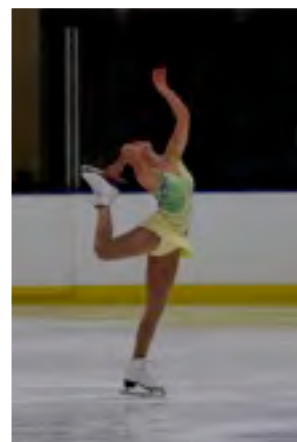
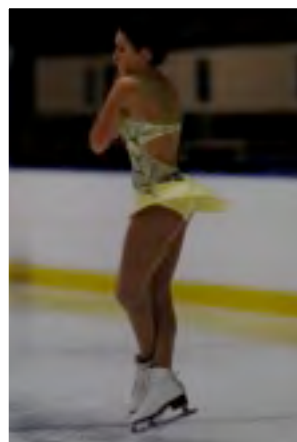
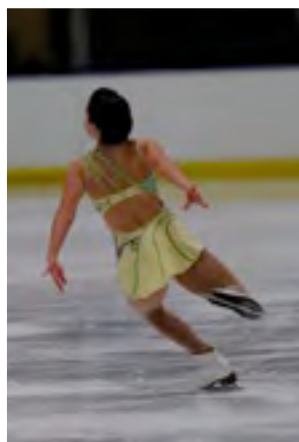
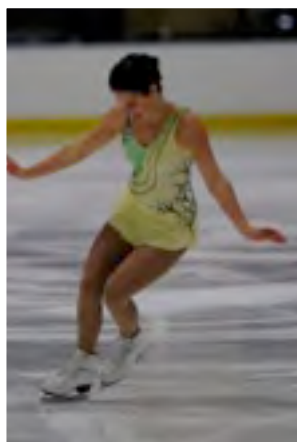


## STAGE 7: ICE CHAMP (TRAIN TO WIN)



The SEVENTH stage in South Africa's LTPD program is, ICE CHAMP (TRAIN TO WIN). Only a small percentage of athletes will develop to this stage of development. Coaches and support teams will require extensive knowledge of what is required to compete at the highest level of international competition. (i.e Four Continents, World Championships and Olympic Games)

Athletes play a significant role in their own development at this stage. Leadership and facilities must be completely integrated in order to provide full support for the athlete in pursuit of excellence.

The chronological ages of participants in this stage are:

TRAIN TO WIN	FEMALE	MALE
ICE CHAMP	15+	15+

**PHILOSOPHY:** *The TRAIN TO WIN stage requires the athlete to be fully prepared., physically, mentally, technically and strategically, with the confidence and attitude that they can be highly competitive at these elite levels of international competition*

### General Objectives

- To create and deliver athlete-centered programs, which optimise performances relative to the international calendar
- To instill an attitude that encourages the athlete to be self-motivated, self-directed and to accept responsibility in the pursuit of international excellence
- To optimise fitness, mental and performance preparation
- Refine and maintain sport specific skills

## The Sensitive Period

The following physiological factors must be introduced and developed through specific programming and coaching and in accordance with age and gender:

- *Speed (female: 11-13; male: 13-16)*
- *Strength (female: immediately after PHV or after the onset of menarche; male 12-18 months after PHV)*
- *Further development of suppleness (flexibility)*

## Guiding Principles

In order to allow athletes to develop and acquire the skills outlined, the TRAIN TO WIN stage must:

- Encourage the athlete to be self-driven, motivated and to take responsibility. Athletes must believe they can be the best
- Adopt a “No Excuses” philosophy and develop and instill a winning attitude, demanding excellence and being tough when necessary (in a way that distinguishes the athlete from the person)
- Incorporate opportunities to compete against the best athletes in other parts of the world
- Encourage excellence in all aspects of performance in order to be successful in international competitions
- Revolve around creating optimal performance in competition. Training during the competitive phase must simulate competitions. The focus must be on doing everything the skater is capable of doing consistently in practice, on demand and when it count
- Apply single, double and triple periodisation (if required) which is tailor-made to the international competition calendar and the athletes’ contextual realities
- Gear training towards a complex integration of the performance factors (10 Ss) in order to meet the specific competition requirements (periodisation)
- Mirror competition requirements/environment. Greater time should be spent on modeled competition conditions than on controlled conditions (block repetition of the same skill or sequence of skills)
- Monitor fatigue and rest/recovery adequately. Frequent breaks might be included (depending on the needs of the athletes) so as to avoid injuries
- Draw on the expertise of people with different knowledge, expertise and experiences.



# MISSION OF THE COACH

## - TRAIN TO WIN -



The mission of the coach is to model all aspects of training and performance in order to help the athlete reach the highest placings at major international events. The training structure of high performance athletes is a mirror image of the coordinated and goal-adapted method. Because of the international competition calendar, training is punctual and temporary focus is on special preparation for a major event. The primary coach must be able to direct/manage the support team. Athletes need to have multiple personnel with specific expertise contributing to their overall performance.

