

2022-2023



**Skate
Manitoba**

Annual Report Book

Report – Executive Director

Submitted by Rosalyn Bauer

If I had to choose just one word to describe the 2022-23 skating season for Manitoba it would be 'Growth'.

Manitoba athletes and coaches achieved unprecedented personal and athletic growth during this past season. Medals were claimed at events across Canada and even internationally. The dedication of our athletes, their coaches, support teams and families are inspiring. Congratulations to each and every skater who set a goal this year and worked towards achieving it!

Manitoba gained 3 new Learning Facilitators during the season: Teddi Garvey, CanSkate; Dana McKee, Regional; and Kevin Dawe, Provincial. We said farewell to Megan Foster as our long standing CanSkate facilitator and celebrated her achievements. These amazing coaches, including Tammy McKay, Regional learning facilitator delivered a total of 6 courses to coaches in Manitoba. We also offered CanPowerSkate (now PowerSkate) last spring which helped to increase delivery opportunities for participation in this program. Many positive changes have been made to the NCCP program over the last while which is helping to increase the number of coaches in Manitoba.

Our membership grew by 18% and reached over 5000 people. It is through the passion and dedication of our Clubs, Skating Schools and their coaches that Skate Canada programming is made available in so many communities across our province, thank you for all that you do! A special congratulations goes out to Minnedosa Skating Club and Elizabeth Kenton on being the winners of their respective category for Skate Canada's National Contest! A shout out goes to Skate Winnipeg as well, who received an honorable mention for their video submission.

Competitions in 2022 and 2023 grew this season as well. Skate Manitoba made changes to align with Skate Canada's LTD and we welcomed the addition of a Provincial Championship that included Synchronized Skating. Stonewall Skating Club, Rock Lake Skating Club, Morden Figure Skating Club and Portage Skating Club, we thank each of you for hosting a section competition, welcoming skaters, their families and friends, officials and coaches to your communities. Special thanks also goes out to those clubs who offered funskate events this season for providing additional opportunities for skaters and teams to come have fun showcasing their skills.

For the first time in over two decades Manitoba was host to a National competition, the Junior/Senior Challenge in Winnipeg. This large event welcomed athletes from across Canada who were vying to earn a place to compete at the Canadian Tire National Skating Championships. The success of this event was no small feat and could not have been possible without the incredible volunteers who so selflessly gave their time all week. We are so very grateful to each and every one of you! A National event provided growth to our section as well. Educational opportunities were offered for Manitoba officials and coaches, on site training of event technicians (audio and camera operation), and the experience of a National event and its operations are all leaving a lasting impact within our section.

Organizationally, Skate Manitoba itself has been through much growth as well. A priority in our strategic plan, Organizational Excellence, took centre stage for our Board of Directors this season.

Review of policies, committees and by-laws occurred with Sport Law and the new by-laws are being presented to the membership at the upcoming AGM on May 8th. We also saw many changes in the office this past season. We said farewell to long standing staff members Shauna Marling, Cadfan Edwards and Lois Kreutzer, grateful for all of their contributions over the years, and we welcomed Amber Lotz as Technical Director and for a short time, Cathy Ambrozik as Events and Administration. As for myself, the journey from Events and Administrative Coordinator to Executive Director has been full of growth and learning. I am so appreciative of all of the support our skating community has bestowed. Skate Manitoba has been challenging the 'status quo' and putting itself out there to try new things, to grow. As we do this, mistakes will, and have happened, but it is through these mistakes that we learn even more and come back stronger than ever.

We are 'Better Together'. Through teamwork, collaboration, commitment to excellence and a respect for all involved, Skate Manitoba will continue to grow in all areas of our organization, but we cannot do it alone. I encourage you to become involved in our growth, whether through becoming a member of a committee or volunteering at an event (seminar, competition, awards celebration), we need your passion for skating, unique perspective and ideas for continued excellence.

As I close out the season much appreciation goes out to our board of directors, our committee chairs, the members of our committees and our officials. Without your dedication, knowledge and generosity we would not be where we are today. Thank you for the completion of hundreds (possibly thousands) of tasks, delivery of a multitude of programming for stakeholders, the hosting of competitions, providing monitoring & feedback to athletes, and the all around support of one another and skating in Manitoba.

Thank you for an incredible season!

