

Athlete Development Report **2010-2011**

Safety

In September 2010 a report from the incident review committee (IRC) was released, which reviewed serious injuries sustained by skaters in the 2009-2010 skating season. Three incidents were reviewed and recommendations were made to: meet coordinators, coaches, athletes, medical professionals, and officials. One of the IRC recommendations were *“that all coaches, coaching assistants, on-ice helpers and even parents, should all receive basic first aid training”* and that *“This policy should be enforced at all Provincial and Club levels.”* Speed Skate Canada has taken steps to increase its focus on safety and risks that are apart of our sport. I recommend that Speed Skate Nova Scotia develop a brief club injury form to document the types of injuries sustained, summary of mechanism of injury and other pertinent facts on how the injury was handled. The forms would be compiled and shared at our provincial meetings to further educate ourselves in any potential deficits that may exist and how we may learn from them.

Competitions

In the 2010-2011 season, Nova Scotia skaters were involved in 11 competitions, which involved both long-track and short-track disciplines. Competitions ranged from National competitions such as the Canada Games and the Senior and Junior National Championships to club level fundamental competitions. This season has included competitions that fully adopted the long-term athlete development model, partially adopted the model and others that adopted an abilities-only model. The combination of new age categories for our skaters under 15 years of age, new distances and the return of the 100 meter track has made it a challenging year for some skaters to gauge their improvement and set personal goals.

Team Selection

The CWG committee utilized the team selection criteria document (approved May 24, 2009) to select 5 short track female skaters to compete at the 2011 CWG. The committee also added to the selection document in December 2010 to include long-track performance criteria, and named 1 female and 2 male long track skaters to compete at the CWG long track event. In looking back at this season, I strongly support the decisions of the CWG committee. One area that I feel that I could have improved on, as Director of Athlete Development is to have the selection document outlining all eligibility criteria communicated verbally to all skaters regardless of age or speed and their parents at the beginning of the skating season. The document was available to all and accessible on the NS Speed Skating website, but improved verbal communication to all in the future will educate our young skaters and parents to the selection process for all Nova Scotia Teams.

Budget – CWG Team Development

The projected budget for Canada Games Team development was set at \$5,000 and was managed by the CWG Committee. The funding was used to provide the CWG team with two training camps, strategy sessions, sport psychology, and skin suits.

Budget – Non CWG Initiatives

The projected budget for athlete development for 2010-2011 for non CWG initiatives was set at \$1100. Historically this money would be utilized for provincial camps or to subsidize non-CWG eligible skaters to attend camps. I would like to see this financial assistance benefit the maximum number of NS skaters, not just the few that attend a summer camp. Within the Dartmouth Club I am aware of the need for dryland training devices such as slide boards, agility ladders, corner belts, technicords, etc. to better implement off-ice training both during the skating season and in the off-season. Providing \$300-400 could provide: three slide boards, or 3 sets of technicords, or 5 corner belts and 2 agility ladders. All club skaters could utilize equipment such as this, instead to subsidizing one or two Dartmouth skaters to go to a summer camp. I do not know what the items of greatest need are in Yarmouth, or in Cape Breton, but I challenge the coaching staff to try to find a way to make a small amount of money reach as many skaters as possible.

SUMMARY OF ACTION ITEMS:

- 1) **Development of a brief club injury form to be submitted to SSNS**
- 2) **Improve communication of selection process for all Nova Scotia Teams**
- 3) **Use of non-CWG athlete development funding.**

Respectfully Submitted,

Brent Thompson
Director of Athlete Development