

2015

AACC AGM



SKATE
AUSTRALIA



ROLLER SPORTS AUSTRALIA Inc

ACCREDITED ARTISTIC COACHES' COMMITTEE
44c Wolya Way Westminster 6061

AACC AGM Agenda 2015

VENUE: Apollo Room at Adelaide Arena, 44A Crittenden Road, Findon South Australia. Saturday July 4th 2015. Meeting commences 8:00pm, doors open 7:30pm.

1. Open Meeting.
2. Roll Call.
3. Apologies.
4. Minutes of the 2014 A.G.M (Included with Agenda)
5. Business arising
6. Chairman's report (Included with Agenda)
7. Queensland report (Included with Agenda)
8. New South Wales report (Included with Agenda)
9. South Australian report
10. Victorian report (Included with Agenda)
11. Western Australian report. (Included with Agenda)
12. High Performance report. (Included with Agenda)
13. Accreditation courses – Resubmission 2016.
14. Items on AAC / CAOC Agenda Affecting AACC.
15. Oceania's 2015 / 2016
16. Nationals 2015
17. Worlds 2015 - Colombia
18. General business
19. Election of new Chairperson
20. Next AGM
21. Close of meeting.

NOTE: All reports have been reformatted to fit into a single document for greater convenience to the reader.



SKATE AUSTRALIA Inc

ACCREDITED ARTISTIC COACHES' COMMITTEE *44c Wolya Way Westminster 6061*

19th July 2014

MINUTES OF THE 2014 ANNUAL GENERAL MEETING OF THE ACCREDITED ARTISTIC COACHES' COMMITTEE HELD AT "Mt Warren Sports Centre", Milne St Mount Warren on Saturday 5th July 2014.

1. OPENING

Having established there was a quorum and that all coaches who intended to attend were present, the Chairman, Barry Andrews opened the meeting, at 7:45 pm.

2/3. ROLL CALL & INTRODUCTION

Members and visitors present signed the attendance roll. Those present were also asked to tender any apologies.

The attendance record indicates the following:

PRESENT

Debbie Kokonis	Rachael Sketcher
Shelley Haughey	Jayson Sutcliffe
Amanda Bryant	Tammy Bryant
Madonna O'Brien	Jennie Coxhil-Bedwell
Susan Brooks	Lisa Cottrell
Jazmin Hanson	Danae Clarke
Tamera Russell	Ron Martinez
Gordon Homes	Greg Peck
Tammy Peck	Tony Millett
Rachel Tonkin	Kathleen McPhail
Kerrie Curtis	Sarah Watson
Gawaine Davis	Esther Ambrus
Lia Atherton	Ruby Olsen
Wendy Lane	John Lane
Anita Hunt	Bryan Lloyd-Jones
Colin Shane Haylock	Helen Wolfenden
Bianca Burow	Kelsey Chittick
Teresa Chittick	Jodie Johnson-Garufio
Barry Andrews	Marie Lonne

Visitors

Sophia Garufio	Trudy Cottrell
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Apologies

Bill Foster

Sue Kuhl

Greg Lane

Kirsten Murphy

Christine Keogh

Michele Wollens

Karen Olsen

Total attendance of 34 members (Quorum of 10 met). 2 Visitor recorded others attended who were not signed in.

The Chairman thanked everybody for attendance at the meeting, and confirmed the legality of the meeting. The chairman thanked all the coaches who had made an effort to come to this meeting, their participation was most welcome. All attendees reminded to sign the attendance sheet and to enter any apologies.

4. MINUTES OF THE 2013 AACC AGM HELD IN SA

It was moved John Lane, seconded Marie White.

That the minutes of the 2013 Annual General Meeting of AACC, as distributed, be confirmed as a true and correct record of the meeting.

5. BUSINESS ARISING

Red card now introduced for free skating penalties other than fall where no electronic scoring is available.

6. PRESENTATION OF CHAIRMAN'S REPORT

It was moved Barry Andrews, seconded Ron Martinez

That the Chairman's report as circulated with the agenda be taken as read and received.

Chairman apologised to Anita Hunt for the handling of an incident at the last AGM and thanked Brad Fraumano for helping to bring the incident to an end. Chairman reminded everyone that they are welcome to give their point of view to the meeting but personal attacks are not allowed at any time and correct channels should be used where any person has a grievance.