Report – Technical Director

Submitted by Amber Lotz (and Cadfan Edwards from previous reports this season)

Team TOBA

The main directive of in the 2022-23 season was to ensure Skate Manitoba was moving towards an alignment with the LTD within our Team Structure. This was accomplished by:

- i. Increasing the requirements for entry of the High-Performance Team
- ii. Increasing the requirements for entry to the Development Team
- iii. Removing Junior from the Development Team Structure
- iv. Building a STAR 6-Gold team in the first phase

The decisions above are vital not only for alignment with LTD but are also important in satisfying our funding partners. This also allows us as a Section to provide programming that is more specific and appropriate for the levels of skaters we serve. There was an anticipated decrease in numbers at the higher level, however the result will be a less diluted experience for those athletes and coaches.

IMPACT:

Team	# of Applicants	Accepted Team Members
High Performance	12	8
Development	10	8
STAR 6-Gold	16	20

Although the requirements were clear in the application process, the membership at large struggled with the change. What is reflected above is a large proportion of athletes who applied for teams for which they did not qualify. Some of those athletes accepted positions on the STAR 6-Gold Team, while some opted to not have a position on the team in any capacity if not offered High Performance or Development.

Programs

Program	Budget/ Completion	Notes
Junior/ Senior Simulations	Complete	Junior simulations have been completed. The event was officiated by Amber Lotz, Trevor Crowe, Cadfan Edwards, and Stephanie Lafleur (via Zoom).
Pre-Novice/ Novice Simulations	Complete	simulations were completed in conjunction with Sectionals A. The event was officiated by Amber Lotz, Shannon Downing, and Kevin Reynolds.
Virtual Series	Incomplete – Mainly due to staffing changes. No financial impact	Virtual series has been planned (dates being finalized) to utilize Strength and Conditioning specialists, Sports Psychologist, and Nutritionist. The series will wrap up with an in-person day with all three.
Strength and Conditioning Testing	Incomplete – Mainly due to staffing changes. No financial impact	Strength and Conditioning testing will come in well under budget. A plan to introduce a proposal to the executive to re-allocate additional funds will follow.
Development/ High Performance Day	Completed. – Slightly over budget but incorporated some elements missed in cancelled programming.	Seminar was held in Winnipeg with Paul Parkinson, Linda Little, and Nicole Kuzmich on March 11 th .
Out of Province Subsidy	Complete Under Budget	We saw athletes compete outside of the province (as well as train) this summer, however not to the number anticipated. This will not be a program we can run next season as our funding requirements have changed.
High Performance Funding	Ongoing ON Budget	The High-Performance funding model has been adjusted and approved by the Executive. The new amount and directive is built to support Next Gen Team members, NPI (National Pairs Initiative) members, as well as Skate Canada's National Coach Mentorship program. The fund is reserved for costs associated with cost shares related to the aforementioned. \$1000 of the budget has currently been approved and distributed in accordance with the new parameters.

Results



Skate Manitoba's Team TOBA athletes have represented us well across summer series events, and throughout the Domestic and international Skating Season.

Some notable achievements from the season:

Canadians:

Ava and Yoni placed 2nd in Junior Pairs

Breken placed 7th in Junior Women

Novice Nationals:

David Howes Placed 1st in Novice Men

Challenge A:

Emma King Placed 31st in Senior Women

Breken Brezden Placed 10th in Junior Women

Challenge B:

David Howes Placed 1st in Novice Men

Cali Boychuk Placed 41st in Novice Women

Julia Xiao Placed 11th in Pre-Novice Women

Alison Convery Placed 43rd in Pre-Novice Women

Julia Xiao and Keith Lau placed 2nd in Pre-Novice Pairs

Jorja Best and Wyatt James Placed 18th in Pre-Novice Pairs

CMS

The internal CMS for Skate Manitoba has been in-place for several years, and we have plans to continue this moving forward. The internal CMS is important so that we are;

- a) Sending the appropriate level of talent forward through to Challenge
- b) Continuing to build viability in the STAR levels of competition

When constructing an internal CMS score, we factor in:

- i. Past blended scores achieved at a Challenge Level (by all athletes)
- ii. Current Skate Canada CMS
- iii. LTD

This year CMS scores were submitted by the Technical Director for review by the competitive committee.

Skate Canada has since reflected on their CMS score and is in the process of adjusting to accommodate the lower number of skaters we are seeing across the country, and to reflect the ripple effect of challenges presented by COVID.