Coaches at this stage of development need to have a clear understanding of the following:

- ★ Sponsorship
- ★ Media relations
- ★ Managing a support team
- ★ Importance of being a role model
- ★ The roles and mandates of the ISU, SAFSA, SASCOC and its affiliates

## FEMALES (15+) and MALES (15+)

### SINGLES: TECHNICAL

#### Stroking

- Refine quality of posture and edge control
- Achieve optimal power, speed and strength

#### Jumps

- Females have mastered all triple jumps, and are developing the triple/triple combination
- Males have mastered all triple jumps including the triple axel and various triple/triple combinations; quadruples are introduced and developed.
- All jumping skills are performed with consistency and are of the highest quality

#### Spins

- At this level both females and males must be executing the highest level spins with strong basic, difficult and innovative positions
- Speed of rotation and quality of positions should result in positive GOE's

#### Spiral sequences/Field Moves

- Ability to perform a variety of spread eagles, Ina Bauers, arabesques and innovative positions on both inside and outside edges, multi-directionally while integrating creative transitions
- Mastered the execution of spiral sequences achieving the highest level and positive GOE's

#### Step Sequences

- Mastered the execution of step sequences that achieve the highest level and positive GOE's
- Emphasis must be on the execution of quick transitions from steps to turns, with full use of the upper body

## SPORT SKILLS - ICE CHAMP

### SINGLES: ARTISTIC

#### Athletes must:

- Be expressive, musical and highly stylised
- They must understand the deep meaning behind the chosen music and theme of movement
- Be able to demonstrate quality choreography that sets them apart from the competition
- Be trained in various types of dance so as to maximise performance
- Have expressive arms
- Must carry themselves with confidence, and have a magical connection with the judges and the audience that provides the 'wow' factor

## FEMALES (15+) and MALES (15+)

### General Skills

*General skills (i.e physiological, psychological and social) are developed through involvement in the sport, and determines the overall development of the individual.*

PHYSIOLOGICAL	<ul style="list-style-type: none"><li>• Maximise optimal development of the 5 Ss (Speed, Stamina, Strength, Skills, Suppleness)</li></ul>
PSYCHOLOGICAL	<ul style="list-style-type: none"><li>• Working relationship with a sports psychologist</li><li>• Mastery of anxiety management and relaxation techniques</li><li>• Clearly developed strategies and tactics for competition</li><li>• Clearly developed mental preparation plan (pre-competition, competition) and the ability to set and reset their short, medium and long term goals</li><li>• Competition debrief</li></ul>
SOCIAL	<ul style="list-style-type: none"><li>• Evidence of the ability to maintain a healthy balance between sport and life (family, friends, education etc)</li><li>• Development of future career plans, post competitive life</li><li>• Ability to work comfortably with the media and sponsors</li></ul>



### On Ice Training

*On and off-ice training needs to relate to the specific phase of the yearly training plan. Adaptations should be made according to an athlete's circumstances. The quality of work is far more important than the quantity of work. Rest and recovery must be allowed to maximize training and to prevent injuries, fatigue and/or illness*

#### ICE CHAMP (TRAIN TO WIN)

	Session length	<ul style="list-style-type: none"><li>• 45 to 60 minutes</li><li>• 3 sessions per day</li><li>- 2 technical sessions/day *</li><li>- 1 sessions on stroking, edges/turns, choreography, presentation etc</li></ul>
	Days / week	<ul style="list-style-type: none"><li>• 5 days / week</li></ul>
	Weeks / year	<ul style="list-style-type: none"><li>• 48 weeks/year</li></ul>

### Off-Ice Training

All athletes should be participating in 10 to 14 hours of off-ice training each week, for 48 weeks of the year. In general, off-ice training needs to have the same commitment as on-ice training and needs to include short, medium and long-term goals. Specific work done off-ice must reflect the principles of periodisation and take into account the age, growth and development of the athlete. Furthermore, at this level off-ice programs should be very sport-specific and based on the individual needs and fitness test results of the athlete.

Ballet and dance classes should be incorporated into the training plan due to the positive crossover effect with skating. Athletes will ideally participate in two to five ballet classes per week, depending on need. Strength and conditioning classes are also critical at this stage and should be scheduled five days per week. Off-ice jumping classes should be continued and incorporated into off-ice warm-up sessions. As part of rest and recovery, regularly scheduled massage and/or chiropractic appointments are essential.



## Competition

At this level, it is about doing it when it counts—plain and simple. There must also be recognition that more is not better. Athletes often arrive at their peak events (i.e. Worlds and Olympics) physically and mentally exhausted because adequate rest and recovery has not been taken prior. Given the nature of the international event calendar, athletes, coaches and applicable leadership need to plan training, competition, and recovery wisely. This includes the establishment of realistic and attainable performance targets/goals. As the competitive calendar is somewhat different for Junior and Senior athletes, the following table is broken down by level:

	JUNIOR	SENIOR
APRIL - JULY	Technical development	Technical development
JULY - SEPTEMBER	Monitoring (mid-winter) Competition (August/September)	Technical development (continues) Monitoring (mid-winter) Competition (August/September)
SEPTEMBER - NOVEMBER	ISU Junior Grand Prix events and qualifying events	ISU Grand Prix series and ISU Senior competitions
DECEMBER - MAY	ISU Junior Grand Prix final (December) ISU World Junior Figure Skating Championships (March) Nationals (May)	ISU Grand Prix Final (December) ISU Four Continents Figure Skating Championships (Jan/Feb) Olympics (February: every four years) ISU World Figure Skating Championships (March) National (May)
NOTES:	<ul style="list-style-type: none"> <li>• Approximately 5 to 7 competitions where possible each year for JUNIOR, and between 5-10 competitions each year for SENIOR</li> <li>• Technical skill development is priority between April and July for Junior athletes, and April and August for Senior athletes.</li> <li>• Junior athletes must be ready to compete by the end of August</li> <li>• Performance targets must be based on program execution in monitoring and competition</li> <li>• Continual analysis of programs and elements is required so as to maximise points in international competitions</li> </ul>	

