



Competition Restructure

Implementing LTAD
to Competitions in Canada
October 20, 2011



Interaction:

- Resources:
 - PowerPoint slides available on Members Only
 - This video presentation will be archived on Members Only
 - une version française sera archivée à la suite de la présentation
- Questions during and after the webcast:
coaching&programs@skatecanada.ca



Overview

- Background
- Philosophical Change Discussion
- Implementation Timelines
- Detailed Changes by LTAD stage
- Discussion/ Questions
- Next Steps

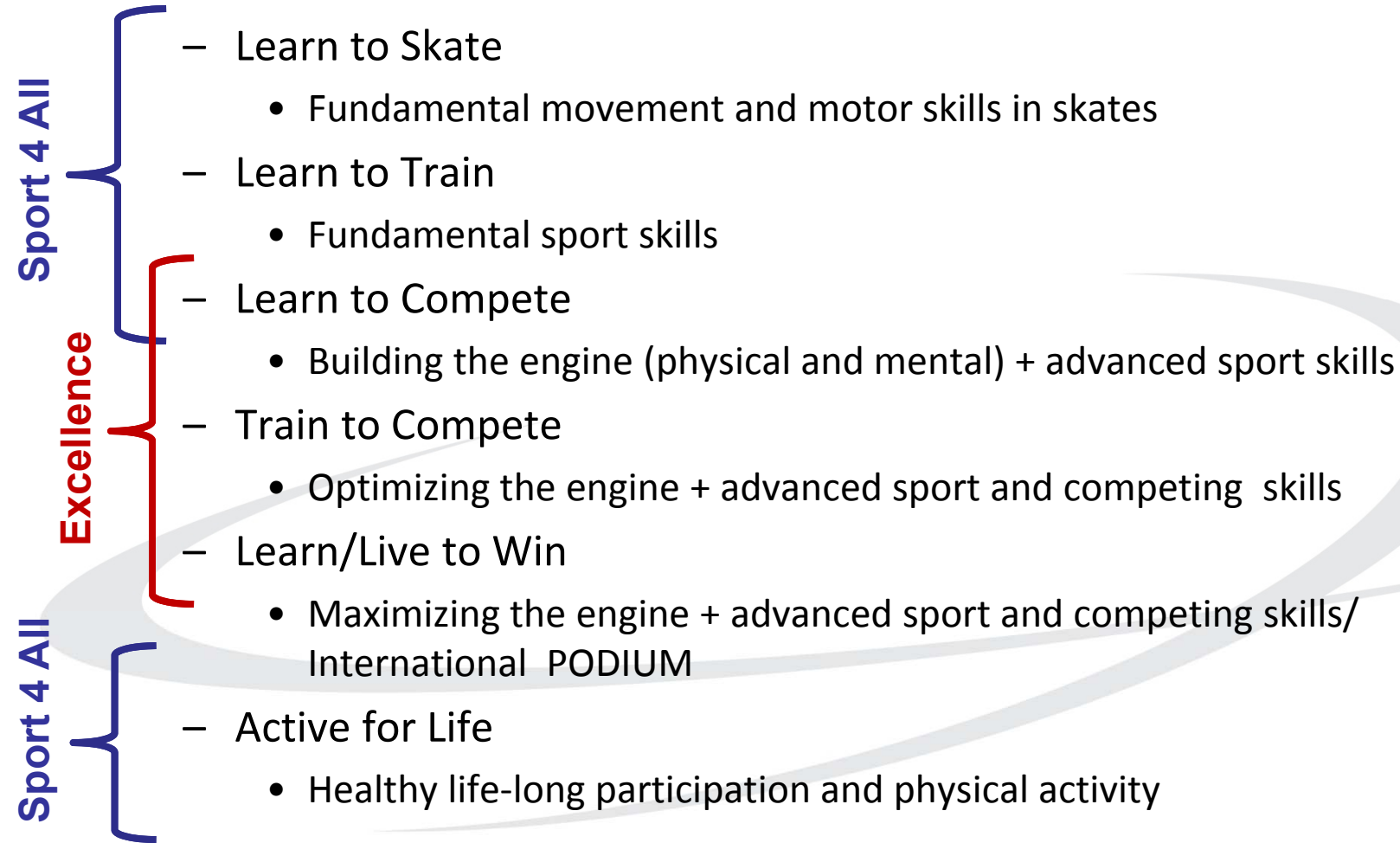


Where we have been:

- LTAD Coaches Survey, Spring 2007
- LTAD Summit, April 2007
- First Draft of restructure considered, Winter 2008
- Final Version of restructure drafted, Spring 2011
- Final Version of restructure (L2C & T2C) approved by Skate Canada Board of Directors, October 2011



Skate Canada LTAD





Skate Canada LTAD

Today's discussion

- Learn to Skate
 - Fundamental movement and motor skills in skates
- Learn to Train
 - Fundamental sport skills
- **Learn to Compete**
 - **Building the engine (physical and mental) + advanced sport skills**
- **Train to Compete**
 - **Optimizing the engine + advanced sport and competing skills**
- Learn/Live to Win
 - Maximizing the engine + advanced sport and competing skills/
International PODIUM
- Active for Life
 - Healthy life-long participation and physical activity



Major Flaws in Competition Structure

- “Holding Back” of athletes prevalent
 - Slowing physical, mental and skill development
 - Athletes taking too long to acquire skills
- Effective planning and periodization not supported in the structure and calendar
- Growth and Maturation not accommodated
 - Current age categorizations and competitive tests strongly preference one maturation pattern



Major Flaws in Competition Structure

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Major impact in L2C and T2C

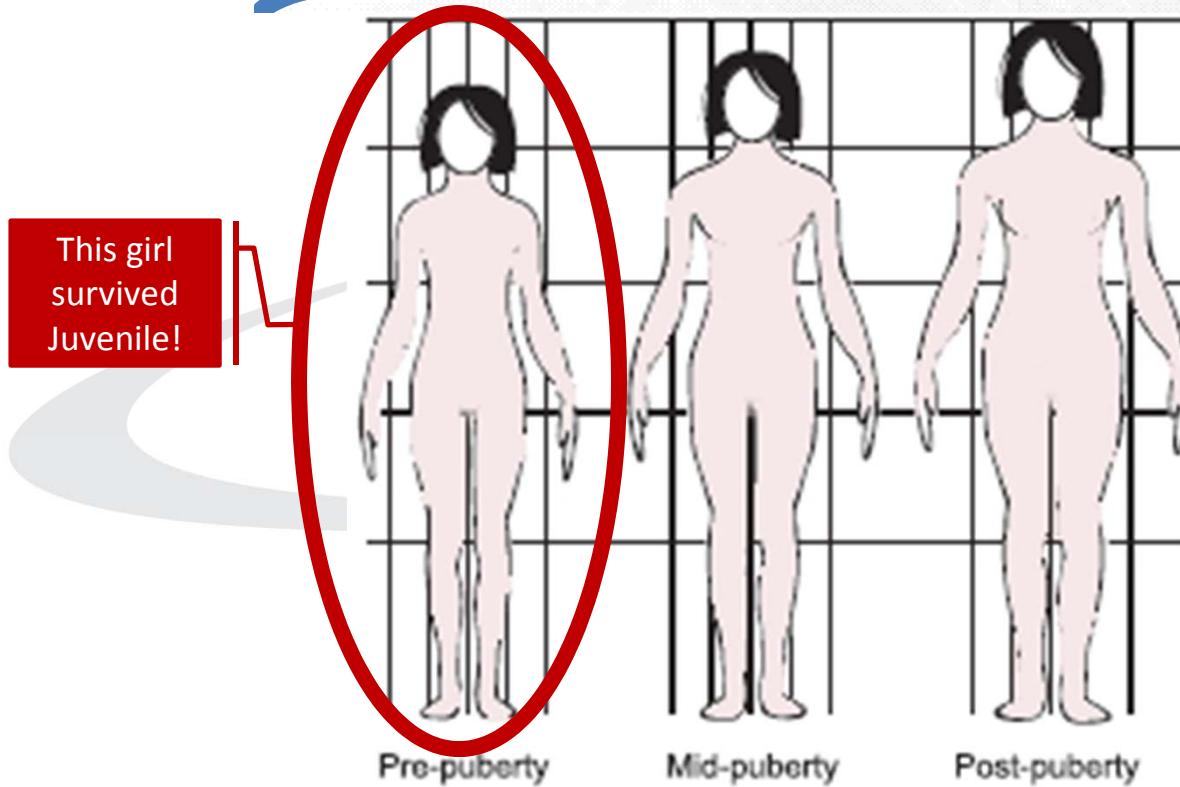
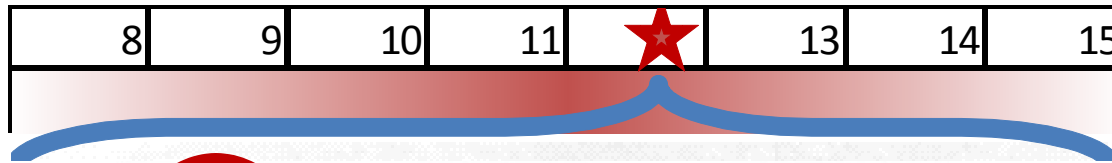
Growth & Maturation

