Team MANITOBA and Team TOBA

2024-2025 Team Programming & Criteria





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

MB

- 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

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 1st
- Junior Synchro Skaters must have reached the age of 13 and under 19 as of July 1st
- Senior Synchro Skaters must have reached the age of 16 as of July 1st
- > 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 1st, 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

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

CMS Criteria to be on Team MANITOBA

Additional information about the CMS to be <u>eligible</u> 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



MB

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

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

Will be announced in early Spring



Team MANITOBA

Programming:

- -Monitoring
- -Fitness Testing

Additional Programming:

- -Seminars
- -Simulations
- -Other Activites

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

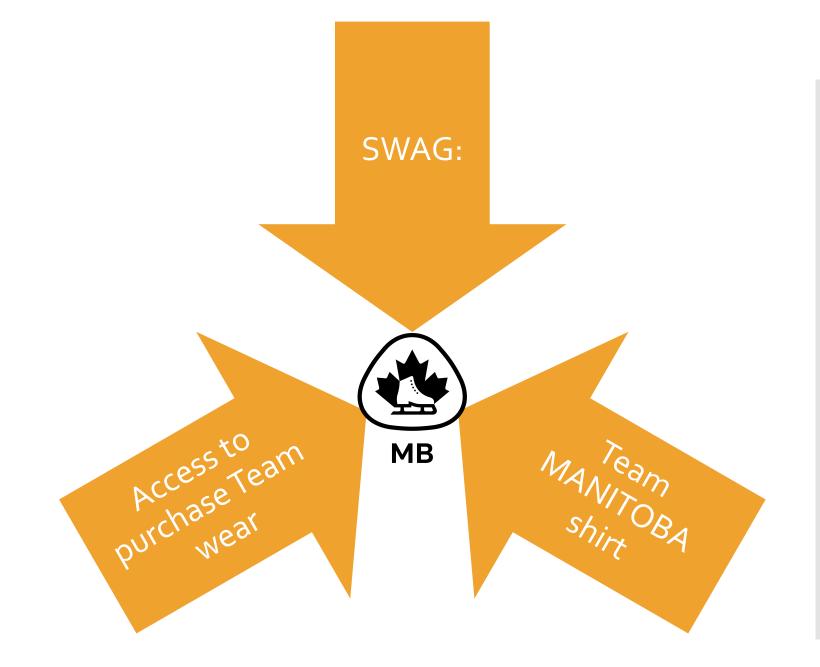
**Programming outside the Team will be paid for separately. The Technical Director will work hand in hand with the Train to Train committee working towards in person athlete development opportunities

Team MANITOBA

SWAG:

Team TOBA shirt

Access to purchase Team wear



Registration and Team fees:

Team MANITOBA



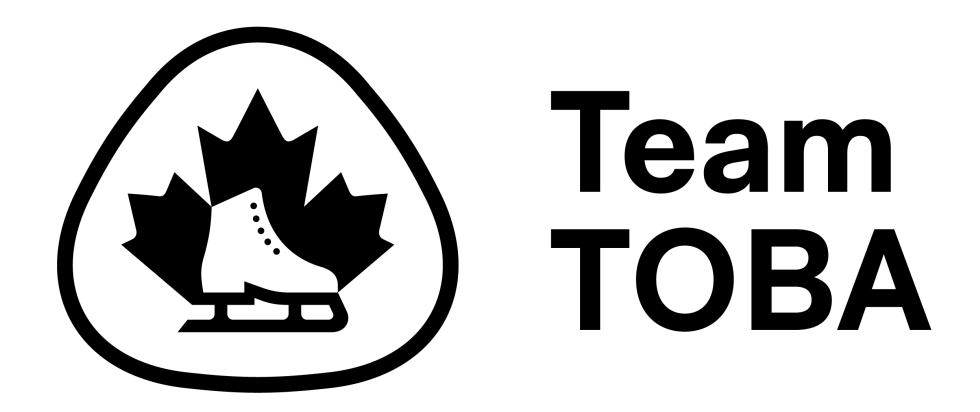
Deadline: May 10th 2024



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

All information is subject to change



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 1st 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



Who is Team TOBA?

Age requirement
Assessment Criteria

*Learn to Train *Train to Train

Age Requirement: as of July 1st 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 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



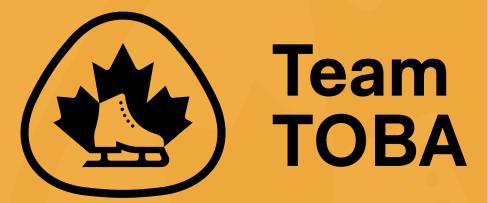
- Jump Classes
- Jump Theory
- Strength & Conditioning
- Flexibility
- Media Training
- > LTD
- Planning and preparing for competition
- Officials Program Components

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

Will be announced in early Spring



Team TOBA



SWAG:

Team TOBA gloves

Access to purchase Team wear



Team TOBA



Early Bird Deadline: September 10th 2024



Cost: \$185.00

All information is subject to change



Final Deadline: October 31st 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
- 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

