



INVITATION

European Skating Coach Development (Singles) – Two Year Project

Background for the proposal –

Coaches change lives. Therefore – quality of coaching is vital. Whose is the responsibility to ensure that coaches globally have the tools they need to guide our young figure skaters forward?

We, the global figure skating community, would like our athletes healthy and we would like our sport to move forward and evolve. We need our skaters to continue in the sport and make their unique contributions for as long as possible because we know that mature athletes and those that stay within the sport in some capacity can have far reaching effects on its development.

Competent coaching, which follows science, is the key to preserving the health of our athletes and developing their unique talents, whilst they strive to meet the technical demands placed upon them.

A successful coach development project was held, in Ostrava, Czech Republic, 2014-2017. The project was supported by the ISU Development Commission and managed by the team who will again be involved in leading this project - *Maria McLean, Barry and Valerie Bartlett and Stanislav Zidek*.

1. Host, Location

Czech Figure Skating will host this development project at the OSTRAVAR ARENA in Ostrava, Czech Republic.

2. Dates and Timeline - The camps will take place in 2019 and 2020

The 2019 camps will take place from the 7th to the 11th of May and in August, five consecutive days during the period 29th July – 10th August (to be confirmed).

The 2020 camps will also take place in May and August at dates yet to be determined.

3. Invited ISU Member Federations

Invitations to participate will be extended to all European ISU Member Federations.

4. Participants & Participation Criteria

Coaches

- It is recommended that federations encourage participation of coaches, from their country, that have between two (2) and ten (10) years of coaching experience.
- Since the curriculum would parallel previous Nordic Development Projects (NDP) and the International Development Project (IDP), it is recommended that coaches who have attended previously at these projects do **not** attend this IDP Novice 2019-2020.
- Coaches under the age of forty (40) will be preferred and given priority.

Skaters

- Coaches will be accompanied by their skaters belonging to any of the Novice categories, aged from between 10 years old and 12 years old at the start of the project in May 2019.
- The Maximum number of skaters the project can accept is forty (40) . i.e. If 20 countries participate there will be two coaches and two skaters from each country and so on..



Officials

- The final camp in August 2020 will include a course for officials Judges, TC and TS from the participating federations.

Federations select their own participants according to the participation criteria of the project.

5. Concept & Purpose of IDP Novice 2019-2020

The focus of this project will be to provide coaches with the fundamental mechanics of skating movement and elements of movement patterns, both on and off the ice - with the purpose of laying the foundations for the further development of their skaters' potential.

The Theme for the Coach Development:

Training Your Eye: See it All, Big to Small

6. Active Learning Focus:

Some activities and lessons will be achieved virtually and by on line work prior to, and between camps for both coaches and skaters.

Curriculum Inclusions:

- The fundamental mechanics of skating movement and elements of movement patterns, both on and off the ice.
- Innovative forms of fundamental off- ice training.
- Sports Psychology providing opportunity for Mental and Emotional training with an emphasis on software usage that will allow skater and coach to position themselves in a performance mindset.
- The final camp will be in the form of a competition simulation where coaches and skaters will receive feedback on their performance from coach developers as well as officials.

7. Coach Developers

Coach Developers will be selected in consultation with the host country and according to the curriculum requirements, taking the specific needs and wishes of the participants into consideration. The core ISU recognised, on-ice, coach developers will be invited, along with specialists in various fields, who will be invited locally from the region.

At the first camp in May 2019, Ravi Walia from Canada will be one of the Coach Developers.

8. Economy

The costs are distributed thus according to a budget to be approved by the ISU Development Commission:

- The ISU contribute with the costs for the sports facilities on site, the coach developers and the administration of the project.
- The participating member federations are responsible for all travel expenses to camps, as well as for the accommodation and meals for their teams.
Tentative prices for full board per day (including meals) in Ostrava are:

Skaters Euro 55 per day, sharing a room - HOTEL PULS

Coaches Euro 65 per day, sharing a room/Euro 85 per day, single room - HOTEL CLARION



9. Federation Commitment

Best results will be achieved by commitment to the full curriculum, with attendance and involvement by participants in all pre-planned activities.
Participants remain constant throughout with no change of participants during the process.
Coach and skater “partnerships” only can be accepted for this project.

10. Evaluation and assessment

Diplomas will be awarded to coaches and skaters at the end of the period and will be based on attendance and performance during the course of the project.

11. Team Leaders/National Project Managers

Federations are invited to send their own Team Leaders if they wish to do so however, group leaders for the skater groups will be provided on site by the organising committee.

12. Insurance

It is the sole obligation of each Member participating, to provide medical and accident insurance for their athletes, officials and all other members of the Member’s team. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other means. It is an internal matter of each ISU Member to decide the issue who shall pay the premium for such insurance.

Neither the IDP nor the ISU assumes responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection, by the IDP Novice Participants.

The Team Representative is asked to provide a copy of the Team insurance contract upon arrival in Ostrava.

13. Application

European ISU Members are invited to send an E-mail application to participate in this project to:

Maria McLean – mmc.adr@mail.com
&
Czech Figure Skating: cfsa@czechskating.org

Further information that can help with the decision making process when considering an application to take part, can be sent on request. Please contact Maria McLean by E-mail.

The closing date for applications is the 30th of September, 2018

The number of coach/skater partnerships accepted from each member will be determined after the closing date for applications. Please refer to Item 4. above.

On behalf of the Project Management Team

Maria McLean, 5th September 2018