



Team TOBA

ATHLETE DEVELOPMENT



Team TOBA

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 1st 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



Team TOBA

- 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.



- #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 – INTERRUPTION 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 PREP with Jorie Janzen
- #7 - Saturday January 25 – 10:00am – Nutrition – COMPETITION PREP with Jorie Janzen
- #8 – Sunday March 16 – 7:00pm – Sport Psych – REFLECTIONS with Nicole Kuzmich

***dates are subject to change**



Team TOBA Virtual Programming

Team TOBA
programming:

Group Project: Meaningful Experience

when- Saturday
November 30th 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 30th 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



**Team
TOBA**



**Skate
Manitoba**

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



**Team
TOBA**

SWAG:

Team TOBA gloves

* Access to purchase
Team wear

SWAG:

Access to
purchase Team
wear

Team
TOBA
Gloves



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 17th 2024

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



Cost: \$225.00

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



**Skate
Manitoba**