Once those numbers are complete, the Technical Director in consultation with the Competitive Committee will review and complete an internal CMS for this years Sectional Events.

Anticipated scores are as follows: (Subject to change)

Internal Score	Women	Men
Pre-Novice	21	19
Novice	25	25
Junior	32	30
Senior	38	40

It is important to note that if we fill our quota, all entries must have the National CMS. If no athletes have the score, then we resort to our internal score for a guaranteed entry for participation.

Report – Membership

Submitted by Rosalyn Bauer

This fiscal year (April 1, 2022 to March 31, 2023) Skate Manitoba reached 5000 members! In the 2022-23 skating season we are home to 49 clubs, 6 skating schools and 147 registered coaches. Manitoba saw substantial increases in the following programs:

- CanPowerSkate increased from 245 in 2021-22 season to 327 this season
- STARSkate increased from 763 in 2021-22 to 854 this season
- CanSkate increased from 2933 in 2021-22 to 3761 this year

Total membership numbers per Club/School between April 1, 2022 and March 31, 2023

Altona Skating Club	112
Arborg Skating Club	34
Ashern Figure Skating Club	38
Beausejour Skating Club	99
Birtle Figure Skating Club	33
Boissevain Figure Skating Club	48
Carberry Figure Skating Club	78
Carman Skating Club	112
Century Skating Club	165
Deloraine Skate Club	49
East St. Paul Figure Skating Club	300
Elkhorn Figure Skating Club	42
Flin Flon Skating Club Inc.	3
Foxwarren Figure Skating Club	13
Grunthal Figure Skating Club	77
Hartney Figure Skating Club	50
Hazelridge Figure Skating Club	114
Holland Figure Skating Club	48
Kenton Skating Club	63
Killarney Figure Skating Club	60
La Broquerie Skating Club	89
Lundar Skating Club	47
Melita Figure Skating Club	56
Minnedosa Figure Skating Club	71
Morden Figure Skating Club	129
Neepawa Figure Skating Club	57
Niverville Skating School	91
North Star Skating School	75
Notre Dame De Lourdes Figure Skating Club	59
Portage Skating Club	132
Reston Figure Skating Club	21
RINK Figure Skating Academy	225

River Skating Club	43
Roblin Figure Skating Club	33
Rock Lake Skating Club	48
Russell Figure Skating Club	66
Seine River Skating Club	148
Selkirk Skating Club	110
Skate Brandon	309
Skate Dauphin	152
Skate Gillam	63
Skate Interlake	59
Skate Stony Mountain	54
Skate Thompson	171
Skate Virden	205
Skate Winnipeg	391
Souris Figure Skating Club	49
St. Norbert Community Centre Skating School	47
Steinbach Figure Skating Club	73
Stonewall Skating Club	68
Teulon Skating Club	35
The Pas Skating Club	128
Waskada Figure Skating Club	31
Winkler Skating Club	124
Winnipeg Winter Club Skating School	4

Demand for CanSkate and Adult programming was high in Manitoba, and across Canada, as many of our Clubs and Schools had waiting lists for programming. The office fielded many calls for Adult programming as well as people looking for CanSkate. If your club or school offers Adult programming please reach out to Skate.Exec@sportmanitoba.ca and let us know about your program(s) and who people can reach out to as we may need to put a page on our website to help connect adults with programming.

Report – Audio & Event Technicians

Submitted by Stan Yee

Audio Committee consists of Bruce McCausland and Amber Lotz. Events attended Provincially, Nationally and Internationally:

- Apr 2022 Grassroots Bursary held at The Winnipeg Winter Club
Artistic Swimming Canadian Nationals in Saskatoon

- May 2022 Victoria Day Invitational in Vancouver
Ice Summit in Quebec City
Challenge A site visit with Skate Canada to Seven Oaks Arena

- Aug 2022 Summer Skate in Burnaby, BC
Summer Skate in Winnipeg at the Dakota Arena
Artistic Swimming Junior Worlds in Laval, QC

- Oct 2022 Skate Canada International in Mississauga

- Nov 2022 Sectional A in Stonewall
Super Skate in Winnipeg
Skate Canada Challenge A in Winnipeg

- Dec 2022 Sectionals B & Gordon Linney Open in Portage la Prairie

- Jan 2023 Virden Fun Skate
Canadian Tire Skate Canada Nationals in Calgary
Crocus Invitational in Morden

- Feb 2023 Winter Blast in Pilot Mound
ISU Junior Worlds in Calgary

- Mar 2023 Stony On Ice in Stony Mountain
Provincial Championships in Portage le Prairie
Site visit to Niverville for potential future competition site

It has been a busy season with Covid behind us. It was great to see everyone return to the rinks and competition participants increase. Hopefully next season will even be better.