- The practicality of it all:

Girls	8	9	10	11	12	13	14	15	16	17	18	
LTAD	Learn to Compete											
	Train to Compete											
	MAKE OR BREAK ATHLETES!											
Skating	Current Juvenile Age Limit					ISU Junior Age Limit						
Science	onset of puberty											
	<p>on average: Puberty + 1 year = PHV; Puberty + 2 years = menarche</p> <p>PHV ≈ always changing biomechanics!</p> <p>transit through puberty can be 1.5 - 5 years!</p> <p>Post Puberty = STRENGTH, higher % body fat; new body shape</p>											

Growth & Maturation

- The practicality of it all (girls):

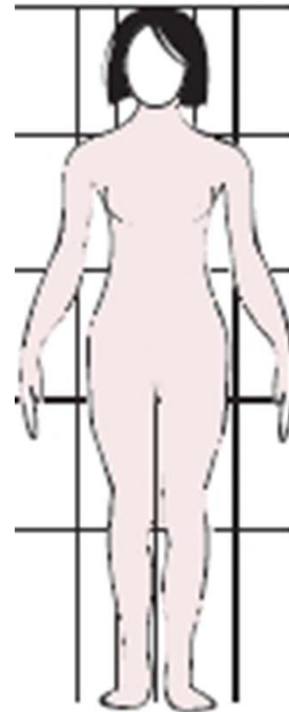
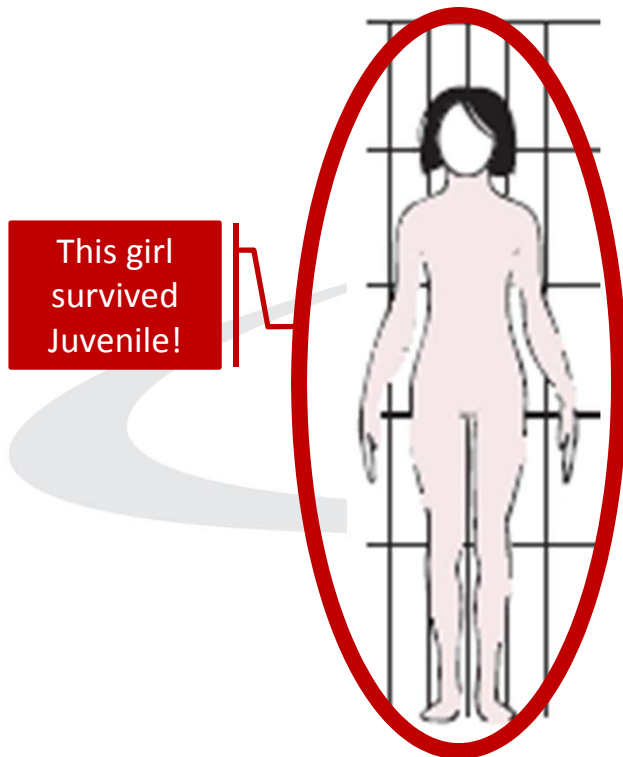


Our competition structure currently limits progress of ~ 2/3rd of skaters at “MAKE OR BREAK”

Growth & Maturation

- The practicality of it all (girls):

11	12	13	14	15	16	17	18
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Somewhere in here, the late maturer will grow... and still needs to pass 3-4 competitive tests



