

# Team MANITOBA and Team TOBA

2024-2025

Team Programming & Criteria



# MB



# Team MANITOBA

ATHLETE DEVELOPMENT

Train to Train, Train to Compete and Train to Win

## Who is Team MANITOBA?

Skaters who earn their  
way to a Qualifying  
Competition:

**Singles-** Pre Novice, Novice,  
Junior and Senior

- \* Train to Train
- \* Train to Compete
- \* Train to Win

## Criteria:

- Pre Novice- complete STAR 5 freeskate and 15 and under
- Novice – complete STAR Gold freeskate and 16 and under
- Junior – complete STAR Gold freeskate and 18 and under
- Senior – complete STAR Gold freeskate and no age requirement

➤ Submit a Yearly Training Plan (YTP ) to the Technical Director

➤ Training On Ice during the summer months for a minimum of 4 weeks

➤ Meeting a % of the CHALLENGE MINIMUM SCORE or CMS



**MB**

# Who is Team MANITOBA?

Skaters who earn their  
way to a Qualifying  
Competition:  
Pairs, Dance and Synchro

- \* Train to Train
- \* Train to Compete
- \* Train to Win

## Criteria:

- Pre- Novice Pairs - complete STAR 5 freeskate and 17 and under
- Novice Pairs – must have passed STAR 10 freeskate and no age requirement
- Junior Pairs– complete STAR Gold freeskate and no age requirement
- Senior Pairs– complete STAR Gold freeskate and no age requirement
  
- Pre- Novice Dance- at least one partner must have passed complete STAR 5 Dance and 17 and under
- Novice Dance– at least one partner must have passed complete STAR 8 Dance and 20 and under
- Junior Dance– at least one partner must have passed the Gold A and Gold B Dance and 20 and under
- Senior Dance–at least one partner must have passed the Gold A and Gold B Dance and no age requirement
  
- Novice Synchro – Skaters 15 and under as of July 1<sup>st</sup>
- Junior Synchro – Skaters must have reached the age of 13 and under 19 as of July 1<sup>st</sup>
- Senior Synchro – Skaters must have reached the age of 16 as of July 1<sup>st</sup>
  
- Submit a Yearly Training Plan (YTP ) to the Technical Director
  
- Training On Ice during the summer months for a minimum of 4 weeks
  
- Meeting a % of the CHALLENGE MINIMUM SCORE or CMS



## CHALLENGE MINIMUM SCORE (CMS)

As set out by Skate Canada as of July 1<sup>st</sup>, 2023

- **Pre Novice** - Women-22    Men-19    Pairs-15    Dance – 15
- **Novice** -        Women-27.5    Men-26    Pairs- 19    Dance-18
- **Junior** -        Women-35.5    Men-35.5    Pairs-28    Dance-24
- **Senior** -        Women-40        Men-44.5    Pairs-36    Dance-40

Please note that skate Canada's CMS is subject to change. We will use current CMS as published on Skate Canada website.

# CMS Criteria to be on Team MANITOBA

## Additional information about the CMS to be eligible for Team MANITOBA:

Pre Novice – all who reach the CMS or within **25%** of the CMS

Novice – all who reach the CMS or within **20%** of the CMS

Junior – all who reach the CMS or within **15%** of the CMS score

Senior – must achieve CMS score to advance

**\*\* All Skaters who achieve the Challenge Minimum Score (CMS) or percentage of the CMS **between Sectionals 2024 and Sectionals 2025** are eligible for Team MANITOBA**

# Team MANITOBA Programming

2024 – 2025

## \* Virtual Sessions

Our focus is to provide inclusive quality programming according to the Long Term Development (LTD).

