



SPEED SKATING EXCELLENCE RETREAT 2013

The first **BCSSA Speed Skating Excellence Retreat** is a unique 3-day learning experience for skaters, coaches and officials. Working and learning together, participants will benefit from extensive collaboration, education and planning as we move towards the **2015 Canada Winter Games** in Prince George, and beyond.

May 10, 11, 12 2013

All BC **coaches and officials** are encouraged to attend the Retreat.

Skater programs are designed for **T2T, ISU Junior**
or **ISU Senior** competitive skaters.

Please contact Chris Acton (christina.acton@live.com)
with any questions about skater eligibility.

FORMAT

Over three days, there are individual and combined sessions organized by the BCSSA Officials Development Committee (**ODC**), High Performance Committee (**HPC**), Canada Winter Games Coaching Pool Coaches (**CWG CP**) and Coaching Development Committee (**CDC**). Skater sessions will be a combination of lecture learning and physical sessions .

SCHEDULE

Friday May 10	Optional: Early Registration + Session (Coaches 5pm, Others 7pm)
Saturday May 11	Sessions: 8am - 6pm Reception: 8pm - 10pm
Sunday May 12	Sessions: 9am - 2pm (early finish for travel)

All parents are invited and encouraged to attend the *Supporting Developing Athletes* session on Saturday May 12th, from 9-11am, free of charge.

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LOCATION

Quality Hotel & Suites Langley 6465 201st Street, Langley. All Retreat sessions will be at or within easy walking distance of the hotel.

REGISTRATION DETAIL

- All participants must confirm their attendance by **Monday, April 15th** via **online form**.
- Skaters must submit a signed waiver form prior to participating in any Retreat activities.
- All participants must pay a \$50 fee to register for the Retreat. Participants who attend the Retreat will be refunded the \$50 on Sunday afternoon. All Retreat sessions and events are included in the \$50 fee.
- Snacks will be provided during the day. Participants are responsible for providing their own meals.
- Travel subsidies may be available to some participants. Details to follow.

CONTACT INFORMATION

Please contact **Chris Acton, BCSSA Technical Director**, with any questions or comments:
christina.acton@live.com.

TRAVEL & ACCOMMODATION

Quality Hotel & Suites Langley 6465 201st Street, Langley.

All Retreat sessions will be at or within easy walking distance of this hotel. The hotel is located approximately 10 minutes south of Hwy 1 and is within a reasonable drive for the Lower Mainland. Those flying in for the Retreat could consider flights to either Abbotsford (YXX) or Vancouver (YVR).

When booking with the hotel, please ask for the **BC Speed Skating Retreat rate** of **\$79.99/night** for standard rooms and **\$109/night** for a suite. All rooms include free parking, WIFI, continental breakfast and a fridge/microwave. The hotel is easy walking distance to shopping, including a grocery store, and a variety of restaurants. Participants are encouraged to book hotels rooms early to ensure availability.

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PROGRAM OUTLINE Subject to change. A detailed daily schedule will be distributed to all attendees in advance of the retreat.

	COACHES	OFFICIALS	SKATERS
FRI	EARLY REGISTRATION (Optional)		
	SPORTS READINESS ASSESSMENT TRAINING	EARLY REGISTRATION (Optional)	
		STAKEHOLDER PRESENTATION & ENGAGEMENT SESSION	
SAT	REGISTRATION		
	WELCOME & OPENING REMARKS		
	FIELD TESTING KIT TRAINING	OFFICIALS SESSION #1	EQUIPMENT LESSON & ACTIVITY
		VIDEO ANALYSIS	
	LUNCH	OFFICIALS SESSION #2	LUNCH
	FIELD TESTING	OFFICIALS SESSION #3	FIELD TESTING
	COACH / OFFICIAL DEVELOPMENT		FUNCTIONAL EXERCISE
	VIDEO ANALYSIS		
	INDIVIDUAL TIME / DINNER		
	RECEPTION		
SUN	SUPPORTING DEVELOPING ATHLETES		DRYLAND
	SEASON PLANNING	OFFICIALS SESSION #4	SEASON PLANNING
	VIDEO ANALYSIS		VIDEO ANALYSIS
	CLOSING REMARKS		