Growth & Maturation

- The practicality of it all (boys):
 - Growth and maturation 1-2 years later than girls
 - PHV \approx rapid increase of height, some body shape change (shoulders/neck)
 - Post PHV \approx increased strength
 - System favors “post PHV” – thus early maturation; however:
 - Small numbers reduce impact of growth and maturation on participation and success
 - Other external factors have far more impact



Changes Approved

- The following slides will outline the changes approved by the Skate Canada Board of Directors

The changes are effective July 1, 2012



Philosophical Change #1

- Analysis: The role of competitive tests
 - Positive:
 - Defines a pathway from Juvenile through Senior
 - Provides a theoretical “quality control”
 - Allows for rapid advancement through test system
 - Negative:
 - Defines lowest entry level – tests do not develop excellence – coaching develops excellence
 - Tests only limit participation of athletes from one competition all year – SECTIONALS. Competition is the “quality control” for all other events
 - Negative impact on proper planning and periodization for all (and, in particular for pair and ice dance)



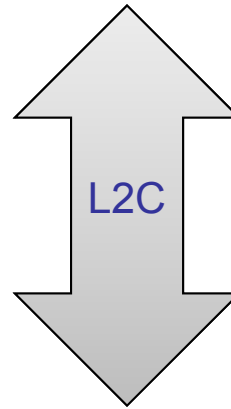
Philosophical Change #1

- **CHANGE: No competitive test prerequisites**
 - Test prerequisites will be used for entry level for each of the LTAD stages only (from free skating and ice dance tests)
 - Option will be available to achieve free skating tests at competitions (i.e., score targets similar to current competitive tests in competition)
 - Option will be available for skaters to challenge for their Gold test without previous free skating tests
 - Allows for rapid movement through the system for talent
 - Fee (tbd) would be appropriate for the skipping of other tests
 - **Note: competitive tests will be available to skaters until June 30, 2012 and then will cease to exist**

Test Pre-requisites

• Current Structure

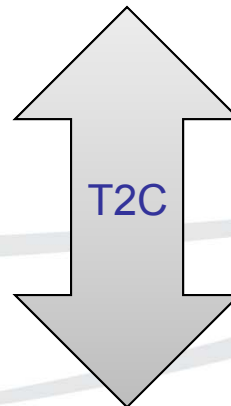
- Pre-Juvenile
 - Section defined
- Juvenile
 - Juvenile test†
- Pre-Novice
 - Pre-Novice test



• New Structure

- Pre-Juvenile
 - Junior Bronze Test
- Juvenile
 - Junior Bronze Test
- Pre-Novice
 - Junior Bronze Test

- Novice
 - Novice test
- Junior
 - Junior test
- Senior
 - Senior test



- Novice
 - Gold Test
- Junior
 - Gold Test
- Senior
 - Gold Test

** New structure is the same for all disciplines*



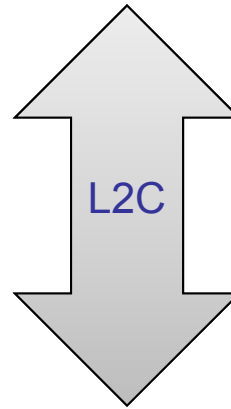
Philosophical Change #2

- Analysis: Role of current age brackets
 - Current Juvenile age (singles) does not allow for average or early maturation
 - No age cap on Pre-Novice and Novice is unrealistic to the development of high performance excellence
- **CHANGE: New age groupings**
 - Ensuring that there are sufficient age brackets to allow for late emergence of talent
 - Ensure age brackets allow for success for both early and late maturation (particularly for girls)
 - Merging on STARSkate and CompetitiveSkate categories for appropriate ages

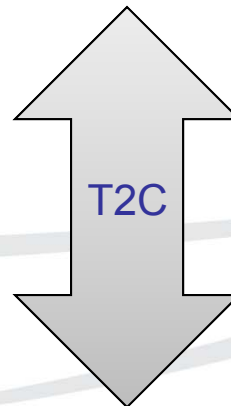
Age Pre-requisites (singles)

• Current Structure

- Pre-Juvenile
 - Section defined
- Juvenile
 - W: U12/ M: U13
- Pre-Novice
 - No age