Chairman advised that due to changed personal circumstances following heart attack 4 weeks previous, 2014 / 2015 would be his last year as AACC chairperson. This decision has been made due to a need to ensure a better balance between work and relaxation and after 16 years Chairman felt it would be a good opportunity for new input into the position. Chairman thanked all the coaches for their support, particularly in recent years with the development of new accreditation courses and the open participation of coaches at the AGMs. This ground work will help to ensure future updates of courses and accreditations are much easier to maintain and keep relevant.

7. QUEENSLAND AACC REPORT

It was moved John Lane, seconded Jodie Garufo
That the Queensland report as circulated with the agenda be taken as read and received.

John added that all outstanding Advanced coaches accreditations except Kelsey Chittick have now been completed. Kelsey has completed all elements, just waiting for Intermediate General principles certificate, which has been very slow in coming.

8. NEW SOUTH WALES AACC REPORT

It was moved Kerrie Curtis, seconded Marie White
That the NSW report as written by Kerrie Curtis and circulated with the agenda be taken as read and received.

Some people advised they had not received NSW report, Chairman advised he would send copy out with minutes so people had a full copy. Kerrie offered the opportunity to read her report if people wanted.

Gawaine Davis was left off the report as Elite Coach for NSW.

9. SOUTH AUSTRALIAN AACC REPORT

It was moved Sarah Watson, seconded Kerrie Curtis.
That the South Australian report as circulated with the agenda be taken as read and received.

10. VICTORIA AACC REPORT

It was moved Debbie Kokonis seconded Jayson Sutcliffe.
That the Victorian report as circulated with the agenda be taken as read and received.

Debbie added that Sonja Schenker, Elfie Schenker and Jenie Coxhil-Bedwell have now all completed their advanced accreditations.

11. WESTERN AUSTRALIA AACC REPORT

It was moved Tony Millett, seconded Tamera Russell.
That the Western Australian report as circulated with the agenda be taken as read and received.

Chairman advised that there had been additional accreditations completed since the report but the exact list wasn't available and as Bill wasn't present would ask him to provide the additional accreditations as amendment for 2015 AGM.

12. HIGH PERFORMANCE

It was moved Anita Hunt, seconded Kelsey Chittick.

That the High Performance report as circulated with the agenda be taken as read and received.

Anita advised that the next round of testing for those fitness tested 2 years ago was now being organized in order to review their progress. Coaches who have skaters in events for world or Oceania selection were advise that they can contact Anita if they wish to get information on having their skaters tested and get report back on areas they need to improve on.

Chairman advised that website www.sk8info.org.au was confirmed for the next 3 years and has fitness testing documents available for all coaches.

In addition chairman hoped to be able to add additional documentation for coaches including such things as the educational freeskate videos developed by Jayson Sutcliffe to aid in official training.

Jayson thanked for his development of training videos for free skate judges.

Discussion regards all the penalties in free skating and the necessity now for Referee's to have greater free skate knowledge. CAOC does not agree with the need for all these rules but whilst they are applied at world level it is necessary for us to have these penalties to ensure our skaters won't get penalized when they compete at these events.

Suggestion by Jayson Sutcliffe and Rachel Sketcher that perhaps higher level coaches could be utilized as technical advisers to referees with low free skate experience in order to help education of the officials. Chairman to bring up at CAOC meeting.

13. NEW ACCREDITATION COURSES

Chairman advised that new courses were going well and most people had now completed transition to Advanced level or Elite. Coaches who hadn't completed this transition encouraged to do so as soon as possible. Coaches also reminded of importance of the mentoring of upcoming coaches to ensure best practice is passed on to these developing coaches.

14. OCEANIA'S 2015

Next Oceania's will be at the Mt Warren Sports Centre in Queensland in April 2015.

Compulsory Dances for Cadet and Youth are now as per CEPA .

Discussion regards Oceania timing with most in the meeting feeling that a better time for Oceania would be after nationals and before worlds, allowing skaters more time to prepare during the year as well as an increasing level of competition as the competitions progress in the calendar year.

Jayson Sutcliffe to provide document regards Oceania timing for AAC to discuss.

Gawaine Davis suggested possibility of working together with Asian games to get more involvement of regional skaters in the competitions. With suggestion of possibly alternating between the two competitions to add more prestige to the event.

