

## **Jr Prep Program**

### **Program Information:**

At the JR Skating level the coaches and the LTAD model recommend that skaters participate in 2/ 3 sessions of skating a week. The JR sessions are Monday and Wednesday; on each day there will be a 15 min office and 1 hour on ice. Skaters are encouraged to pick up a third session during a STAR ice time.

At the JR level skaters will continue to develop their foundational skating skills and as well as specific figure skating skills, such as; jumps, spins, turns, edges and field moves. Skaters will begin to work on the the initial STAR assessments.

### **Off-ice:**

As skills become more challenging, off ice plays a key element in athlete development, as such off-ice sessions have been incorporated into the clubs training program.

Off-ice is a crucial component to athlete development as recommended by Skate Canada starting at the IFS level continued through to the highest levels. Off-ice helps to develop flexibility, agility and strength, while supporting skaters in practicing new skills on land. Off-ice sessions have been imbedded into the overall program provided to skaters. This will begin with a 15 min off-ice session before skaters are get on the ice to help them warm-up and prep for their session.

Skaters are required to wear running shoes and clothing that allows them to move and stretch easily and safely.

If you would like more information about off-ice sessions and the skills your skater is working on, please connect with the coaches. A great time to do this would be during your goal setting session at the start of the year.

### **Lesson Format:**

At the JR level skaters will start their on ice lessons with a whole group stroking session. Skaters will then participate in small coach lead lessons for 30 min. The last 15 min of the session will be independent practice time where skaters will have time to work on the skills they are learning.

Skaters at this level are encouraged to participate in private lessons, to support their growth in the sport. Private lessons are offered on the STAR ice sessions, these sessions can be picked up on Monday, Tuesday, Wednesday and Thursday.

Private lessons can take different forms; private (one on one instruction), semi-private (2 skaters) and small group (3 or more skaters). Coaches use semi-private and small group lessons when there are skaters working on the same skills or elements (this can help to keep the cost of lessons down). As communication between parents and coaches is key, please contact the coaches if you have questions about private lessons or coaching fees.

As a club we use a team approach to coaching, and as a team we work closely together to support the development of all our skaters. This means that your skater will receive instruction from different club coaches. A team approach allows all skaters to benefit from the range of expertise and experience across the coaching team.

### **Competitions:**

There will be opportunities over the season for skaters to participate in competition. Competition can be fun and allow skaters to show off their skills! Coaches will send out an email prior to registration opening to inform you of the upcoming opportunity. Different competitions target different competitive levels and coaches will ensure they match your child's competitive level with the opportunities available across the season.

To help prepare skaters for the experiences of competition, a simulation session will be held prior to each event. Skaters will be encouraged to wear their competition outfit. The goal of the simulation sessions is to make it feel as close to the feeling of a competition environment as possible. This helps to build their confidence and prepare for the event. Coaches will email you with the details around these events as they come up across the season.