We are in desperate need of music and announcers to join the audio group.

A big thank you to all the LOCs and volunteers who helped us this season.

Report – Judges/Evaluators/Technical Panel

Submitted by Kaitlin Smith

Committee Members: Brenda Sokoloski, Shelley Meakin, Diane Harder, Karren Antymniuk, Linda Little, Amber Lotz (TD), Diane Brine (SCMB Chair)

Strategic Priorities: Grow the membership and increase technical knowledge

Initiatives:

Novice Synchro Clinic – the strategic priority addressed was to grow the membership. The goal was to increase the number of officials in the synchro stream. There were 8 participants; 6 new to synchro judging, one coach for PD, and one existing synchro judge to increase their knowledge. The clinic was hosted at the Sport Manitoba building in Winnipeg and Sabrina Wong was the facilitator. It was held Sept 31st – Oct 1st 2023. All participants were successful in the clinic, and next steps were given. The hope is to continue to support these individuals to complete these next steps in becoming synchro officials.

Base Level Technical Clinic – there were issues with attaining clinicians for this clinic so it was not ran

Star 1-4 Event Assessor Clinic – there was not enough interest so the clinic was not ran

Star 6-Gold Assessor Clinic – there was not enough interest so the clinic was not ran

Challenge Training Support – no officials at the Senior level were interested/available to do challenge training

Special Projects

- **Challenge Trial Judge Program:** the strategic priority addressed was to increase the technical knowledge of officials as well as grow the membership. There were 6 participants who were all varying levels of officials ranging from Juvenile to Senior Singles Invitational. Erin Chellew was the facilitator and the program ran during Skate Canada Challenge at Seven Oaks Arena in Winnipeg. The participants were able to increase their knowledge around officiating in the support, with extra focus on the new PC's debuted this season. One official came out of the program with a promotion to Senior Sectional Singles. JET feels this program was extremely beneficial in developing our officials and feels it was a good use of resources.
- **Technical Panel Phase 1 Clinic:** the strategic priority addressed was to increase the technical knowledge of officials. We sent one participant to Edmonton in June 2022 to the Phase 1 clinic. The facilitators were Devan Nychka and Mark Scott. The individual we sent gained valuable knowledge of technical panel processes. We will continue to support this individual in their learning.

Report – Synchro Committee

Submitted by Amy Jackson

Committee Members: Tammy McKay, Pam Parker, Kyla Itterman, Marj Beddall, Jayde Jonnasson, Jacquie Enns

- **Strategic priority #1**
 - Synchro Technical Seminar
 - Giving opportunity for our skaters to grow their skills individually as well as working on team elements.
 - Date: October 22, 2022
 - Location: Morden, MB
 - Facilitator: Nicole Burt
 - Participants: 45 skaters [incl. 4 coaches]
 - Under budget
 - Did the committee feel that it achieved advancement in the strategic priorities they were trying to advance.
 - Yes. Teams were able to work on different elements and skills that they were then able to incorporate into their programs, some for the first time.
 - Feedback was gathered and it was a positive experience for all.

- **Strategic priority #2**
 - Financial Aid to cover cost of Mileage for synchro skaters to present at Star Seminar
 - Date: October 15, 2022
 - Location: Portage la Prairie, MB
 - Facilitator: Members of Wheat City Connection Adult 1 team

- **Strategic priority #3**
 - Synchro Monitoring
 - An opportunity for coaches and their teams to skate before 2 T.S. and receive feedback on their programs, which would allow changes and improvements to be made prior to the start of the competitive season. Date: October 22, 2022
 - Location: Portage la Prairie, MB
 - Facilitator: Megan Maxwell & Chelsey Schaffel
 - Participants: 5 Teams [3 Adult 1 teams, 2 Star 8 teams]
 - Over budget
 - Did the committee feel that it achieved advancement in the strategic priorities they were trying to advance.
 - Yes. Teams were able to get feedback on their individual elements as well as their programs so they could make any necessary changes to their elements/programs before competition.

