

# **International Four-Year Development Project 2014-2017 Ostrava, Czech Republic**

## **Background**

Based on the success of the four-year development project of the Nordic countries, the International Development Project (IDP), will be modelled on the developmental structure created in Vierumaki, Finland during the Nordic Development Project (NDP) 2010 - 2014.

The organising team and facilitators from the NDP have, together with European colleagues, designed and prepared a new project to develop singles figure skating coaches, skaters and officials from nine European countries. Following the NDP, all of the Nordic countries have competed with many successes and improved results at ISU JGP competitions and other international competitions this season, 2013-2014. The Nordic coaches and judges were eager to learn and now work together efficiently.

Experiences and knowledge from the NDP will be valuable tools in Ostrava.

The Czech Republic has made the initiative to host this project in Ostrava.

Nine Federations have made a firm commitment to this new four-year development plan by signing an agreement. The agreement outlines the concept of the project, the commitment of the Federations, and the specifics of the participation criteria.

These federations are:

**Austria, Croatia, Czech Republic, Germany, Hungary, Poland, Serbia, Slovakia and Switzerland.**

The exchange of ideas and knowledge is essential to the project. Exchange will happen between facilitators and coaches, but equally important is the exchange between coaches. Much of the exchange among coaches will centre on how they will apply the knowledge from the facilitators into their coaching environment. This exchange will result in new ways of doing things in their coaching.

## **Targets for the International Development Project**

**To make European skaters competitive with North America, Asia and Russia through systematic and structured “all round“ coaching.**

Europe has a long tradition in figure skating. Coaching practice is based more and more on current scientific research. One of the goals of the International Development Project (IDP) is to share the application of current research to figure skating. The IDP expects to create systematic development in each nation that will provide opportunities for skaters to train in their own countries in order to reach the higher international levels of figure skating.

The project affords an opportunity for the ISU Medical Commission to pursue a four year study of injuries / growth development in this age group.

## **Method of evaluation**

A steadily increasing international competition activity amongst the participants, as the project nears completion, will measure the success of this project.

Cooperation amongst the countries involved and new initiatives, which follow up on the development project on both a national and international basis, can also be a marker for evaluation.

## Concept

### Development Plan for 10-13 year old Novice Competitors

#### Mission Statement

**“We develop young people to perform in Competition“**

#### Learning Philosophy and Structure for the Coach Development Component of the Project

The Coach Development component of the project is modelled on an Executive MBA program. It offers a Team-based Problem Solving learning experience and a Personal Coaching Development program.

Coaches will leave the project with:

- Enhanced leadership skills
- An ability to think critically, problem solve and make decisions
- A grounding in sport science and movement science
- An ability to apply science to their IDP Skater and to the context in which they coach
- A clear understanding of their personal strengths and how to use them

This project is designed to have a lasting impact on each coach’s career. The emphasis for the coaches is on development or change. Success in the project will be measured by each Coach’s ability to develop their Coaching approach. The project expects that it will impact on many skaters who are not in the project. When you develop a coach, you impact on all their home club skaters for decades to come.

#### Structure

There are eight on site sessions in Ostrava (2 sessions x 4 years) during the life of the project. The sessions are integrated such that session 2 builds on session 1, session 3 builds on sessions 1 and 2, and ultimately session 8 builds on the previous 7.

One cornerstone of the project is coach education. The strength of the project is to develop the coaches’ knowledge of basic skating skills and turning mechanisms. These fundamental skills will form the base that we will build on to create the successful performance of triple and quad jumps.

#### Plan Objectives over life of Project

1. To focus on the young person as well as technical training
2. To increase the commitment of young skaters to competitive figure skating
3. To develop a positive training environment that incorporates fun 4. To acquire new elements, consolidate those already learned, while refining gifted elements, and in some cases creating their own specialty
5. To consolidate artistic performance
6. To develop a solid conditioning base (speed, strength, endurance, flexibility)
7. To further develop the mental skills of focusing and of managing negative anxiety
8. To ensure good basic skill execution prior to the PHV growth spurt
9. To develop and consolidate a choreographed program tailor-made to the individual skater
10. To design and execute a competition plan tailored to the needs of the skater

## Strategies:

- Mentoring according to individual needs with focus on precision, quality and performance.
- Interaction between participating groups and between groups and facilitators.
- Demonstrating coaching and training techniques using a guest demo skater of a high junior international level
- Individual consultations with facilitators
- Q & A sessions/workshops involving various groups of participants
- Smaller skating groups / targeted grouping
- Off-ice physical work that is based on learning "show to" train, and not intended to fatigue the skaters
- Developing musical, choreographic and presentation choices
- Establishing mental training as a part of the daily training routine

## Location and timeline

**Project start:** May 2014,  
**Project completion:** August 2017

The activities take place in **Ostrava, Czech Republic** twice yearly for four years.