## 10+ VIRTUAL SESSIONS

May include but not limited to:

- Sport Psych
- Nutrition
- Safe Sport
- Body Positivity
- Rest & Recovery
- Concussions
- LTD
- Media Training

Additional Sessions:

- Jump Theory
- Jump Classes
- YTP
- Strength & Conditioning
- Flexibility
- Tech - Levels and Numbers
- Planning and preparing for Competitions
- Judge – Program Components



# MB

Meaningful  
Experience...Seminar  
opportunity to be held  
in December

Will be announced in  
early Spring



**MB**



## Team MANITOBA

### Programming:

- Monitoring
- Fitness Testing

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### Additional Programming:

- Seminars
- Simulations
- Other Activities

## Monitoring with Technical Director:

- Virtual submission(s) and/or in person

## Monitoring with an Official:

- Virtual submission(s)

## Strength and Conditioning:

- Spring fitness test accessible at Sport Manitoba

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\*\*Programming outside the Team will be paid for separately. The Technical Director will work hand in hand with the Train to Train committee working towards in person athlete development opportunities

# Team MANITOBA

## SWAG:

Team TOBA shirt

Access to purchase Team  
wear



# Team MANITOBA

\*\*All information is subject to change\*\*

## Registration and Team fees:



Deadline:  
May 10th 2024



Cost: \$250.00

- Programming is planned to begin in May 2024. We encourage you to register early to take full advantage of programming
- Payment options are available upon request
- No refunds



**Team  
TOBA**

**ATHLETE DEVELOPMENT**

Learn to Train and Train to Train

# Who is Team TOBA?

Age Requirement  
Assessment Criteria

- \*Learn to Train
- \*Train to Train

Criteria:

Age Requirement: as of July 1<sup>st</sup> 2024- must be 14 and under with one of the following:

- Pre Juvenile – must have passed complete STAR 5 freeskate assessment
- Juvenile - must have passed complete STAR 5 freeskate assessment
- Pre Novice - must have passed complete STAR 5 freeskate assessment
- STAR 5- must not have passed any part of the STAR 8 freeskate assessment
- STAR 6,(7),8,(9)- must have passed the complete STAR 5 freeskate assessment
- STAR 10 & Gold – must have passed the complete STAR 8 freeskate assessment

\*\* AND Submit a Yearly Plan to the Technical Director



**Team  
TOBA**

# Who is Team TOBA?

Age requirement  
Assessment Criteria

\*Learn to Train  
\*Train to Train

**Age Requirement: as of July 1<sup>st</sup> 2024- must be 14 and under with one of the following:**

Pre-Juvenile-at least one partner must have passed complete STAR 5 dance assessment

Juvenile Dance-at least one partner must have passed complete STAR 5 dance assessment

Juvenile Pair -must have passed complete STAR 5 freeskate assessment

Synchro Skaters – must have passed complete STAR 5 in any discipline and on a Team that receives a report card.

**\*\* AND Submit a Yearly Plan to the Technical Director**



**Team  
TOBA**

# Team TOBA Programming

2024 – 2025

## \* Virtual Sessions

Our focus is to provide inclusive quality programming according to the Long Term Development (LTD).

## 6+ VIRTUAL SESSIONS –

May include but not limited to:

- Sport Psych
- Nutrition
- Safe Sport
- Body Positivity
- Rest & Recovery
- Concussions
- Strength & Conditioning
- Flexibility
- Jump Classes
- Jump Theory
- Strength & Conditioning
- Flexibility
- Media Training
- LTD
- Planning and preparing for competition
- Officials - Program Components

Meaningful  
Experience...Seminar  
opportunity to be held  
in December

Will be announced in  
early Spring



**Team  
TOBA**





# Team TOBA

## SWAG:

Team TOBA gloves

Access to purchase Team wear

SWAG:

Access to purchase  
Team wear

Team TOBA  
Gloves

# Team TOBA

\*\*All information is subject to change\*\*



**Early Bird Deadline:  
September 10<sup>th</sup> 2024**



**Cost: \$185.00**



**Final Deadline:  
October 31<sup>st</sup> 2024**



**Cost: \$225.00**

Programming is planned to begin in September 2024.

- We encourage you to register early to take full advantage.
- Payment options are available upon request
- No refunds

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- Programming outside the Team will be paid for separately. The Technical Director will work hand in hand with the Learn to Train and Train to Train committees working towards in person athlete development opportunities. This may include:
    - Seminars
    - Simulations
    - Other activities



If you have any questions or require further clarification please reach out to Tammy McKay at [skate.td@sportmanitoba.ca](mailto:skate.td@sportmanitoba.ca)



**Skate  
Manitoba**