Model*. The event has been formatted to recognize the philosophies of the *Learn to Skate* stage which aims to provide skaters with the opportunity to showcase their skills in a fun and interactive environment. The focus of the event is on individual skill improvement and therefore performances are not ranked. Instead of the traditional podium presentations for first, second and third, all skaters will receive a certificate indicating their overall performance level award (Gold, Silver, Bronze or Merit). The award level will be based on the assessment of four individual elements. Each element is evaluated using three predetermined performance standards. Your skater will receive a full overview of their performance on the scoring standards chart which will be provided along with their award certificate.

Schedule

A draft event schedule is attached. Each group will be on the ice for approximately 30 minutes. Skaters should arrive at the arena no later than 30 minutes prior to their warm-up time. Overall performance award certificates will be presented approximately 30 minutes following the completion of their event group and will take place (*insert location*).

Category Specifications

The following categories will be included in the CanSkate Element Event:

Stage 4: Skaters must have passed the complete Stage 3 badge, but not the complete Stage 4 badge.

Stage 5: Skaters must have passed the complete Stage 4 badge, but not the complete Stage 5 badge.

Stage 6: Skaters must have passed the complete Stage 5 badge, but not the complete Stage 6 badge.



Technical Information

The participants will complete elements according to their category. Each category will complete one round consisting for four elements. Within the round, skaters will execute each required element (in isolation) once. The required elements are defined as follows:

Stage 4:

- Fwd glide on curve, two-foot to one-foot (clockwise or counterclockwise)
- Bwd glide on curve, two-foot to one-foot (clockwise or counterclockwise)
- Turning on curve fwd to bwd and bwd to fwd (2 feet)
- Two-foot jump fwd to bwd and bwd to fwd on curve

Stage 5:

- Fwd crosscuts in figure 8 pattern (clockwise or counterclockwise)
- Bwd circle thrusts (clockwise or counterclockwise)
- One-foot side stop (left OR right)
- Fwd power jump

Stage 6* (Figure):

- Fast fwd perimeter stroking (draw for direction)
- Turning on a curve fwd to bwd changing feet (RFI-LBI or LFI-RBI) (Mohawk)
- One-foot spin with a FO spiraling edge entry (either the #4 style or corkscrew position)
- Rotating power jump (waltz jump)

Stage 6* (Hockey):

- Fast fwd perimeter stroking (draw for direction)
- Fast bwd perimeter stroking (draw for direction)
- Turning on a curve fwd to bwd changing feet (RFI-LBI or LFI-RBI) (Mohawk)
- Fwd two-foot side stop with speed (skater's choice of direction)

*Stage 6 has been broken into two different groups to accommodate the different interests the skaters. It is up to the coach to determine the appropriate assignment of these two groups.