Gawaine to provide document to this end for AAC to discuss.

15. NATIONALS

Figure layout was advised to coaches to ensure they were aware of which panels were at which end of the floor and to ensure that competition and practice circles were known.

Figure draws for Junior and Senior Figures were provided for the meeting. These were advised by the chairman, Junior "a" foot and Senior Group 2 "b" foot.

Coaches reminded that all compulsory dances must start toward the judges.

Coaches advised that all mp3 files were loaded onto the computer and any changes need to go to John Lane, CDs cannot be played and anyone requiring a CD converted to MP3 must contact John Lane prior to practice completing on Sunday.

Coaches reminded that any changes to the marshaling area passes must be given to the chairman well before the events involved to ensure smooth running of this part of the events. Coaches also reminded there was a two coach maximum limit in the marshaling area for any one skater.

Chairman asked to request CAOC please give ample warning to skaters / coaches if there are to be additional unscheduled breaks between events to allow judges to do necessary rest items. This is very important for correct skater preparation which can be interrupted by a longer than expected break.

16. WORLDS 2015

Spectator tickets need to be purchased prior to arrival in Spain. These are in hot demand, particularly for Senior week. Some coaches queried why notice of tickets wasn't sent out earlier so people could plan ahead. Chairman advised that no information had been received from organizing committee prior to that released by Team manager Nigel foster, which was released via the worlds facebook group as soon as he was notified.

17. GENERAL BUSINESS

Nationals 2015 was not confirmed yet but most likely Adelaide.

Move Brad Fraumano, seconded Jodie Garufo

“That we maintain consistent timing for national championships each year in the July school holidays rather than sometimes July and sometimes September”

Unanimous support of all coaches for proposal

Chairman advised he would put request regards nationals being in July to CAOC and AAC meetings.

Chairman spoke to meeting regards coaches insurance.

Currently normal membership of skate Australia includes insurance for coaching activities. However this is likely to change in future as cost of insurance is higher than the membership fee which is something not maintainable. Coaches would prefer separate definite coaching insurance. Professional coaches reminded they should have their own policy.

18. NEXT AGM

Will be held in conjunction with 2015 Australian Championships. Meeting will be held on the night prior to the commencement of championships.

19. CLOSE

Chairman thanked everyone for their attendance and their frank and open discussion on all matters. The contribution of discussion was very good from all attending and made for a very fruitful meeting.

Meeting was closed by the Chairman at 8:40 pm



Barry Andrews
AACC CHAIRMAN



SKATE AUSTRALIA Inc.
ACCREDITED ARTISTIC COACHES COMMITTEE
AUSTRALIA
Barry Andrews – 44c Wolya Way Westminster 6061

19th May 2015

Report to AACC Annual General Meeting 2015

Dear AACC

As I will not be standing for the position of AACC Chairperson this year, this will be my final report to the AACC. So I apologise in advance if my report rambles a little.

In the 14 years I have held the position of AACC chairperson there have been a lot of challenges, a lot of changes. Most importantly there have also been a lot of great people I have had the pleasure of working with. I would particularly like to thank Rosemary Wilkins for the many years I was able to work with her in her role as AAC Chairperson and Patricia Wallace for her many years as CAOC Chairperson.

I would also like to acknowledge some of the wonderful people I have had the chance to meet in skating who have made the journey that little more enjoyable, particularly Jim Taylor and Steve Bowman both of whom have epitomised what I most love about skating. Jim taken from us too soon and a much loved Steve Bowman battling with his illness.

One of the best things about working as AACC Chairperson has also been the support from the coaches and the growth in participation. Starting from my first meeting at Skate International in Perth which barely met the quorum to meetings with more than 50 coaches. It has been great to have your input, your discussion and your involvement and I hope you continue to support the future AACC Chairperson, whoever that may be.

There is a lot more I would like to say and lots of people I would like to thank but I worry that listing more will also mean missing more people out and you are all equally important to me. Thanks to all those who have been actively involved in the AACC at whatever level coaching or administration your efforts help to make our sport better and I thank you for that.

