



## Skate Ontario Planned Programs for 2015/16

<b>Development Days</b>	Workshops with both on and off ice activities for the skaters. Coaches are encouraged to attend with their athlete. On ice program will cover edges, turns, power, stroking, jump technique, spin technique, artistic development, performance, speed and more. Off ice content will include nutrition, mental training, strength training education, planning, flexibility, recovery and more.
Who:	OHPSI athletes (mandatory) and Novice - Senior Competitors (will be invited by the Technical Director, fee details included in invitation) - Singles, Pair and Dance
Dates:	May 15, 2015 December 17, 2015 March 10, 2016 March 31, 2016
Location:	Skate Canada National Performance Centre, York University, Toronto 9:00am-3:30pm
Who:	Juvenile - Novice Competitors, Singles only (invitation by Technical Director, cost \$50/session)
Dates:	June 3, 2015 November 25, 2015 February 25, 2016 March 24, 2016
Location:	Skate Canada National Performance Centre, York University, Toronto 9:00am-3:30pm

**Monitoring/Training Days**

This is a scheduled day to bring skaters in to train on the ice with other skaters at similar levels. The intent is to introduce our athletes to a more competitive environment to motivate, challenge and inspire progression and performance. Enhancement and support personnel will be made available during these sessions. Examples of support personnel include: officials, technical specialists, fitness specialists, nutritionists, planning strategists, bio mechanists and more.

Who:

Open to all athletes- Pre Novice-Senior (maximum of 20 athletes/day)  
\$60/2hr session with 30 min monitoring  
\$30/2hr session without monitoring

Dates:

September 17, 2015  
September 23, 2015  
September 24, 2015  
September 30, 2015  
October 1, 2015  
October 7, 2015  
October 8, 2015  
October 22, 2015  
November 26, 2015  
December 30, 2015  
January 7, 2016  
January 14, 2016

Location:

Skate Canada National Performance Centre, York University, Toronto  
10am-12pm  
12pm-2pm

**Simulation Days**

Simulation Day scheduled for the Tier 1 and Tier 2 OHPSI athletes in preparation for the upcoming summer competitions and the JGP selection period. Each singles/dance/pair will perform a short or free program with full competition protocol. Feedback session will be scheduled after the performances. This will be an event with SS/SM as a large component of the session.

Location:

June 20, 2015, 8:00 am – 4:00 pm  
Angus Glen Community Centre, Markham ON

## **Performance Camp**

This Camp is designed to enhance the performance level of the participants through a week long process. Skate Ontario will bring in choreographers from the television show "So You Think You Can Dance" to plan and execute a show on ice for the viewing public. The focus of the program will be on the awareness of the total performance package required for the sport of figure skating. These areas include costuming, music selection, music interpretation, performance level and choreography.

**Who:** Open to athletes who attended 2015 Skate Canada Challenge event, and athletes invited by the Technical director, Fee- \$250/ athlete

**Dates:** Camp Session - August 17 - 21, 2015

**Location:** Skate Canada National Performance Centre, York University, Toronto

## **Quest Events**

The Quest Events have been incorporated into the development plan to simulate the extended season of an athlete making it through to the qualifying events currently in place. The goal of this new program is to help prepare the skater for the next level of competition and planning. The Quest event will contain 2 main events; a Program Event (Short or Free) and an Element Event. The elements will be clearly defined and designed to push the technical and performance level of the skater. Off ice education will also be prominent during this event.

**Who:** **Quest 1** - Sectional Skaters- \$100/skater

**Dates:** December 15-16, 2015

**Location:** Skate Canada National Performance Centre, York University, Toronto

**Who:** **Quest 2**- Challenge Skaters - \$100/skater

**Dates:** January 28, 2016

**Location:** Skate Canada National Performance Centre, York University, Toronto

## **Post Season Reflection**

The Post Season Reflection is designed to bring the skaters and coaches together to conduct a reflective and analytical review on the past season's training plan. What worked, what didn't; and lead the participants through some planning strategies for the upcoming season to improve performance. Other educational and motivational components will also be offered to provide support and inspiration.

**Who:** **Post Season Reflection 1-** Sectional and Quest 1 athletes - \$100/skater

**Dates:** January 8 - 10, 2016

**Location:** Canadian Sport Institute of Ontario, 101- 875 Morningside Ave, Toronto

**Who:** **Post Season Reflection 2-** National Competitors and Quest 2 athletes - \$100/skater

**Dates:** February 5 - 7, 2016

**Location:** Canadian Sport Institute of Ontario- 101- 875 Morningside Ave, Toronto