

Speed Skating Canada
Regional Development Mentor – Atlantic
2013 – 2014 Season Report

The role of Regional Development Mentor for Atlantic Canada with Speed Skating Canada is combined with the role of Long Track Coach with the Canadian Sport Centre Atlantic. On behalf of Speed Skating Canada the Regional Development Mentor acts as a technical leader and resource in the Atlantic region contributing to long-term athlete and participant development and coaching development. On behalf of the Canadian Sport Centre Atlantic the Long Track Coach implements and promotes long track training programs on the Halifax Oval.

The following report outlines how the roles/tasks of Branch Support, NCCP Curriculum Delivery, Coach Development, and Athlete Development were enacted in the four Atlantic region branches.

Newfoundland and Labrador Speed Skating Association

- Branch Support
 - During a 6-day visit to Corner Brook to perform several tasks, including: NCCP Curriculum Deliver, Coach Development, Athlete Development, and Branch Support.
 - Consulted with the branch about governance, promotion, funding, and planning.
- NCCP Curriculum Delivery
 - Facilitated the Introduction to Competition sport specific modules with 5 coaches.
- Coach Development
 - Supported 2 coaches during a dryland training session and an ice training session.
 - Supported 2 coaches during a competition in Charlottetown.
 - Consulted with the coaches regarding season planning with a focus towards the 2015 Canada Winter Games.
- Athlete Development
 - Worked with the Humber Valley coaches and club administrators to evaluate the club's stock of rental boots and blades for adjustment, repair, or disposal.
 - Supported 3 skaters during a competition in Fredericton.

Speed Skate New Brunswick

- Branch Support
 - Attended and presented at the SSNB Annual General Meeting in Moncton.
 - Worked with coaches and skaters at the New Brunswick Summer Speed Skating Camp in Quispamisis NB.
 - Attended the Tail Ender short track competition in Fredericton.
- NCCP Curriculum Delivery
 - Facilitated the Introduction to Competition sport specific modules with 8 coaches during the New Brunswick Summer Speed Skating Camp in Quispamisis.
- Coach Development
 - Supported 3 coaches during long track training sessions and competitions on the Halifax Oval.
 - Supported 5 coaches during the New Brunswick Summer Speed Skating Camp. Coaches were from NB and NL.

- Athlete Development
 - Coached groups of skaters during the New Brunswick Summer Speed Skating Camp in Quispamsis. Groups were composed of skaters from all 4 Atlantic region branches.
 - Supported 1 skater at the 2014 Canadian Age Class Long Track Championships in Quebec City. Combined on a team with 2 NS skaters earned a bronze in the open team pursuit.
 - Supported 1 skater at Canada Cup #3 / Canadian Junior Long Track Championships in Saskatoon.
 - Supported 1 skater at Canada Cup #4 / Oval Finale in Calgary.

Speed Skate Nova Scotia

- Branch Support
 - Attended and presented at the SSNS Annual General Meeting in Halifax.
 - Attended the Nova Scotia Season Opener short track competition in Halifax.
 - Supported the Valley Speed Skating Club's first mini-meet.
- NCCP Curriculum Delivery
 - Facilitated the FUNdamentals course with 10 participants in Halifax.
 - Facilitated the final 2 sport specific Introduction to Competition modules during the Atlantic Long Track Camp in Halifax with 4 coaches. Subsequently completed the remaining 6 multi-sport Introduction to Competition modules with the 4 coaches.
- Coach Development
 - Supported 2 Halifax Regional Speed Skating Club coaches develop season plans.
 - Supported 3 Valley Speed Skating Club coaches in practice planning.
 - Supported 10 Speedy Kids Oval Program coaches through NCCP Curriculum Delivery.
 - Guided 2 coaches through development to meet Canada Winter Games criteria.
 - Supported 2 coaches during training and competitions on the Oval in Halifax.
 - Supported the identified Canada Winter Games Long Track Coach during the Canadian Age Class Long Track Championships in Quebec City. NS skaters won 4 bronze medals, 2 in individual events and 2 in team pursuits.
- Athlete Development
 - Support 10 skaters as part of the Atlantic Long Track Program.
 - Supported 5 skaters at a long track camp and CanAm competition in Calgary.
 - Coordinated the Atlantic Long Track Camp in Halifax
 - Coordinated the Atlantic Long Track Championships in Halifax. Developed an a la carte race format to allow a choice of developmentally appropriate races.
 - Initiated and supported a Sunday racing series on the Halifax Oval, which ran on 5 Sundays during the season.
 - Supported 4 skaters at Canada Cup #3 / Canadian Junior Championships in Saskatoon.
 - Supported 2 skaters at Canada Cup #4 / Oval Finale in Calgary.