Report – Canada Winter Games

Submitted by Rosalyn Bauer

Congratulations to all participants in the 2023 Canada Winter Games held in PEI this past March. This massive multi-sport event, which resembles a mini Olympics, only occurs every four years!

Team coaches and manager were selected in October 2022 and they got to work immediately to begin providing and create programming for athletes. All applicants were invited to a Meet & Greet with team building in November and the final team was selected during the Pre-Novice Novice Sectional Championship. A training camp was put on by the coaches and manager to help prepare athletes for this experience.

Manitoba sent a team of 7 athletes and our 3 team staff to PEI, and had one alternate ready to step in.

Jorja Best & Wyatt James – Pre-Novice Pairs

Keith Lau & Julia Xiao – Pre-Novice Pairs

Orren O’Neill – Pre-Novice Men

Alison Convery – Pre-Novice Women

Sadie Graetz – Pre-Novice Women

Ky-Lynn Jenner – Pre-Novice Women Alternate

Congratulations to Keith Lau and Julia Xiao on bringing home the Gold in Pre-Novice Pairs! For full results please see [Canada Winter Games Results](#) webpage.

Debrief with Games staff occurred following the Games to go over success and ideas for future team staff and athletes.

Much thanks and appreciation goes out to Brooklyn Parker, Mattina Lisi and Paul Parkinson for being an amazing Games Team Staff!

Report – Section Events

Submitted by Rosalyn Bauer

This season saw many changes to the competition calendar as we adapted to the new LTD and strived to align with its recommendations. This saw the split of Sectionals into Junior/Senior and Pre-Novice/Novice as well as the inclusion of synchro into more competitions and a Provincial Championships for STAR, Adult and Synchro.

With reduced capacity in the office this past season competition management was more challenging. Goals heading into the new season are increased communications with our LOC hosts and increase support.

This season the Officials Development fee was increased from \$1.00 per skater to \$3.00 per event. This money goes directly into the development of Manitoba officials. It made possible a Novice Synchro Clinic and Senior Judges Clinic during Challenge this past season with much more training coming in 2023-24. Our Section is looking for dedicated and passionate people who are interested in pursuing becoming an official, competitions do not happen without them, as we have experienced this season.

A Technology Fund of \$7.00 per event was introduced mid season. Technology is used with increasing frequency and demand at competitions and events, and it is crucial that we are able to fund repairs, purchases, training, retention, and advances/upgrades when needed. This fund goes to support the Data Committee, Event Technicians Committee and other competition related technology needs. We have received feedback from families that they would like to see these fees included in the competition price, rather than broken out line by line. We will make that change for next season.

Live streaming of our events were planned for three competitions. Junior Senior Sectionals, Pre-Novice Novice Sectionals & Gordon Linney Open, and Provincial Championships. We did experience technical difficulties with internet which did not allow live streaming to happen at Sectionals & Gordon Linney Open, but between our other events we had over 8,000 views! We look forward to continuing to provide this service at our events with hopes to make available videos for purchase at next year's Provincials. Interested in learning more about Production? Cameras and Live Streaming (VMix) are fun ways to be involved in competitions. Connect with the office to learn more.

We are so very grateful to all of our LOC's and hosts this past season for the tremendous job they did welcoming all of us to their clubs and communities. Below is a summary of profits (losses) from the Section events. After many attempts to secure a virtual panel, coming up short each time for officials, it has been decided to not continue pursuing for this season. For next season we have reviewed/consulted with a National calendar of synchro events to ensure that we are not hosting events on weekends where multiple sections are also hosting, where possible. We recognize not only the disappointment that teams faced but also a break in trust. We strive to deliver meaningful competition experiences and deliver the product that was paid for. We will do better for our synchro community.

With the implementation of much change also came some missed opportunities. We have received wonderful feedback from the skating community on changes to medals ceremony for Junior/Senior Sectionals and Provincial Championships moving forward, and suggestions for increased value for

Synchro teams participating at Provincials. We appreciate the brainstorming and ideas and look forward to putting them into action this season.

