

# 2010-2011 COS High Performance Synchronized Skating Program

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Skate Canada-Central Ontario (COS) is pleased to announce the 2010-2011 High Performance Synchronized Skating Program designed to raise the profile and aid in the development of Synchronized Skating. The intent of this new program is to achieve World and International success while providing ongoing resources and opportunities to our athletes and their coaches.

## Objectives:

### 1. **Create a Synchronized Skating high performance advisory committee**

- Cathy Dalton, Jody Robinson, Saara Pulkkinen, Wendy Coates, Nita Patel and Meredith Tutching.
- Will be created at the beginning of each year.

### 2. **Sanctions**

- Require all Open, Junior and Senior teams representing COS to apply for a sanction. This will help control the number of teams, while allowing for growth.
- Deadline for sanction form is March 31, 2010.

### 3. **Recruiting**

- **Promotion**
  - Include Synchronized Skating as the fourth discipline in COS Skater Development seminars.
  - COS will assist in advertising team tryouts by email, website, flyers and program insert (Regionals, Canadians, March Mania, Trillium STARSkate and Ontario Winter Games).
  - Provide opportunity to link individual team website to COS website.
- **Host a Synchronized Skating Seminar**
  - Open to all levels
  - Open to skaters, coaches and parents
  - On & off ice sessions
  - Teaching points – technical, skating skills, transitions, fitness, mental preparation.
  - Timeline – September 2010
  - Entry fee will be required for all participants
  - Build a database for all synchronized skaters.

- **Host Skills Night**
  - Open to all COS Senior, Junior and Novice level skaters and coaches
  - Timeline – May and June 2010
  - Duration - One night per week for 8 weeks
  - Entry fee will be required for all participants
  - Bring in a skating skills expert.
  - Build a database for all synchronized skaters.
  
- **Host a COS Synchro Pre-Audition Training Camp**
  - Date – March 13, 20, 27, 2010 (3 Saturdays)
  - Time – 4:30 – 6:00 pm
  - Location – Ed Sackfield Arena
  - Price - \$60.00 per skater
  - Senior age eligible skaters from all disciplines are welcome
    - Senior age: Must have reached the age of 15 before July 1st, 2010 (according to the new ISU proposal)

#### 4. Monitoring

- Monitoring at Winterfest continued.
- Individual onsite monitoring for top Senior and Junior COS teams
  - Timeline (pre-competitive season)
  - Monitors – Technical Specialist and Judge
  - Focus – content of program, outfit, basic yearly plan, coaching evaluation.
  - This is a preparation for the upcoming season.

#### 5. Auditions

- Host a 3 night COS Centralized Senior Synchronized Skating Audition.
- All expenses with respect to Senior auditions will be covered by Skate Canada – Central Ontario.
- Dates:
  - **April 13, 2010**
    - 6:00 pm - Registration,
    - 6:30 pm - Information meeting (1 hour)
    - 8:00 pm - 9:30 pm – Ice time
  
  - **April 15, 2010**
    - 7:00 pm - Registration (COS and black ice personnel are available for Q & A)
    - 8:00 - 9:30 pm - Ice time
  
  - **April 16, 2010**
    - 6:00 pm - Information meeting
    - 7:00 pm - 9:30 pm - Ice time
  
- All other auditions (*that include senior age eligible skaters*) **may not** occur until following the Centralized Senior Audition

- Senior age: Must have reached the age of 15 before July 1st, 2010 (according to the new ISU proposal)
- Skaters will be asked a team preference on the audition application form to assist with the evaluation process.
- A panel will assist with the selection for the Senior Elite team. (Marijane Stong, Tracey Wilson, Petra Burka, Louis Stong – to be confirmed)
- COS will encourage all Senior level skaters to attend these auditions.
- COS *Elite* will carry 24 skaters until August and then will release 4 skaters to make the final team of 20 (***pending audition numbers***).
  - The four skaters who are released from black ice in August would be placed on the second Senior team OR on one of the COS Junior teams.
- If numbers allow for a second Senior team, Jody Robinson will make a presentation to the skaters on the third night of auditions assisted by a COS panel.
- Each COS Senior and Junior team coach will be invited to view the auditions.

#### 6. COS Senior Elite Team – “***black ice COS Elite***”

- The team will maintain their existing name with COS Elite included.
- COS will annually evaluate the program to ensure the correct team and coach have been chosen to represent the Section.
- Promotion of the team will be supported by COS.

#### 7. Financial Assistance

- Financial assistance will be awarded to teams that meet the COS criteria. which will be confirmed in March 2010.

The 2010-2011 High Performance Synchronized Skating Program will be under the direction of Skate Canada - Central Ontario Technical Advisor, Kim Hanford.