

# Thank You

A special Thank You to all volunteers who graciously gave of their valuable time for BMO Skate Canada Junior Nationals! Your hard work, dedication & long hours contributed to the huge success of this event.



Presented by: **25th Anniversary 1983-2008**  
BMO Financial Group

CanSkate was first introduced in the 1983/84 season as a way to get more Canadians involved in skating. The program is not just for figure skaters. Many hockey players, ringette players and speed skaters have been through, and continue to use CanSkate as a stepping stone to achieving their goals.

Not convinced? CanSkate helped gold medal winner Cody Hodgson in his career. His hockey career began in CanSkate and so far he has been drafted 10th overall in the 2008 NHL Entry Draft by the Vancouver Canucks and has a gold medal from the 2008 World Junior Hockey Championships!

CanSkate is here to stay, thanks to its popularity and your execution of it! If you are a member, log into the Members Only section to download a special 25th anniversary colouring sheets! Hand them out to your Canskaters and have them color them in. Send them to Skate Canada or post the colored sheets around your arena.



## INNOVATION

40th Annual General Meeting,  
Workshops & Awards Banquet—May 1-2, 2009  
Carriage House Inn, Calgary

The Section AGM is an annual event, which consists of the annual general meeting, elections for the Section Board of Directors, the Achievement Awards Dinner and interactive workshops and clinics. The AGM is designed to reach out to everybody; skaters, officials, coaches, volunteers, parents, club members and executives. Being in attendance at the AGM, allows your club to have a direct voice in the Section Board of Directors elections. The workshops and clinics are designed to provide clubs with knowledge in various areas and to also have an opportunity to interact with various Committee Chairs and other club members from around the Section.

Everyone is encouraged to attend the AGM; to take back ideas to your club, become motivated for the upcoming season, reflect on the past year, have a vote in the elections, interact, network and meet new members from around the Section.

For more information on the 2009 AGM Weekend including the Workshops: please visit the Alberta Section web page under events.

## 2009 Calgary Region AGM, Volunteer Appreciation & Awards

**Tuesday March 24, 2009**  
**Thornccliffe-Greenview Community Assoc**  
**5600—Center Street N**  
**Calgary, AB**  
**5600 Room @ 7:00pm**

## What is a Data Specialist?

Ever wonder what really happens in that out of the way room where marks go in and results come out?

That room is the Data Control room and is where the Data Specialists are responsible for taking the marks awarded by the judges and calculating the final result.

Data Specialists are volunteers and officials of Skate Canada. There are different levels or qualifications of Data Specialists just as there are with Judges. You would be required to attend clinics, write examinations and complete practical assignments in order to proceed to the next level.

The Introductory Data Specialist is a "training or trial officiating role". Participation as an Introductory Data Specialist is meant to provide an introduction to the principles of data control.

For designation as an Introductory Data Specialist each candidate must:

- Be at least 16 years of age by the time of appointment
- Attend a mandatory introductory training session as set out by the Section Data Specialists Committee
- Successfully assist at two competitions with satisfactory assessments from the respective Chief Data Specialists
- Successfully complete the Introductory Data Specialist Workbook
- Be recommended to proceed to Level I Data Specialists requirements by the Section Data Specialists Committee

Being a Data Specialist has given me the opportunity to meet many different people involved in the sport of figure skating in the province and across the country. I get to travel and contribute as much or as little time as I have available.

If you are interested in attending an Introductory Data Specialist clinic, please contact Krista Sellers at [kristasellers@mac.com](mailto:kristasellers@mac.com).

I am only one, but I am one. I can not do everything, but I can do something. I will not let what I can not do interfere with what I can do. ~Edward Everett Hale

## SPECIAL GUEST COLUMN:

### *Perhaps you are suited to be a Judge/Evaluator.*

At our South Region meeting it came to my attention that there are senior skaters that would be interested in pursuing a volunteer career as a Judge/Evaluator if they knew more about it.

I am often asked why I am a Judge/Evaluator and I have to say it is not an easy question to answer. I knew when I quit skating competitively that I couldn't walk away from the sport but that I did not have an interest in being a coach. I tried judging and found it was exactly what I wanted – an opportunity to work with the skaters, learn more about our sport, give back to the skating community, meet wonderful new friends and grow as a person. I still was able to complete two university degrees and work at my career. I really enjoy my time working with skaters, coaches and parents and seeing them move through the sport and helping them reach their goals while encouraging them to have fun in their endeavours. I get to travel and have close friends across the country that make judging at competitions a ton of fun. I am able to adjust how much time I give towards judging/evaluating so that it fits into my life. I enjoy learning and growing with the sport and all the experiences I have gained from being a judge/evaluator.

So, if you are a skater that would love to continue in the sport and would like to learn, grow as a person perhaps judging is for you. If you are 16 years of age and have passed either 2 Jr. Bronze tests or 1 Sr. Bronze tests you are qualified. You'll go through a clinic and be paired with a senior judge/evaluator Mentor. This is a great way to stay involved in the sport. It can take as much or as little of your time as you choose. This is a volunteer activity but all of your expenses are paid. If you have any questions please do not hesitate to contact me. Check out the AB/NWT/NUN website for more information: [http://www.skateabnwtun.com/off/off\\_evaluations.html](http://www.skateabnwtun.com/off/off_evaluations.html).

You may also contact our South Region Recruiting Rep:

Leslie Lawrence (403) 228-2787 or by email: [bal928@telusplanet.net](mailto:bal928@telusplanet.net)

Take care,

Deirdre Coburn

Taken from the South Region Glider

## Long Term Athlete Development

National sports organizations are investigating the introduction of Long Term Athlete Development (LTAD). The Federal government has mandated that sports organizations that receive federal funding adopt the LTAD model. LTAD is a systematic approach, based on the biological age, rather than the chronological age, of sport participants. The LTAD is a 10-year road map to refine sport programs to develop both recreational and competitive athletes, maximize potential and encourage life-long involvement.

Skate Canada formed a LTAD Steering Committee in 2006. Skate Canada will provide resources, tools and programs to help coaches, parents and volunteers to develop athletes. Skate Canada will also provide a system of competition that will favour athlete development. The LTAD model identifies windows of optimal trainability and focuses on the 5 Ss: stamina, strength, speed, skill and suppleness. The Skate Canada model has the following stages:

Learn to Skate (CanSkate)

Learn to Train (STARSkate)

Learn to Compete

Train to Compete

Learn / Live to Win

Active for Life

LTAD will result in changes to programs and coaching. The CanSkate program will undergo minor changes to "skills" in each stage. The program will ensure the 5Ss are included in lessons; for example, add exercises to develop speed. In STARSkate, the "FUNDamentals Program" will replace Skating Skills. There will be changes to Free Skate Tests. Coaches will evaluate skaters at the entry level, rather than Evaluators.

STARSkate will place more emphasis on off-ice training, especially jumping. The focus will be on developing skills instead of competing. Rather than competing for order of place in a competition, skaters will perform a skill in isolation. In-club events will be conducted to allow skaters to perform their skills to a standard.

For further information, check the Members Only section of the Skate Canada website.

Donna Moses

**Mark  
Your  
Canada**

2009 Skate Canada ACGM

&

National Coaches  
Conference  
Edmonton, Alberta

June 2—7, 2009

Watch for further  
information coming to your mail-  
box soon

## Contacts

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