

ICE SUMMIT 2022

BUILDING TOWARDS 2026

THURSDAY, MAY 26 WORKSHOP DESCRIPTIONS

Skate Canada's Long-Term Development (LTD): Game Changer Resource Tool for Coaches! with Dr. Shae Zukiwsky

Come learn what Skate Canada's Long-Term Development Resource is all about and see how beneficial this game-changer resource tool is for all stakeholders but most particularly skaters, coaches, and parents. In this session we will highlight the STAR and Podium pathways including the ADMs (Athlete Development Matrices) for all disciplines with focus on Mental & Self-Skills and Physical Capacities.

Exercises for Developing Quality Foundational Skating Skills with Tracy Wilson

This session will offer core development and progressive exercises to train quality skating skills from Learn to Train all the way through to Train to Win stages of development. From the LTD Technical/Tactical ADMs, you will be able to apply the evolution of Skating Skills exercises shared in this workshop in your daily training sessions.

How to Foster Determination and Resilience with Dr. Judy Goss

When thinking about how to motivate athletes we often focus on the individual, however the environment also contributes to motivation. This session will describe components that are present in an environment that motivates excellence. We will also discuss factors you can focus on to develop autonomy, mastery and connection in your training environment. There will be practical examples of how to prepare a Pre-Competition Plan and managing the Kiss and Cry area.

The Performance Triangle (Session 1) / Twizzles & Choreo Elements: Creating Wow Moments! (Session 2) with Carol Lane

These sessions will explore the concept of the Performance Triangle incorporated in the LTD Technical/Tactical ADM in Performance Skills. Both off-ice and on-ice sessions will cover:

1. Exploring the concept
2. Making performance choices
3. Building your vehicle

How to apply the physical capacities ADM into my club and the DTE (Daily Training Environment) with Kelly Quipp

In this workshop, we will highlight the following:

- Take inventory – Where are your athletes in their growth and development? Who do you have on your team, what space/equipment/programs can you offer or have access to?
- Do the basics well – Establish good sleep and nutrition habits and ensure time and space for proper warm-up and warm-down
- Off-ice session example – suggestions and activities for a training session based on individual skater developmental age

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FRIDAY, MAY 27 WORKSHOP DESCRIPTIONS

Morning Plenary: Cultivating and Nurturing Resiliency in the Face of Doubt with Rachael Flatt

On paper, Rachael's athletic and academic careers might look like a straightforward path to success. It was anything but that! Rachael will share details and learnings from her bumpy and circuitous journey up and down the ranks in figure skating and in life after retirement from sport. She will cover how she established a positive relationship with mental health and body image and found the right support system and resources. As she has taken on different roles since retirement, she will cover these topics from various perspectives, including as an athlete, a coach, and in leadership roles within an organization. Finally, she will discuss where we can go next in collaboratively reshaping the culture around resiliency and mental health in skating.

Understanding Growth & Development – Progressing on a positive pathway (Panel Discussion) with Dr. Judy Goss, Kelly Quipp, and Georgia Ens

Skate Canada has focused effort and energy to update and optimize the Athlete Development Matrix for Long Term Development resource for coaches. Part of the update is engaging with experts in the field as well as incorporating the components of growth and development that are going to impact both enjoyment and performance. The panel will discuss foundational aspects of each ADM as well as going through specific scenarios, how to apply it in daily practice, and address issues that may be problematic.

Club Development Strategies for Sustainable Membership Growth with Keegan Murphy and Jeff Partrick

The last two years have been unlike any others, and they have tested our resiliency. It's more important than ever to remember that membership is everything! We need to hold on to existing members and attract new members. Coaches and club/schools must work together as a team to continually focus on strategies that address membership growth. This workshop will provide coaches, clubs and schools with a blueprint to take back to their organization to refine their current membership strategies as well as try something new that may help give their club or school the boost that it needs!

Adaptive skating – Opportunities for All with Heather McMahon

Have you been wondering what Adaptive Skating is and what constitutes a skater being considered an Adaptive skater? Within Skate Canada, adaptive skaters are those athletes participating in our programs and events who have physical disabilities.

Let's explore the history of para sport, classification of athletes, and share how all skaters can be incorporated into programs and events within Skate Canada.

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Skate Canada's Digital Transformation – a Skater's Journey with Alex Killby, Mary Ellen McDonald, and Norm Proft

Description: Follow one skater's journey and how technology is helping to transform and enhance their experience. During this workshop you will see examples of how Skate Canada's commitment to a digital transformation is being driven by the needs of our skaters as they continue along their lifetime skating odyssey. We will also show how all individuals that are part of the skaters' journey (coaches, volunteers, club administrators) benefit from Skate Canada's commitment to the transformative use of technology.

Building a Stronger & Safer On-Line/Social Media Presence with Amanda Speroni

To come.

Musical Highlights: Conceptualizing Choreography

To come.

Afternoon Plenary Session: Building Towards 2026 with Skate Canada's 2022-2026 Strategic Plan

Over the past year and a half, Skate Canada has been working hard to gather input from stakeholders and develop a new strategic plan for the 2022-2026 quadrennial. The time has come to share it with you! In this session, you will learn about the new plan, a new strategic imperative, and how our work in Safe Sport, Long-Term Development, Equity, Diversity and Inclusion (EDI), corporate branding, leveraging technology and a new domestic competition calendar all help form the building blocks of our exciting path forward into the new quadrennial.

Holistic Training Environment & Coaching Team Strategies with Keegan Murphy and Yvan Desjardins

To come.

Equity, Diversity & Inclusion Workshop

To come.

Competitive Scenarios: Let's Learn Together-Karen Howard and Nicole Leblanc-Richard

This session will examine a variety of competitive situations through a collection of video examples gathered over the past season and analyze these scenarios in order that coaches/athletes, team leaders and officials can make an informed decision if/when something occurs at a competition. Workshop format will include a review of rules with video example(s) as well as time for a Q & A session.

The Mastermind Behind the Music with Hugo Chouinard

After creating more than 51K montages in 29 years, Hugo shares tips and what he learned about creating skating music, from musical research, through composition, to the final concept. This interactive session will not only be educational but a lot of fun too!