Skate Manitoba was the host of Skate Canada's Junior Senior Challenge. It takes many people to put on a National event and we cannot thank enough the over 125 volunteers who came out that week to make it happen. Special thanks goes out to the following LOC committee chairs who took on extra roles that made all the difference to the event and our volunteers:

- Kristjan Kosheluk, LOC Chair, Logistics
- Megan Maxwell, Volunteer Recruitment
- Don Brown, Transportation
- Shannon Roy, Hospitality
- Lorraine Baxter, Hotel
- Betty Anne Wilkinson, Security
- Keith Brine, Airport
- Shelley Meakin, Diane Harder and, Ice Operations
- Karren Antymiuk, Awards
- Jacqueline Enns, Promotions
- Amber Lotz, Logistics

Once again copious amounts of gratitude goes out to our Section competition hosts, you were all amazing! Thanks goes out to the clubs who held fun events for CanSkate or funskates for STAR, we appreciate your passion and dedication.

Thank you for a great competition season and looking forward to building on what we have learned to provide an even better experience this upcoming year!

2022-23 Skate Manitoba Competition Profits (Losses)

Competition	Date(s)	Location/Host	Grant Allocated	Club Share	Section Share
Synchro Champs Virtual	April 2022	Virtual / Skate Manitoba	N/A	N/A	\$4870.58
Junior Senior Sectionals	November 2022	Stonewall / Skate Manitoba	\$600 Stonewall	N/A	\$(8336.06)
Skate Canada Challenge	November December 2022	Winnipeg / Skate Manitoba	N/A	N/A	\$10,000.00
Pre-Novice Novice Sectionals & Gordon Linney Open	December 2022	Portage la Prairie/ Portage Skating Club	N/A	\$2085.42	\$1390.28
<i>Crocus Open</i>	<i>January 2023</i>	<i>Morden / Morden Figure Skating Club</i>	<i>N/A</i>	<i>\$7951.50</i>	<i>\$0-(300.00) ongoing</i>

				<i>(not derived from registrations)</i>	
Winter Blast	February 2023	Pilot Mound / Rock Lake Skating Club	N/A	\$14,325.98	\$4000.00
Spring Virtual	March 2023	Virtual / Skate Manitoba	N/A	N/A	\$285.92
Provincial Championships	March 2023	Portage la Prairie / Portage Skating Club	N/A	\$17,431.40	\$4000.00

Report – Coaches

Submitted by Jessica Watson

Coaches Committee Report for Skate Canada Manitoba AGM 2023 **Error! Bookmark not defined.**

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Committee Name: Coaches Committee

Committee Members:

Chair Section Coaches' Rep	Jessica Watson
Alternate Coaches' Rep Parkland RCR	Michelle Janz
Central RCR	Jayde Jonasson
Eastman RCR	Betty Anne Wilkinson
Norman RCR	Sherry Hunter
North Westman RCR	Cindy Mahoney
South Westman RCR	Larissa Luptak
SCMB Representative	Rosalyn Bauer
Past Chair	Sarah Murkin-Debeuckelaere
Interlake RCR Winnipeg RCR	Vacant

Strategic Priorities:

The coaches committee worked towards the priorities to do with Improving Technical Leadership in our Province. This includes the “Grow the Membership” priority and the “Performance Pathway” priority.

Initiatives:

1) National Coaches Week: YTP training workshop

Initiative:	YTP Workshop: National Coaches Week September 23, 2022
Strategic Priority:	Grow the Membership <ul style="list-style-type: none">• Improve technical expertise of Star Coaches Performance Pathway <ul style="list-style-type: none">• Increase number of coaches at the High Performance level
Goal:	To celebrate National Coaches Week with a learning opportunity, bring coaches together, and help teach strategies specific to creating a Yearly Training Plan (YTP) . September is when many coaches are getting back on the ice and planning for the season ahead.
Overview:	Jeff Wood from Sport Manitoba led a 2-hour virtual workshop for coaches on creating a YTP for their skaters. There were approximately 20 SCMB coaches who participated in the program from Regional, Provincial, and National coaches. The workshop was well received. A special initiative grant from Sport Manitoba helped offset the cost of the workshop to be offered for free to coaches during National Coaches' Week. Coaches who participated also received mailout swag from Sport Manitoba, a coach notebook and lanyard.

