

## **SKATE OAKVILLE COMPETITIVE PROGRAM**

Skate Oakville provides competitive sessions for singles skaters wishing to compete in qualifying events within Skate Canada.

Michelle Leigh oversees our singles competitive programs. Michelle is a level 5 NCCP certified coach who has been to three Olympic games with former skaters. She works with talented skaters at all levels; from skaters in our Pre-Competitive sessions to skaters qualifying for Nationals at our Select Competitive Program.

*New this year to the Competitive program are; Select Intro, Elite Intro, and Advanced Intro. These Intro programs are designed to advance skaters to the next level of training. Skaters invited to the Intro level of each program will train alongside all the skaters already qualified and registered for those sessions but will receive specific group instruction to further progress their skills.*

### **SELECT COMPETITIVE PROGRAM**

Skaters in this program will participate in 3 specific training days per week, which include on-ice and-off ice instruction. On ice classes may include group lesson time as well as individual skating time for private lessons and program run throughs. Off ice classes will include off ice fitness under the direction of Signe Ronka and Figure Skating Boot Camp, off ice jumps and other activities that will enhance the skater's training. Besides these training days, skaters are expected to be participating in other sessions to complement their competitive training programs.

#### **Select**

- Skaters landing double axel and higher
- Skaters must skate on a minimum of 3 Select Competitive Program Sessions.
- Skaters must compete at the 2019 Skate Ontario Championships
- Skaters competing Internationally
- Skaters must participate in the off-ice program

#### **Select Intro**

- Skaters with 5 or more years of Pre-Novice eligibility and consistently landing clean doubles up to and including 2Lz
- 3 double/double combinations (combos must include at least 1 -2Lz, 1 - 2F and 1 - 2Lo)
- Skaters that competed in the 2018 Skate Canada Challenge Competition
- By Invitation of the Skating or Competitive Director
- Skaters must skate on a minimum of 3 Competitive Program sessions.
- Skaters may be invited to specific sessions based on availability
- Skaters must participate in the off-ice program

### **ELITE COMPETITIVE PROGRAM**

Skaters in this program will participate in 3 specific training days per week, which include on-ice and-off ice instruction. On ice classes may include group lesson time as well as individual skating time for private lessons and program run throughs. Off ice classes will include off ice fitness under the direction of Signe Ronka and Figure Skating Boot Camp, off ice jumps and other activities that will enhance the skater's training.

Besides these training days, skaters are expected to be participating in other sessions to complement their competitive training programs.

### **Elite**

- Skaters competing at Pre-Juvenile or Higher in the 2018-2019 season
- Skaters competing at STAR 7 or higher in the 2018-2019 season
- 5 different double jumps and a double/double combination (2F or 2Lz must be included in the combination)
- Skaters must skate on a minimum of 3 Elite Competitive Program sessions.
- Skater must participate in the off-ice program

### **Elite Intro**

- Skaters landing at least 3 different double jumps
- Skaters competing Pre-Juvenile or higher
- Skaters must skate on a minimum of 3 Competitive Program sessions.
- Skater must participate in the off-ice program
- By invitation from the Skating or Competitive Director.
- Skaters may be invited to specific sessions based on availability
- Age and eligible years of Pre-Novice will be considered

## **ADVANCED COMPETITIVE PROGRAM**

Skaters in this program will participate in 3 specific training days per week. Program sessions include on and off ice instruction. Two of the on ice sessions and the Competitive Skills will be in a group lesson format, the other day (Thursday) will be a Freeskate only session where skaters may get private lessons. Off-ice classes will include off-ice fitness under the direction of Signe Ronka and Figure Skating Boot Camp, off-ice jumps and other activities that will enhance the skater's training. Besides these training days, skaters are expected to be participating in other sessions to complement their competitive training programs.

### **Advanced**

- For skaters competing STAR 4 or higher
- Skaters landing an axel
- Skaters working on all double jumps and able to land 2 different double jumps
- Skaters must skate on a minimum of 3 Advanced Competitive Program sessions.
- Skating in the summer program for a minimum of 2 weeks
- Skaters must compete in a minimum of 4 competitions a year.

### **Advanced Intro**

- For skaters competing STAR 3 or higher
- Skaters proficient in the execution of an axel and double salchow
- Skating in the summer program for a minimum of 2 weeks
- Skaters must skate on a minimum of 3 Competitive Program sessions.
- Skaters may be invited to specific sessions based on availability
- Skaters must compete in a minimum of 3 competitions a year.
- Age and speed will be considered
- By Invitation of the Skating or Competitive Director

## **BASE COMPETITIVE PROGRAM**

Skaters in this program will participate in 2 specific training days per week. Program sessions include on and off ice instruction. Ice sessions will be in a group lesson format. Off ice classes including off ice jumps and other activities that will enhance the skater's training. Besides these training days, skaters are expected to be participating in other sessions to complement their competitive training programs. Skaters must display a keen interest in pursuing competitive figure skating.

### **Base**

- Skaters should be under 10 years of age
- Landing all single jumps and starting to work on axels
- Skaters in this program must be participating in Invitational competitions before consideration will be given for promotion to the Advanced Competitive Program.

## **BOYS ONLY COMPETITIVE PROGRAM**

This program is specifically designed for boys interested in pursuing competitive figure skating. Skaters will participate in the Base Competitive program but will work in a group dedicated to boys only. The program is 2 days a week and includes on and off ice classes (as above).

**FIGURE SKATES** are mandatory for this program.

Skaters should be passed Stage 5 of the CanSkate program

## **PRE-COMPETITIVE PROGRAM**

### **Pre-Competitive**

For skaters that have been identified through Pre-Comp assessments, or invited by the Skating or Competitive Director or The Directors of the Skating and Competitive Programs, or received a referral from the CanSkate Director or a competitive coach. Skaters should be passed CanSkate Stage 5, between 5 and 8 years of age, and display advanced edge control, balance and speed.

The Pre-Comp session includes one on-ice session and one off-ice session per week. The on-ice sessions will be in a group lesson format working on skating skills, jumps and spins and other exercises to enhance skating development. Off-ice will consist of off-ice jumps, fitness, yoga and various other training methods. Skaters must be participating in other sessions to compliment the competitive training program.