- Novice
 - No age
- Junior
 - U19
- Senior
 - No age



• New Structure

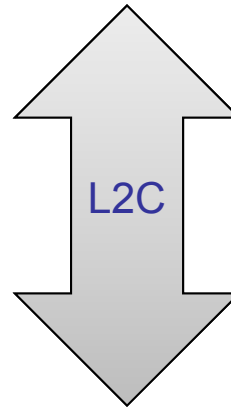
- Pre-Juvenile
 - Two categories: U11/ U14
- Juvenile
 - Two categories: U11/ U14
- Pre-Novice
 - U16

- Novice
 - U17
- Junior
 - U19
- Senior
 - No age

Age Pre-requisites (pair)

• Current Structure

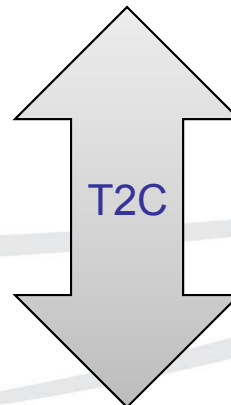
- Pre-Juvenile
 - Section defined
- Juvenile
 - No age
- Pre-Novice
 - No age



• New Structure

- Pre-Juvenile
 - U18
- Juvenile
 - U18
- Pre-Novice
 - U18

-
- Novice
 - No age
 - Junior
 - No age
 - Senior
 - No age

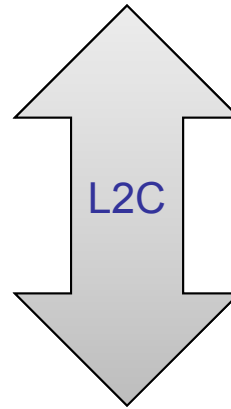


-
- Novice
 - No age
 - Junior
 - No age
 - Senior
 - No age

Age Pre-requisites (ice dance)

• Current Structure

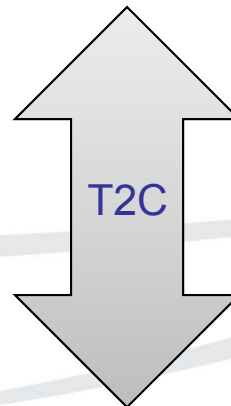
- Pre-Juvenile
 - Section defined
- Juvenile
 - No age
- Pre-Novice
 - No age



• New Structure

- Pre-Juvenile
 - U18
- Juvenile
 - U18
- Pre-Novice
 - U18

- Novice
 - No age
- Junior
 - W: U19/ M: U21
- Senior
 - No age



- Novice
 - W: U19/ M: U21
- Junior
 - W: U19/ M: U21
- Senior
 - No age



Well-Balanced-Programs

- Well Balanced Program criteria will continue to undergo annual review by the Skating Programs Committee and the Board of Directors
- Annual communication of Well Balanced Programs (pending any applicable ISU regulation changes) is targeted for March of each year



Learn to Train

- Learn to Train is the LTAD stage between CanSkate and Pre-Juvenile
- New programming and competition structure options are currently being tested in several sites across Canada
- Analysis of testing and future piloting of revisions will inform the restructure of the competition model at this level
- Implementation timelines: to be determined



Active for Life

- Broadly speaking, the relationship between Active for Life and the other stages will be represented as follows:

	AGE:	8	9	10	11	12	13	14	15	16	17	18	24	25+
LEARN TO SKATE	[Yellow bar]			ACTIVE FOR LIFE										
LEARN TO TRAIN	[Yellow bar]					ACTIVE FOR LIFE								
LEARN TO COMPETE	[Yellow bar]									ACTIVE FOR LIFE				
TRAIN TO COMPETE	[Yellow bar]											ACTIVE FOR LIFE		



Active for Life

- Three groups are serviced in Active for Life; competition structure will service each
 - STARSkate Pre-Teen/ Teen
 - STARSkate Young Adult
 - Adult
- Current STARSkate program will continue to service these athletes
- Any revisions to the STARSkate and Adult categories continue to be subject to annual review



Next Steps

- Summary hand out available on Members Only
- Meetings to be held at each sectional championship to review content of this presentation
- Survey for feedback from you!
- Live chat follow-up in November/December
- Formal communication of new/proposed regulations and annual update of WBP criteria February/March, 2012
- New structure in place: July 1, 2012



Questions & Discussion



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