Now onto the more formal parts of the report

Our state representatives this year are:

Kerrie Curtis	NSW
John Lane	Queensland
Sarah Watson	South Australia
Debbie Kokonis	Victoria
Karen Munkton	Western Australia
High Performance	Anita Hunt



SKATE AUSTRALIA Inc.
ACCREDITED ARTISTIC COACHES COMMITTEE
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Thanks to all of these people for their efforts and also to their support people in each state. Unfortunately we no longer have Bill Foster as the Western Australian representative and I would like to thank him for his contribution to the AACC, Bill will still be involved as Karen's assistant and I welcome Karen in this role

Most coaches have now finished doing their Intermediate accreditations with just one coach waiting on her certificate from Queensland and only one coach with high level of experience who hasn't attempted to do their Intermediate General Principles. Mentor coaches at nationals has worked well so far but more experienced coaches need to complete their Advanced accreditation and we may need to look at incentives to encourage completion of this General Principles so we don't revert back to people not educating correctly.

Jackie Blythe has been excellent in processing accreditations with most updates and accreditations being processed within 1 week and all in under a month. This rapid processing ensures coaches are kept current and certificates are available for them in a timely manner.

After testing of the new calculating program at nationals we are progressing well with adding new features and improving usability of the program. Thanks to the support of Chris Clough, Helen Lloyd Jones, Robert McPhail, Lorraine Kealley and a number of other calculators we are ensuring that any issues are ironed out and new features are added as identified. Hopefully this will be a release version by nationals this year. Program now uses SQLite which means that future cross platform development to allow OSX and windows versions is now a possibility.

The fully hosted web page for artistic skating information www.sk8info.org.au. Is working well and allows for nationals marshalling area passes as well as the spreading of information to coaches and officials.

Finally I would once again like to thank the state AAC chairpersons, state Artistic VPs, Pam Young (AAC) and Pat Wallace (CAOC) for their assistance to both the coaches and the sport in general.

Regards

Barry Andrews
AACC Chairman

Queensland Artistic Accredited Coaches Committee

Chairperson: J. Lane
Secretary: A. Lloyd-Jones

PO Box 231
Southport, 4215
Email: johnlane@bigpond.com.au

QAACC Report 2015

Monday, May 18, 2015

I would like to express thanks to Barry Andrews for the tremendous effort that he has put in to the position of AACC chair over the years. Barry has advised us that he will not be seeking reelection at the AGM this year so we wish him the very best in the path that he has taking in his skating future.

I would like to thank Helen Lloyd Jones and the Skate Queensland Artistic Committee for support during the year. QAACC continues to work in conjunction with the Skate Queensland Artistic Committee in areas of planning and cooperation to assist in the smooth operation of our State Competitions.

Coaches throughout Queensland are continuing to put extra effort at the entry levels. New coaches are beginning to see results for their efforts and it is encouraging to see larger numbers of skaters continuing to enter the entry grades. It is reassuring to see that Elementary and Novice Leagues are continuing to be a grow with many new skaters entry the competition arena for the first time.

We would like to make special mention for the assistance given by Skate Queensland in assisting the coaches committee in handling our finances. Our thanks go to Lynn McVie for continuing to be always ready to support QAACC in all areas.

Membership and meetings:

Our AGM has not been held for 2015, so all positions remained unchanged from last year with Chairperson being John Lane and the Secretary, Anita Hunt. I would like to thank Anita for her support during the year.

Membership continues to be strong with most of the active coaches in Queensland joining again this year. 29 Coaches with current membership with QAACC supported their skaters at our State Championships this year. QAACC membership is a check to ensure that coaches are fully insured and that blue cards are current.

Meetings continue to be difficult to set with most coaches being unable to commit the time to attend meetings outside their busy schedules. We have been able to keep information circulating by way of Email. The coaches in the North of our State need to be supported in their efforts to remain current.

Accreditations:

We have a number of skaters who have expressed interest in becoming coaches when the next course is run. Now that we have sufficient numbers interested, we will try to run the coarse after Nationals. The timing will be depending on the availability of presenters and Venues.

Updating and Education:

Several coaches attended the seminars held this year. The seminars with Hugo Chapouto and Christina Moretti were very well received with coaches really looking forward to the next time that they can be here. These seminars are a valuable source of information and it was encouraging to see them supported by our coaches. QAACC would like to thank Skate Australia and Skate Queensland for continuing to run these programs and we will continue to endorse and support them.

