

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

- Coach Development
 - Portfolio and in person on-ice evaluation of two coaches for Introduction to Competition coaching certification.

Speed Skate New Brunswick

- Branch Support
 - Worked with coaches and skaters from NB, NS, PEI, and MB at the New Brunswick Summer Speed Skating Camp in Quispamisis NB.
- Coach Development
 - Supported Canada Winter Games long track coach and manager in preparation for the Games during a weeklong training camp in Quebec City, two competitions in Quebec City, two weekend training camps in Halifax, and two competitions in Halifax.
- Athlete Development
 - Support one skater as part of the Atlantic Long Track Program.
 - Worked with Canada Winter Games long track coach and manager to assess and adjust team members' equipment.
 - Worked with Canada Winter Games long track coach, manager, and team members on formulating team pursuit strategies and plans.
 - Supported three skaters at Canada Cup #3 / Canadian Junior Long Track Championships in Quebec City.
 - Supported one skater at Canada Cup #4 / Oval Finale in Calgary.

Speed Skate Nova Scotia

- Branch Support
 - Supported coordination of officials and officials training for Atlantic All-Round Long Track Championships / Canada Winter Games Selection and Atlantic Single Distance Long Track Championships in Halifax.
 - Attended the Nova Scotia Short Track Championship competition in Halifax.
 - Supported the Valley Speed Skating Club's second mini-meet.
 - Supported the Valley Speed Skating Club's initial afterschool skating program in Wolfville at Acadia University in the spring of 2014. The afterschool program ran again for 8 weeks during the winter of 2015 with 33 participants.
- NCCP Curriculum Delivery
 - Evaluated a new FUNdamentals facilitator hosting a course for 22 participants in Halifax.

- Coach Development
 - Supported Canada Winter Games long track coach and manager in preparation for the Games during regular weekly training sessions, a weeklong training camp in Quebec City, two competitions in Quebec City, two weekend training camps in Halifax, and two competitions in Halifax.
 - Supported the Canada Winter Games long track coach during Canada Cup #3 / Canadian Junior Championships in Quebec City.
- Athlete Development
 - Support ten skaters as part of the Atlantic Long Track Program.
 - Recruited athletes to transfer from other sports to speed skating.
 - Worked with Canada Winter Games long track and short track coaches and managers to assess and adjust team members' equipment.
 - Worked with Canada Winter Games long track coach, manager, and team members on formulating team pursuit strategies and plans.
 - Supported three skaters at Canada Cup #3 / Canadian Junior Championships in Quebec City.
 - Supported one skater at Canada Cup #4 / Oval Finale in Calgary.

Speed Skate Prince Edward Island

- Coach Development
 - Supported the Canada Winter Games short track coach in preparation during 2 practices in each October and January.
- Athlete Development
 - Worked with Canada Winter short track coach and manager to assess and adjust team members' equipment.

Other Duties

- Support Coach Development
 - Develop in conjunction with Speed Skating Canada's Director of Sport Development and colleague Regional Development Mentors the sport specific modules for the Competition Development stream of coach training.
 - Developed part of Speed Skating Canada's Canada Winter Games Preparation Workshop and co-facilitated the training workshop in Halifax.
 - Attended core Master Learning Facilitator (MLF) and Master Evaluator (ME) training.
 - Attended core Coach Evaluator Training.
- Long Track Coach with the Canadian Sport Centre Atlantic
 - Oversaw 11 skaters in the season-long Atlantic Long Track Program.
 - Liaised with Canadian Sport Centre Atlantic strength and conditioning coaches and sport science providers to coordinate Atlantic Long Track Program goals and services.
 - Liaised with the City of Halifax to coordinate speed skating times and events on the Halifax Oval.
 - Coordinated the Atlantic Long Track Camp on December 27-29, 2014 in Halifax. 44 skaters and 5 coaches from 9 clubs in NB, NS, & PEI attended.
 - Coordinated the racing events of the Atlantic All-Round Long Track Championships / Canada Winter Games Selection on January 2-4, 2015 in Halifax. 57 skaters from 8 clubs in NB & NS participated.
 - Coordinated the racing events of the Atlantic Single Distance Long Track Championships on January 31 – February 1 in Halifax. 46 skaters from 8 clubs in NB & NS participated.
 - The Atlantic region was once again represented at Canada Cups with 6 skaters, 3 from NB and 3 from NS, attended Canada Cup #3 / Canadian Junior Long Track Championships in Quebec City, and 2 skaters, 1 from NB and 1 from NS, at Canada Cup #4 / Oval Finale.
 - Coordinated with Dr. Jonathon Fowles and of Acadia University's School of Recreation Management and Kinesiology to incorporate the school's SkateSim into training skaters.
- Athlete Development

- Coordinated a SkateSim training camp with Elliott Richardson, Strength and Conditioning Coach with Acadia Athletics, at Acadia University focused on starts from July 28 – August 1, 2014.
- Coordinated a weeklong long track training camp in Quebec City on the Gaetan Boucher Oval from December 8-11, 2014.
- Recruited two female skaters to transfer from ringette to speed skating to vie for a position on the Nova Scotia Canada Winter Games long track team. One transfer successfully qualified for the team.
- Through working with Atlantic coaches the NB and NS long track skaters achieved improved results at the Canada Winter Games. Highlights included a top-ten female performance and male with two top-ten performances. Using the 3000m to illustrate the overall improved performance of the Atlantic men shows that in 2011 they were on average 35.22 seconds behind the average time of the field while in 2015 they were on average 17.51 seconds behind the average time of the field. Using the 1500m to illustrate the overall improved performance of the Atlantic women shows that in 2011 they were on average 28.02 seconds behind the average time of the field while in 2015 there were on average 9.91 seconds behind the average time of the field.
- In addition to Canada Winter Games more Atlantic long track speed skaters are qualifying and improving their ranking at national championship events. This past season at the Canadian Junior Long Track Championships a 15 year old NB female placed 16th and a 16 year old NS male placed 13th.
- Professional Development
 - Continued the process of receiving the Advanced Coaching Diploma through enrollment in the program through the Canadian Sport Centre Atlantic.
 - Attended Sport Leadership Conference in Ottawa.
 - Attended Atlantic Coaches Conference in Halifax.

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.
- 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.

Respectfully submitted by,

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