2) LTD Mental and Self-Skills Education Series - Video Launch Parties

Initiative:	LTD Mental and Self-Skills Education Series - Video Launch Parties
Strategic Priority:	Grow the Membership <ul style="list-style-type: none">• Improve technical expertise of Star Coaches Performance Pathway <ul style="list-style-type: none">• Increase number of coaches at the High Performance level

<p>Goal:</p>	<p>Educate coaches on mental and self skills from Skate Canada’s LTD. Increase sport psychology literacy and competency among coaches.</p>
<p>Overview:</p>	<p>With the help of the 1992 Grey Cup Legacy Fund grant, SCMB Coaches Committee contracted Lindsay Berard and her team from Toogood Consulting to create a series of 8 videos to dive into teachings and topics based off of Skate Canada’s LTD Mental and Self Skills Modules.</p> <p>Lindsay and her team put together 8 videos, approximately half an hour each, and corresponding coaches workbooks, to walk coaches through the concepts and explain various exercises they could do with their skaters.</p> <p>The videos were launched in 8 online virtual “launch parties” throughout the 2022-2023 Fall/Winter skating season on various days of the week. A member of the coaches committee hosted and facilitated the launch party and coaches discussed the content presented.</p> <p>Lindsay Berard was able to join one of the calls in January and also attend a Coaches Meeting in person at Provincials in March.</p> <p>The video topics were:</p> <ol style="list-style-type: none"> 1. Environmental Requirements; Autonomy, Competence, Connectedness 2. Mental Skills: Introduction and Fundamentals, Overview of Mental Skills, Goal Setting, and Self Talk 3. Mental Skills; Mind Strategies and Imagery 4. Mental Skills - Managing the Self; Arousal Management, Emotional Regulation 5. Psychological Qualities - Mindset and Evolution Through Sport; Positive Attitude, Resilience, 6. Psychological Qualities - Raising Self and Other Up; Awareness of Self and Others, Confidence 7. Interpersonal Competencies – Personal; Balance and Self-Management, Leadership, Communication Skills, Receiving Feedback 8. Interpersonal Competencies – Close Others and Extended Network; Athlete/Parent-Coach Relationships, Social Media and Communication Guidelines, Team Environment <p>The videos will be available on YouTube for coaches to watch throughout the years and can currently be found on the SCMB website under coach seminars. https://mbskates.ca/coaches/coach-seminars/ ‘</p> <p>We saw 48 live coach attendees throughout the 8 video series and more views at home.</p>

3) SCMB Coaches Facebook Group

Initiative:	SCMB Coaches Facebook Group
Strategic Priority:	Grow the Membership <ul style="list-style-type: none"> • Technical Leadership
Goal:	Increase communication and collaboration amongst Manitoba Coaches.
Overview:	<p>Launched in late August 2022, the goal of this Facebook group was to have a central communication platform where coaches in Manitoba could connect, network, learn, and stay up-to-date.</p> <p>https://www.facebook.com/groups/303450165294071</p> <p>Coaching news and updates have been shared to the group, coaches have been invited to participate, and currently there are 64 members in the group. This has been a good “go-to” place for coaching information and advice as needed.</p>

4) Coaches Mingle and Meeting at Provincials

Initiative:	Coaches Mingle and Meeting at Provincials
Strategic Priority:	Grow the Membership <ul style="list-style-type: none"> • Improve technical expertise of Star Coaches Performance Pathway • Increase number of coaches at the High Performance level
Goal:	Provide an opportunity for Manitoba coaches to meet, network, relax at our large provincial competition. Also to build off of the year of learning about the LTD Mental and Self Skills and get a chance to learn from Lindsay Berard in person and ask questions.
Overview:	<p>March 17th, Portage Stride Centre @ Manitoba Provincial Competition</p> <p>Coaches Mingle: On the Friday night of the competition, coaches were provided an opportunity to come and network, relax and have some pizza, and learn from Lindsay in person.</p> <p>Scheduled for 45 minutes of networking and 1 hour learning time with Lindsay.</p> <p>The delay in the competition schedule and the extreme weather that day pushed all schedules back but the coaches were still able to meet</p>

	<p>and have meaningful conversation with each other and Lindsay.</p> <p>Approximately 12 coaches attended. More indicated they wanted to but weather had them leaving early to make it home safely.</p>
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5) Provincial Coach Apprenticeship Program (PCAP)