John Lane
Chairperson
QAACC



SKATE NSW ARTISTIC - AACC REPORT 19th May 2015



The Year to Date

2015 saw Oceans held at Mt Warren, QLD in April and by all reports Skaters and Coaches were very pleased with the venue and results. Skaters from NSW competing were Alicia Brown , Jessalyn Brown, Charlie Goldmann, Laura Beatty and Gordon Homes

Competitions

Team Skatel (3) and Oak Flats(1) both held Competitions this year. All levels were covered as a lead up to States and Nationals.

Proficiency Tests were run by Team Skatel for all Clubs (Bronze and Silver) at the beginning of the year and another planned for later in the year.

Small Show group , Team Platinum , Robert Karp and Kathryn Christensen attended Worlds in Spain and all Skaters enjoyed the experience of World Competition.

The introduction of Quartets has seen 2 new teams competing at States .

NSW States was held last weekend . Interstate judges attending were Lyn Cole and Kevin Wilkins, thank you for your attendance.

Camps

Several NSW skaters attended the Hugo Chapouto dance camp in Victoria .

Rollerfit.

Stacey Short has been promoting roller skating in NSW with her Roller fit programs and promotion through DVD.

WITH GRATITUDE

Thank you to NSW SDO Gawaine Davis, Art VP Brett Beatty and CAOC Dave Curtis.

I would also like to mention how hard our group of Volunteers have worked this year , without you all our Competitions would not have run as smoothly as they did, you are all very much appreciated!

Special "Thank you" to Barry Andrews for your endless hours spent on anything skating! You will be missed, but great to see you out on the skating floor now with your new partner - all the best !!

NSW Coaches Chair

Kerrie Curtis

Email kericurt@optusnet.com.au

3rd May 2015

AACC SA ANNUAL REPORT 2015

South Australia's number of coaches remained steady throughout the skating year.

We have the following accredited coaches

7 Development
4 Intermediate
1 Advanced
1 Elite

We still have one coach working towards their intermediate level accreditation via RPL.

Two of our current Intermediate coaches will look to start the process towards Advanced level.

Thanks to all the coaches for all that you do, for providing feedback when asked and for working to lift the standard of skating in our state.

Also thanks to Jackie Blyth for her quick processing of accreditations and for her quarterly updates which are helpful in keeping track of everyone's levels and expiry dates.

This will be my final year as AACC in SA, I have enjoyed my time in the role and hope that someone takes on the role to support our coaches in the future.

Massive thanks to Barry Andrews for his amazing wealth of knowledge and always quick replies and support throughout the years

I ask that this report be accepted.

Sarah Watson
AACC - SA

AACC REPORT VICTORIA 2014/15

The coaching group set out recommendations for the skating requirements for the Elementary Leagues for the 2015 skating year but with the planning for 2 major seminars there has been little time to undertake any other activities.

There was a good support by coaches who attended both the Cristina and Hugo seminars. Both had so much to offer but without the coaches being there with their skaters there is little chance that what is learned can be sustained. It is of concern that the lack of participation in learning opportunities often comes from the lesser experienced coaches. We need to find ways to ensure that these learning opportunities become a priority to all.

Thanks go to Jayson Sutcliffe who the assistance of Rachael Sketcher organised the seminar with Cristina and to Rachael and the Dance coaches for their work in organising the format of Hugo's seminar. Victorian coaches certainly would be pleased to continue to host these 2 coaches. Continuity of a coaching technique is seen to be all important if we are going to further develop our skaters. Thanks also to AS VI for their financial contributions to these seminars.

We have had a number of coaching accreditations and reaccreditations this year which have been delayed due to the confusion between AS VI and Skate Australia re memberships but thankfully this has now been resolved. It is noticeable that some of the reaccreditation renewals that have been presented or are in the pipeline will struggle to get over the line to achieve their education points. The AACC Victoria is going to clearly indicate to coaches that if they wish to include external professional development that has only minimal association with skating then they must get prior approval for it to be included. We would seek to ensure that at least some of the points are directly related to seminar attendance. There also needs to be a clear path as to what actions that can be taken to then gain reaccreditation for those who so not fully meet the requirements.

