

## 2015 – 2016 Season Report

### Speed Skating Canada Regional Development Mentor – Atlantic

#### Canadian Sport Centre Atlantic Long Track Coach

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/Coach Development, and Athlete Development were enacted over the year.

#### Branch Support

- Speed Skate New Brunswick
  - Worked with coaches and skaters from NB, NS, PEI, and NL at the New Brunswick Summer Speed Skating Camp in Quispamisis NB.
- Speed Skate Nova Scotia
  - A member of the committee developing Speed Skate Nova Scotia's application for the Nova Scotia Performance Pathway Initiative, which was successful in receiving significant funding for athlete programs.
  - Begun supporting and implementing some of the strategies outlined in Speed Skate Nova Scotia's Performance Pathway Initiative application.
  - Provided administrative support and mentorship to clubs running competitions, including: Atlantic Cup Long Track, 4 Sunday Races, Oval Meltdown, and Annapolis Valley Mini-Meet.
  - Maintain a regular schedule of weekly meetings with Speed Skate Nova Scotia's Sport Administrator.
  - Acted as Coach Mentor for a coach entered in the Female Mentorship Program supported through the Nova Scotia Department of Communities, Culture and Heritage, Sport and Recreation Division.
  - Provided coaching and equipment mentorship to clubs.
  - Liaised with the City of Halifax to coordinate speed skating times and events on the Halifax Oval.
  - Developed and implementing speed skating programs with summer day camps in the Halifax region.
  - Represented speed skating during 3 live television broadcasts at the Oval and in studio.
- Speed Skate Prince Edward Island
  - Supported development of 1 coach toward Competition-Introduction.
  - Assisted with colour-commentating for webcast of Atlantic Cup Short Track and Canada East Short Track.

#### NCCP Curriculum / Coach Development

- Worked with three Regional Development Mentor colleagues and Speed Skating Canada's Director of Sport Development to develop curriculum and pilot a season-long implementation of Speed Skating's Competition-Development coaching context. Speed Skating Canada received final approval of the Competition-Development context from the Coaching Association of Canada at the beginning of June.
  - Oversaw the development of the Planning for Performance and Managing a Sport Program modules.

- Conducted the pilot webinars and seminars for the Planning for Performance and Managing a Sport Program modules, and participated in all other webinars and seminars of the program.
- Provided regular feedback and evaluated to six coaches as they completed stages of the program: 1 from NS, 1 from PEI, and 4 from ON. This included conducted 4 in-training evaluations; 2 in-person and 2 video, and 3 in-competition evaluations.

#### Athlete Development

- Long Track Coach with the Canadian Sport Centre Atlantic
  - Oversaw 10 skaters in 3-6 weekly training sessions from May-March for the Atlantic Long Track Program; 10 from NS, and 2 from ON attending post-secondary in Halifax.
  - Liaised with Canadian Sport Centre Atlantic strength and conditioning coaches and sport science providers to coordinate Atlantic Long Track Program goals and services.
  - Coordinated and implemented three 1-day and three 3-day+ camps.
    - 1-day short track camps on July 25, August 8, and August 29, 2015. 11 development skaters and 5 performance skaters attended a combination of 1 multiple of the camps.
    - Atlantic Long track camp in Calgary on August 17-21, 2015. 1 NS and 2 ON skaters attended.
    - Atlantic Long Track Camp in Quebec City on November 24-26, 2015. 7 NS skaters and 3 ON skaters attended.
    - Atlantic Long Track Camp in Halifax on January 1-3, 2016. 64 skaters from NS, NB, & ON attended.
  - Coordinated travel and accommodation arrangements, and attended 1 regional and 2 national long track events with skaters.
    - Quebec Cup #1 in Quebec City on November 27-28, 2015. Coached skaters from NS (7) and ON (3).
    - Canada Cup #1 in Quebec City on December 9-13, 2015. Coached skaters from NS (4), NB (1), and ON (1).
    - Canada Cup #3/Canadian Junior Long Track Championships in Winnipeg on February 3-7, 2016. Coached 6 skaters from NS (3), NB (1), and ON (2).
  - One male skater achieved a top-8 finish at the Canadian Junior Long Track Championships meeting an objective of Speed Skate Nova Scotia's Performance Pathway Initiative.

#### Professional Development

- Continuing the process of achieving Advanced Coaching Diploma.
- Attended Atlantic Coaches Conference in Halifax.

#### Looking Ahead

- Support Speed Skate Nova Scotia in fulfilling its objectives outlined in its Nova Scotia Performance Pathway Initiative application.
- Continue to provide support to all speed skating branches in the Atlantic region.
- Continue to increase Long Track participation within the Atlantic region.
- Implement safety protocols and emergency procedures to be used during speed skating time on the Oval.
- Continue to support skaters towards podium performances at national events through the Atlantic Long Track Program.

Respectfully submitted by,

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