

Skaters Development Sector

Skaters Development

This has been a successful year concerning the skaters development. First of all, I wish to thank the regional volunteers and coaches who have participated in the discovery new talents. My thanks also to Manon Perron, expert coach within the Fédération.

Without the participation of the volunteers within the Volets 1 to 5 activities, off-ice and on-ice workshops would not have been so excellent. A special thank to all of you.

During one of the workshops at the AGM, the new objectives and activities of this sector have been explained to the delegates.

Skaters Development Program Activities

VOLETS 1 ET 2

Our regions have been informed, early in June, of the actions to take in order to structure their development program. Circuits created by Joanne Godin have been suggested to develop their abilities in line with DLTA, especially for the Volet 1. Skaters are brought to develop more their abilities than attend competitions.

Regions have organised training camps to learn new elements and for the selection of the skaters who will make the finals at STAR / Michel-Proulx competition in the Jeunes Talents categories.

These young skaters have been supported all year long by regional volunteers and coaches who provided follow-up reports on their progression.

STAR / MICHEL-PROULX COMPETITION FINALS

During this competition, the Fédération has evaluated the skaters who skated in the following events: Jeunes Talents, 1 minute, Jeunes Talents 1.5 minutes and Sans Limites. We have been happily surprised by the quality of their performances.

After the competition, a summary of the evaluators reports has been forwarded to their respective coaches.

JEUNES TALENTS / SANS LIMITES CAMP

In October, a one-day specialised training camp has been offered to the STAR / Michel-Proulx competition skaters of the Sans Limites and Jeunes Talents categories scouted competitors.

Other workshops were:

- Body language with Mylène Girard;
- On-ice training with Joanne Godin;
- Physical training with Marilyn Luis;
- Sport psychology with Bruno Ouellette.

We also had a workshop for the parents on a long term skaters development program.

We have worked with nearly 80 young highly motivated youngsters.

VOLETS 3, 4, 5

Here is our procedure for the selection of the skaters:

- Singles, pairs and dance medallists at the 2009 Sectionals;
- Skaters at the National Championships;
- Selected skaters by the expert coach.

All these skaters have been invited to register within the skaters development program in order to be eligible to attend the various activities offered.

All these activities would have been impossible without the valuable participation of Manon Perron.

PERFECTING CAMP

Two perfecting camps have been offered to the following skaters:

- 18 dance couples and 12 pairs couples: May 14 and 15, 2009 in Pierrefonds
- 80 singles skaters: July 10 and 11, 2009 in Terrebonne.

With the following specialists:

- Dance and pairs:
 - Olympic coach: Richard Gauthier ;
 - Media : Marie-Josée Gauvin ;
 - Sport psychologist: Wayne Halliwell ;
 - Cirque du soleil : Alexandre Pozdniakov ;
 - Dance on ice: Marijane Stong ;
 - World vice-champion and sport commentator: Tracy Wilson.
- Singles :
 - World champion : Shae-Lynn Bourne;
 - Olympic champion : Sylvie Fréchette;
 - Sport psychologist : Wayne Halliwell;
 - Canadian champion : Tracey Wainman;
 - International coach: Tom Zakrajsek.

Sylvie Fréchette's speech on her personal Olympic athlete experiences has been much appreciated by all.

SUMMER CHAMPIONSHIPS

All members of the skaters development program have participated in the Summer Championships in Pierrefonds August 5 to 8, 2009. We were fortunate to have with us some international officials for the evaluation of programs.

- From Switzerland : Christine Blanc;
- From Spain : Daniel Delfa;
- From France : Marie-Christine Hurth and Gilles Vanderbroeck;
- From Germany : Sissy Krick;
- From Canada : Benoît Lavoie;
- From the United States : Robert Rosenbluth.

Skaters, in presence of their coach, have received a personalised feedback on their performance. This exchange with foreign officials provides a different outlook that prepares them for international competitions.

COMPETITIONS SIMULATIONS

For skaters of the Volets 3, 4 and 5 we have organised a simulated competition on October 9, 2009 in Pierrefonds. Skaters had to execute their free program and were evaluated by a technical specialist and on official of the discipline. After which a meeting took place for a personalised feedback.

Our thanks to the following technical specialists and officials:

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| • Denis Beaudoin | • Patty Klein |
| • Paul Bédard | • Bruno Marcotte |
| • Daniel Berger | • Sylvie Parayre |
| • Marie Bowness | • Jérôme Poulin |
| • Véronique Gosselin | • Guylaine Séguin |
| • Sylvain Guibord | • France Séguin |

2010-2011

Many changes will be made to the program next year in order to incorporate the latest technical training techniques and offer the best opportunities to our skaters. Our young colleague, Amélie Vigneault will have the responsibility of this new venture.

Diane Choquet
Technical coordinator

Hélène Gagnon
Administrator