While there has not been any formal accreditation programs undertaken there has been the completion of some long standing Development coaching accreditations and there are plans for courses to be undertaken later in the year. One coach is undertaking their Intermediate accreditation on a 1 to 1 basis. The senior coaching group have also expressed an opinion that if there is to be any recognition of expertise in being an Advanced level coach then there needs to be more stringent requirements than just spending 2 years as an Intermediate coach. It should not be seen as an automatic right to be eligible to undertake an Advanced level coaching course.

Movement into Advanced and beyond then should have a more specific criteria and such coaches should clearly be able to demonstrate their participation in any skater development that the State or Branch provides. Applicants should also be able to show that they have used more experienced coaches as mentors. The Victorian Development Coach has undertaken to outline the expectations for coaching accreditation in Victoria for further discussion.

Some coaches would therefore like to see that after 2 years Intermediate coaches may be able to coach in their own right if they have skaters at nationals. There may then be less incentive to push to be an Advanced level coach well before they are ready but could act as a pathway to gaining a higher level of accreditation. The irony is that the restriction re the marshalling area doesn't extend to Oceania or Worlds. Perhaps this needs to be addressed.

Thanks go to those coaches who have been willing to work together and share their expertise and for their support of the development of coaching expertise within Victoria.

Pam Young AACC Secretary

For Debbie Kokonis Victorian AACC chair.

W.A Coaches Chair Report 2015.

The first event for the year started out on November 22nd and 23rd with the Hugo Chapouto dance camp, held at Swan Park Leisure Centre. Hugo also visited The Rink Bunbury prior to Perth. Susan Brooks then hosted an artistic dance skating seminar at The Rink in Bunbury on 13th and 14th of February with Gawaine Davis.

So far up to the State Championships, Tony Millet has organized Madonna Obrien Visiting on a Monthly basis for the weekend at Morley Rollerdrome since January, which has been great for Coaches and their skaters.

I have organised to run a Coaches and Skaters loop and 3 turns camp on the 24th of May being hosted by Allan Whelow and Tamera Russell.

At present I am trying to organize a seminar on the new Quartets and Style Dance for coaches which will be some time after Nationals.

We have had one new Coach, Wojciech Bankowski at Advanced level accredited into the sport. He has come across from Ice Skating this year. Nadia Zaccaria has also been accredited as a Development Coach this year. Have two new young girls Taylah Montague and Emily Brussels that have completed their general principals and waiting on a course to be run to be accredited as development coaches. With other enquiries I've had I'm hoping to be able to get at least 6 people together to organise to run a course sometime soon.

I have also processed reaccreditations for Ron Martinez and Lia Atherton as Advanced Coaches also Danae Clark and Bill Foster as Intermediate Coaches to date.

We have sadly have three coaches withdrawn from the sport, Ebony Cassady, Samantha Russell and Louise Veitch.

Karen Munckton.
W.A Chair.



Skate Australia Artistic High Performance

Report for Annual General Meeting

May 2015

High Performance Coach

Fitness program

Status

The program has been accessed by eleven (11) International level skaters within the past 12 months. From these reports, six have accessed additional supports in terms of program development, and periodization of strength and conditioning. Two of these athletes have recently completed their fourth review which enabled ongoing monitoring of the effectiveness of programming support (taking into consideration external factors such as long term illness).

Assessment and reporting – processes and review

Following the trial of individual coaches completing the assessment, a new assessing and reporting format was developed. This is an automated excel document which would allow the results to be input and quantitatively analysed immediately. The report would still require further analysis for a program development point of view, but the aim to allow a more immediate provision of results and program as well as making the implementation of testing easier for individual coaches.

Other	Jan-14	Analysis	Jul-14	Analysis	Nov-14	Analysis	May-15	Analysis	Change
Back plank - seconds (Left raised)							61	Within timeframe	Improve
Back plank - seconds (Right raised)							61	Within timeframe	Improve
Broad jump - cm (Against age)	187	Above Average	188	Above Average	202	Excellent	198	Very Good	Decrease
Broad jump - cm (Against world class)	187	11-20%	188	11-20%	202	21-30%	198	21-30%	
Single leg broad jump - cm (Left)	183.5	Change test	182	Change test	191	Change test	155	Average	Decrease
Single leg broad jump - cm (Right)	183	Change test	176	Change test	188	Change test	160	Average	Decrease
Box jump - cm	75								
Stork stance balance - seconds (Left)	25	Reduced	30	Within timeframe	30	Within timeframe	36	Within timeframe	Improve
Stork stance balance -									

