

## Team TOBA

ATHLETE DEVELOPMENT



Team TOBA Development

-what do we want

- Invest in Skill Development
- Offer Meaningful Experiences
- Improve Performance
- Support Coaches
- Strive towards LTD Benchmarks

#### **Criteria:**

AGE Requirement:

as of July 1<sup>st</sup> 2024 must be 14 and under



### Assessment Criteria:

\*Learn to Train \*Train to Train

>Free skate

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

## Assessment Criteria:

- \*Learn to Train
- \*Train to Train
- >Dance
- >Pairs
- >Synchro

>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



- Submit a Yearly Plan to the Technical Director
- contact Tammy at skate.td@sportmanitoba.ca
   for a YTP or assistance

#### Team TOBA Programming:

The goal is to provide inclusive quality programming according to the LONG TERM DEVELOPMENT (LTD).

Our focus will be on Virtual opportunities.



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•#1 – Tuesday August 27 – 7:30pm – JUMP THEORY with
Kevin Dawe
#2 - Tuesday September 10 - 7:30pm - JUMP CLASS with
Kevin Dawe
#3 – Wednesday September 25 – 8:00pm – INTERUPTION
RULES with Karen Howard
#4 – Tuesday October 8 – 8:00pm – PROGRAM
COMPONENTS with Karen Howard (will be confirmed at a
later date)
#5 – Sunday October 13 – 7:00pm – Sport Psych – GOAL
SETTING with Nicole Kuzmich
#6 – Saturday November 9 – 10:00am – Nutrition – DAILY
PRFP with Jorie Janzen
#7 - Saturday January 25 — 10:00am — Nutrition —
COMPETITION PREP with Jorie Janzen
#8 – Sunday March 16 – 7:00pm – Sport Psych –
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# Team TOBA Virtual Programming

\*dates are subject to change

REFLECTIONS with Nicole Kuzmich

Team TOBA programming:

#### Group Project: Meaningful Experience

when- Saturday November 30<sup>th</sup> 2024

where – Winnipeg

who- Skaters on Team TOBA

why- opportunity to watch Canada's best skaters in a competition environment

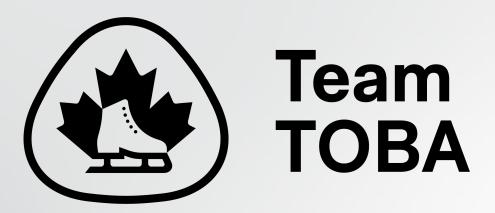
- Opportunity to take part in a half day at Junior & Senior Sectionals in Winnipeg on Saturday November 30<sup>th</sup> 2024.
- The Technical Director will lead the initiative.
- This will be a half day of off-ice activities
- Including but not limited to :
  - Watching practices
  - Watching Competition
  - Operations Tour
  - Meet with Officials
  - Hear from Skaters and/or Coaches





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



SWAG:

#### **SWAG:**

#### **Team TOBA gloves**

\* Access to purchase Team wear





**Early Bird Deadline:** 

August 20th 2024

Programming is planned to begin August 27th 2024

We encourage you to register early to take full advantage.

Payment options are available upon request -No refunds



Cost: \$185.00

Final Deadline:
September 17<sup>th</sup> 2024



Cost: \$225.00

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This may include:

- Seminárs
- -Simulations
- -Other activities

Team TOBA

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



If you have any questions or require further clarification please reach out to Tammy McKay skate.td@sportmanitoba.ca