The **training camps** take place in **May and August** annually.  
The first camp takes place in May 2014.

For more information about the location and facilities, you may like to visit the Ostrava CEZ ARENA website: <http://www.arena-vitkovice.cz/>

## Participants and Criteria

Each federation may send:

**4 skaters**  
**4 coaches**  
**1 judge**  
**1 technical controller**  
**1 technical specialist**

### Skater:

1. Up to four skaters per country, accompanied by their own coach.
2. Must have reached the age of 11 yrs by 1st May 2014, and not yet have reached 15 yrs by 1st May 2014. - In exceptional cases, younger skaters may be accepted on the basis of video documentation.
3. It is desirable that the skaters continue for the full term of the project.
4. Each country is free to choose the skaters they evaluate as having the physical attributes, skating skills and mental attitudes to match the projects targets "V" and who match the skill level guidelines below .
5. Skaters may only participate with their coach.
6. Skaters will be willing to work hard, have a positive attitude to training and be cooperative.
7. Skaters selected by the association should have shown a significant improvement in their skill level in the last twelve months.

Skill level **guidelines** for skaters:

Age 11 & 12 years (girls&boys)	Have mastered all double jumps and be at least working with 2A
Age 13 years (girls&boys)	Be able to perform 2A and be working with 1-2 triple jumps
Age 14 years (girls)	Be able to perform at least 1 triple jump
Age 14 years (boys)	Be able to perform at least 2 different triple jumps

The **minimum skill level** for any skater joining the IDP with their coach:  
Have mastered 4 different double jumps.

In selecting the individual skater, focus should be directed on points 6. & 7. above.

During the camps the skaters will be divided into four groups according to pre sent skill level questionnaires.

**Coach:**

- Up to four coaches per country, each of whom will accompany their own participating skater(s).
- Coaches must be interested in and able to contribute to the material in accordance with the goal of the project.
- If for some unforeseen reason their skater is unable to complete the 4 years, the coaches may continue in the project.
- Coaches must be prepared to complete homework and tasks between the project's camps.

National focus should be directed at choosing coaches who are interested and committed to developing their coaching skills and who have skaters that fall into the category above.

**Judge/TC/TS:**

One judge, one TS, one TC from each country. These officials are preferred to be in a developmental stage of their career. i.e. young/new nationally rated.

**English will be the language used throughout the project.**

**Coaches and judges should be prepared and able to read, write and work in the English language and be Smartphone/tablet/computer literate.**

## **Curriculum and Activities 2014**

### **May Camp:**

1. Skating Mechanics (including edges and turning mechanisms)
2. Managing the Blade
3. Improving Basic Jumps and Spins Technique
4. Skating Skill Development
5. Designing a YTCRP / Technical / Tactical / Physical / Mental / Recovery
6. Positive is an Option

### **August Camp:**

1. Developing Observation Strategies
2. Combination Jumps
3. Combination Spins
4. Skating Skills Pattern Development
5. Non Traditional Off Ice Training for Competitive Skaters
6. Sequencing Training through the week and year
7. Enhancing your Skater's Self Esteem
8. Begin Interactions with Facilitators

## **Invited Guests**

### **MAY CAMP - May 6th to 11th(incl.)**

#### **Facilitators:**

Coach Education:  
Valerie and Barry Bartlett

Invited Specialists:  
Rafael Arutyunyan and Nathan Chen  
Peter Grütter  
Stephane Lambiel  
Brian Orser

Judges Course:  
Vera Tauchmanova

### **AUGUST CAMP - August 5th to 10th (incl.)**

#### **Facilitators:**

Coach Education:  
Valerie and Barry Bartlett

Invited Specialists:  
Victor Kudriavtsev  
Stephane Lambiel  
Alexander Lakernik  
Sissy Krick

Judges Course:  
Vera Tauchmanova

## **Judges and Technical Officials Course**

Both camps in 2014 will consist of four days for judges and technical panels.  
The idea is to refine judging tools.