Results

Some additional testing has been added within the past 12 months. There were particularly to look at biomechanical alignment which could be impacting upon quality of movement. These included:

Biomechanical:

- Pelvic tilt
- Scapular alignment
- Internal and external hip rotation

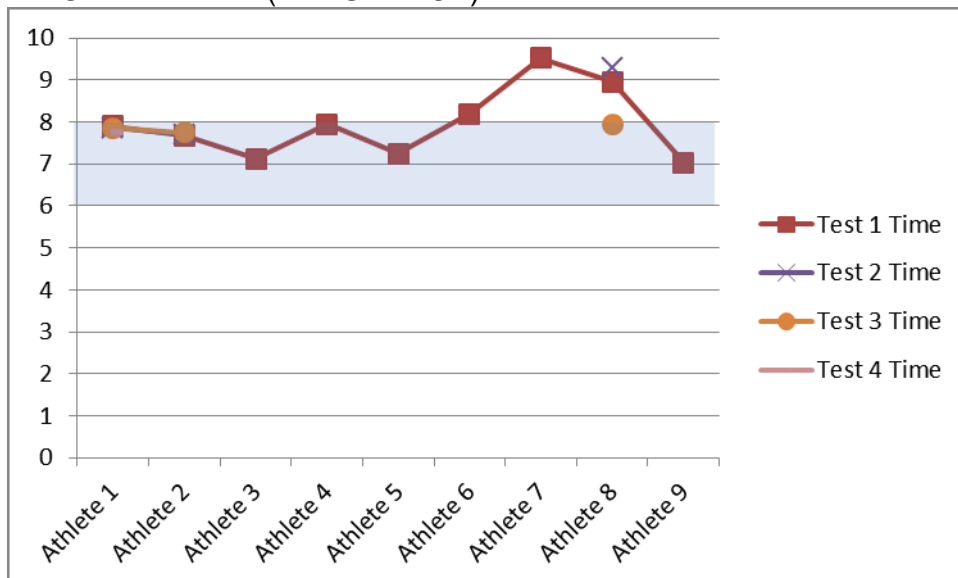


Skate Australia Artistic High Performance

TABLE FORM DATA (FUNCTIONAL MOVEMENT)

Broomstick squat	Test 1	Test 2	Test 3	Test 4
Athlete 1	1.3	0.83	0.33	0
Athlete 2	1.17	0.67	0.67	0
Athlete 3	1.16	No longer skating		
Athlete 4	1.16	TBC		
Athlete 5	1.5	TBC		
Athlete 6	1.67			
Athlete 7	Not ax			
Athlete 8	0.167			
Athlete 9	1.2			
Athlete 10	0.833	0		
Athlete 11	1.33	TBC		

GRAPH DATA (ENDURANCE)



Comparative endurance data

Similar data for any of the above tests is able to be provided as required.

Individual progress

The most recent block of testing demonstrated significant improvement both in the quality and strength of movement for all skaters who have completed repetitions of the testing program. Two results of particular note:

- Individual skater who improved her run time by 1minute 20 seconds to enter the elite timeframe
- Three skaters who are demonstrating increased quality of movement and are now considered to have sufficient strength to safely commence a more explosive power/plyometric based program.



Skate Australia Artistic High Performance

Additional support

By completing the biomechanical assessment on the skaters, it identified significant misalignments either from development or previous injuries which would impact significantly upon their quality and efficiency of movement such as scapular misalignment and increased pelvic tilt. A combination program of targeted strengthening and kinesio taping was implemented. The first round of the program was unsuccessful primarily due to athletes not continuing the taping beyond one week. A second round has recently commenced and will be monitored for effectiveness.

Feedback

Qualitative feedback from two of the athletes involved in the program who were selected for and competed at the World Championship in October was that they were able to complete their official trainings with less fatigue than previous years. They felt it also enabled them to recover after training or competition more efficiently than previously.