Initiative:	PCAP at Skate Canada Challenge
Strategic Priority:	<p>Grow the Membership</p> <ul style="list-style-type: none"> • Improve technical expertise of Star Coaches <p>Performance Pathway</p> <ul style="list-style-type: none"> • Increase number of coaches at the High Performance level
Goal:	Provide coaches with behind the scenes mentorship at the Skate Canada Challenge competition (the first Skate Canada competition hosting in Manitoba for many years).
Overview:	<p>On December 2nd and 3rd, SCMB with the assistance of Skate Canada hosted a PCAP program for Provincial Coaches in the province. 5 coaches paid to attend the program and funding was also provided by Skate Canada to assist with the facilitation.</p> <p>Coaches learned from National and International level coaches, officials, and Skate Canada Staff about a variety of topics related to high performance coaching and LTD. This was a rare and invaluable opportunity for the coaches who attended.</p> <p>Speakers ranged from Manon Perron, Shae Zukiwsky, Andre Bourgeois, Karen Howard, Josee Bourdon, and some other special guests.</p> <p>Coaches were able to observe Junior and Senior practices and competitions with feedback and commentary from facilitators as well as participated in classroom sessions.</p>

6) Synchro for Coaches @Star Seminar

Initiative:	Synchro for Coaches Session at Star Seminars
Strategic Priority:	<p>Grow the Membership</p> <ul style="list-style-type: none"> • Improve technical expertise of CanSkate and Star Coaches

Goal:	Provide an on-ice opportunity to do a synchro coaches session at the star seminars to help coaches feel more confident leading synchro classes in their star programs.
Overview:	<p>These sessions did not run as intended. This was a partnership with other committees (Star and Synchro).</p> <p>2 of the star seminars were canceled this year.</p> <p>The one star seminar that did run, changed the session to a lunch time session to teach coaches. This also changed into watching synchro videos at lunch and discussion. None of the original funds were allocated to this initiative as it was not delivered as intended.</p>

7) Synchro for Coaches Video Resources

Initiative:	Synchro for Coaches Video and Workbook Resources
Strategic Priority:	<p>Grow the Membership</p> <ul style="list-style-type: none"> • Improve technical expertise of CanSkate and Star Coaches
Goal:	<p>Since the Synchro for Coaches at Star Seminars did not run, we pivoted to deliver something on this initiative.</p> <p>Goal is to provide video resources for star level coaches to help them feel confident on how to run synchro star sessions in their club and teach various elements, holds, and drills.</p>
Overview:	<p>Partnering with the University of Manitoba Ice Intrepid Synchro Team, Ice Intrepid is creating 6 foundational videos for Manitoba Coaches to help them teach synchro on ice.</p> <p>The videos include:</p> <ol style="list-style-type: none"> 1. Getting Started 2. Basics of Skating Together 3. Basics of Skating in Shapes 4. Skills and Drills On Ice 5. Fun and Games (on or off) 6. Advice for Synchro Coaches <p>As well as a Coaches Document / Planning Book that will help coaches plan ice sessions and understand synchro elements.</p> <p>This initiative is actively being created with the goal to release to coaches Summer of 2023.</p>

8) Coach Award Nominations

Initiative:	Coach Award Nominations
Strategic Priority:	
Goal:	Recognize Coaches and Coach Developers in our Province who have been achieving excellence
Overview:	<p>NCCP Coach Developer award submitted for Megan Foster after her 10+ years as a key coach developer in our province. Megan received the national honor and was recognized at the SCMB Awards Ceremony in April.</p> <p>International Coach Award nominations with Sport Manitoba submitted for Kevin Dawe for his international assignments and world entries with skaters this season.</p>

9) Coaching Fee Guidelines

Initiative:	Coaching Fee Guidelines
Strategic Priority:	Grow the Membership
Goal:	Create and provide a resource for coaches and clubs to assist on setting coaching rates for coaches in Manitoba.
Overview:	Coaches Committee has created a comprehensive survey to collect fee data from coaches. They are working on creating a guideline for coaches and clubs to use when setting coaching rates. The CC intends to have this ready to release for Summer 2023.

Did the committee feel that it achieved advancement in strategic priorities?

Yes, it was important this year to connect coaches and get “back on track” after the disruptions that the pandemic had caused in our skating communities.

Additional Thoughts:

A goal of the Coaches Committee was to increase communication and collaboration amongst coaches in our province. We feel we met this goal by providing low-cost opportunities for coaches to connect throughout the year and by creating a safe space to ask questions, share ideas, and learn from each other.

Report – Regional Directors/Membership

Submitted by Kristjana Kosheluk

Unavailable at time of print