

# 2010-2011

## COS High Performance

# Synchronized Skating Program

*(Revised March 2, 2010)*

---

---

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**

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

#### 2. **Sanctions**

- Require all 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 COS Synchro Skill Sessions**
  - Date – March 13, 20, 27, 2010 (3 Saturdays)
  - Time – 4:30 – 6:00 pm
  - Location – Ed Sackfield Arena
  - Price - \$60.00 per skater all 3 nights or \$25.00 per skater per night
  - Senior age eligible skaters from Senior, Junior, Open, Intermediate and Novice are welcome
    - Senior age: Must have reached the age of 15 before July 1st, 2010 (according to the new ISU proposal)
  - All skaters welcome. Synchro experience is not necessary.
  - Senior coaches will lead the sessions.

- **Host Skating Skill Nights**
  - Open to all COS Senior, Junior, Open, Intermediate and Novice level skaters and coaches
  - Information and clarification session on all ISU rules for 2010-2011 season.
  - Timeline – June 2010
  - Duration - One night per week for 4 weeks
  - Entry fee will be required for all participants
  - Bring in a skating skills expert.
  - Build a database for all synchronized skaters.
  
- **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.
  - Information and clarification on all Skate Canada rules for 2010-2011 season.
  - Timeline – September 2010
  - Entry fee will be required for all participants
  - Build a database for all synchronized skaters.

#### 4. 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.
- Synchro experience is not required.
- Dates:
  - *April 13, 2010*
    - 6:00 pm - Registration,
    - 6:30 pm - Information meeting and black ice presentation.
    - 8:00 pm - 9:30 pm – Ice time
  
  - *April 15, 2010*
    - 6:00 pm - Registration
    - 6:30 pm – Information meeting and Fusion presentation.
    - 8:00 - 9:30 pm - Ice time
  
  - *April 16, 2010*
    - 6:00 pm - Information meeting
    - 7:00 pm - 9:30 pm - Ice time
    - Should the number of skaters attending the auditions warrant a third team, Phoenix will be asked to make a presentation.
  
- A panel will assist with the selection for the Senior Elite team (to be confirmed).

- Selection Notification
  - Offers will be made by email following each of the auditions and will continue until the team rosters have been filled. Skaters will have 24 hours after email notification to accept, discuss or decline their invitation. All issues regarding invitations will be dealt with on a one by one basis.
- 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)
- Each COS Senior and Junior team coach will be invited to view the auditions.

### **5. 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.

### **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.

If you have any questions, please contact Kim Hanford, COS Technical Advisor at [kim@skatecanada-centralontario.com](mailto:kim@skatecanada-centralontario.com) or Patti White, COS Manager, Programs and Services at [patti@skatecanada-centralontario.com](mailto:patti@skatecanada-centralontario.com).