A recent assessment identified biomechanical misalignment in an athlete which had the potential to lead to chronic injury if left untreated. This resulted in a referral to the relevant health professional and relevant intervention. The report written within the HP program was able to be provided to the Health Professional and utilised within his assessment and intervention. Direct correspondence between the health professional and HP coach ensures that any ongoing programming takes the requirements and restrictions into account. This Health Professional (also a previous elite athlete) commented positively on the thoroughness and benefit of the current fitness testing and reporting program being implemented within HP.

Additional support

Generic and specialised resources have been developed and will soon be available online. One of these included a dynamic stretching program specifically designed for dance skating that is able to be utilised as part of warm up. This has also been modified to be specifically targeted for an individual skater and is currently being finalised by the addition of photographs for clarity of understanding.

Following my involvement with the World Team in October, athletes and coaches approached me for support in a number of areas including Strength and Conditioning (becoming involved in the testing program), periodization of on-skate versus off-skate training, and linking in with Sports Psychologists. Many athletes particularly identified developing a rehearsed pre-competition routine/mental preparation as an area of focus for the upcoming 12 months. This, and similar support is available to any HP athlete at any time throughout the year.

A thought for future years is to include a sports psychology (or other targeted professional) as a pre-cursor education session to the world team meeting as part of their preparation for the upcoming championships. This would provide an additional focus to preparation in an area that many skaters have identified gaps in their preparation.



Skate Australia Artistic High Performance

An additional recommendation would be to consider altering the running of figure events at a State/National level for Junior and Senior International to replicate the World event – ie. Skate first two figures, run a different event and then recommence for second two figures. This turning the focus on and off at Worlds was identified as an area of difficulty for the figure skaters.

In closing

As always I am open to suggestions or recommendations from coaches or skaters as to areas in which additional support would be beneficial.

Finally, I would like to extend my thanks to Pam, Pat and Barry for their ongoing assistance and support.

Anita Hunt
High Performance Coach

Anita Hunt
Skate Australia Artistic High Performance Coach
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Email: sk8highperformance@gmail.com



SKATE AUSTRALIA Inc

ACCREDITED ARTISTIC COACHES' COMMITTEE

44c Woiya Way Westminster W.A. 6061

NOMINATION FORM FOR THE POSITION OF CHAIRPERSON AACC

2015 ANNUAL GENERAL MEETING

Arena Stadium 44a Crittenden Road, Findon, SA

Nominees, Nominators and Seconders must be current members of Skate Australia and must hold current accreditation as an Artistic Official with the National Officials' Accreditation Scheme.

Name of Nominator	<u>Rachel Donnelly</u>	SA Number	<u>961</u>
Name of Seconder	<u>E. CARPENTER-FOSTER</u>	SA Number	<u>633</u>
Name of Nominee	<u>MICHELE WOLLENS</u>	SA Number	<u>9536</u>

Signature of Nominator	<u>R. Donnelly</u>	Date	<u>18/5/15</u>
Signature of Seconder	<u>E. Foster</u>	Date	<u>18/may/2015</u>
Signature of Nominee	<u>Michele Wolles</u>	Date	<u>16/may/2015</u>

THIS NOMINATION FORM MUST BE RECEIVED BY:

Barry Andrews at bandrews@inet.net.au

With a copy sent to the
Skate Australia Office
PO Box 4233
ROBINA TOWN CENTRE QLD 4230
info@skateaustralia.org.au

No later than 4.00pm 21 May 2015



SKATE AUSTRALIA Inc

ACCREDITED ARTISTIC COACHES' COMMITTEE

44c Wolya Way Westminster W.A. 6061

NOMINATION FORM FOR THE POSITION OF CHAIRPERSON AACC 2015 ANNUAL GENERAL MEETING Arena Stadium 44a Crittenden Road, Findon, SA

Nominees, Nominators and Seconders must be current members of Skate Australia and must hold current accreditation as an Artistic Official with the National Officials' Accreditation Scheme.

Name of Nominator	<u>Susan Brooks</u>	SA Number	<u>129</u>
Name of Seconder	<u>Anita Hunt</u>	SA Number	<u>77</u>
Name of Nominee	<u>Jodie Johnson-Garuff</u>	SA Number	<u>86</u>

Signature of Nominator	<u>[Signature]</u>	Date	<u>21/5/15</u>
Signature of Seconder	<u>[Signature]</u>	Date	<u>21/5/15</u>
Signature of Nominee	<u>[Signature]</u>	Date	<u>21/5/15</u>

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