Speed Skate Prince Edward Island

- Branch Support
 - Attended and presented at the SSPEI Annual General Meeting in Charlottetown.
 - Attended the Atlantic Cup short track competition in Charlottetown.
- Coach Development
 - Supported the identified Canada Winter Games coach develop a season plan.

- Attended and supported a dry land camp that included testing evaluations and team building components towards the Canada Winter Games.
- Athlete Development
 - Worked with coaches and club administrators to evaluate the club's stock of rental boots and blades for adjustment, repair, or disposal.
 - Supported 1 skater at Canada Cup #4 / Oval Finale in Calgary.

Other Duties

- Support Coach Development
 - Met with Speed Skating Canada's Manager of Domestic Programs and other Regional Development Mentors to initiate the development of the sport specific modules for the Competition Development stream of coach training.
 - Developed the Planning and Periodization module as part of the Introduction to Competition – Advanced path to prepare coaches for the Canada Winter Games.
 - Attended Training to become a Master Learning Facilitator.
- Long Track Coach with the Canadian Sport Centre Atlantic
 - Oversaw 10 skaters in the season-long Atlantic Long Track Program.
 - Liaised with the City of Halifax to coordinate speed skating times and events on the Halifax Oval.
 - Coordinated the second Atlantic Long Track Camp on January 3-5 in Halifax. 51 skaters and 7 coaches from 9 clubs in NB, NS, & PEI attended.
 - Managed the second Atlantic Long Track Championships on January 26-27 in Halifax. 50 skaters from 10 clubs in NB, NS, & PEI participated.
 - 9 skaters, 8 from NS and 1 from NB attended the 2014 Canadian Age Class Long Track Championships in Quebec City. Both provinces achieved podium performances.
 - 6 skaters, 1 from NB, 4 from NS and 1 from PEI, attended Canada Cup #3 / Canadian Junior Long Track Championships in Saskatoon and or Canada Cup #4 / Oval Finale in Calgary. This is the first time in recent memory that skaters living and training in the Atlantic region had participated in these events.
 - Coordinated with Dr. Jonathon Fowles of Acadia University's School of Recreation Management and Kinesiology to incorporate the school's SkateSim into training skaters.
- Athlete Development
 - Coordinated and operated Speed Skating Canada's Talent Development Camp in Toronto on July 22-26. 11 athletes and 3 coaches attended from Ontario, New Brunswick, and Prince Edward Island.
- Professional Development
 - Began the process of receiving the Advanced Coaching Diploma through enrollment in the program through the Canadian Sport Centre Atlantic.

Looking Ahead

- Continue to support sport development in the provinces in the Atlantic region.
- Continue to increase Long Track participation by Atlantic region Speed Skaters.
- Offer more coaching development opportunities by working individually with coaches and offering more coaching course modules.
- Continue to build the Atlantic Long Track Program by adding more athletes, increasing the amount of programming, and begin to achieve podium performances at national events.

- Support the provinces' in developing their Canada Winter Games team plans, especially regarding Long Track.
- Develop relationships with academic partners for program recruitment, program support, and program implementation.
- Increased outreach for member recruitment.

Respectfully submitted by,

Todd Landon
Regional Development Mentor & Long Track Coach
Speed Skating Canada & Canadian Sport Centre Atlantic