



HIGH PERFORMANCE MONITORING PROGRAM 2008-2009

As part of its strategy to develop elite athletes in Ontario, Skate Ontario plans in conjunction with its High-Performance Elite Athlete Development Program, to provide on-going technical support to its high-performance elite competitors throughout the season and has developed a technical support component that will be available, on a requested basis, to the following groups of high-performance athletes:

- Ontario, Skate Canada Senior National Team Members;
- Ontario, Skate Canada Junior National Team members;
- Ontario athletes placing 6th through 10th in the Senior events at the 2008 Canadian Championships;
- Ontario athletes placing 6th through 10th in the Junior events at the 2008 Canadian Championships;
- Ontario athletes placing 1st through 5th in the Juvenile, Pre Novice and Novice events at the 2008 Canadian Junior National Championships; and
- Other Ontario athletes that competed in either the 2008 Eastern or Western Challenge.

Coaches of these athletes have the opportunity to apply to Skate Ontario for monitoring support services that will include on-site evaluation of programs and performances at two major invitational competitions, or in an area simulation if numbers justify. Please indicate on the attached form the competitions at which you intend to compete. There will be no cost to the skater for this service as funding is being provided by a grant from the Ministry of Health Promotion. The following are the options for summer/fall competitions:

<u>Competitions</u>	<u>Applications due by:</u>
• Minto Skate – Ottawa - August 2008	July 24th
• Summer Sizzle - Waterloo - August 2008	July 24th
• Summer Skate – Thornhill August 2008	August 1st
• Autumn Skate – Ottawa – September 2008	September 4 th
• Henderson Memorial – Hamilton-September 2008	September 4 th
• Octoberfest – Barrie – October 2008	October 3 rd

It is planned to provide each listed event with a high-level Technical Specialist or Controller who will evaluate both the skater's (team's) short program/compulsory dances/original dance and free skating/free dance programs and review individual skater technique and performance. The object of the sessions will be to provide each high-performance skater and coach with feedback that will result in skaters being able to achieve the highest scoring under the CPC judges scoring system. These sessions will also aid with the technical development of the skater and improvement in performance levels. The object is to ensure that Ontario elite skaters will experience the best possible competitive results in the upcoming 2008/2009 competitive skating season.

Applications to be considered for support services are attached and may be found under "Programs" on the Skate Ontario website – www.skateontario.org. As resources are not unlimited, applications will be accepted on a first come, first served basis and will be prioritized as indicated above and/or evaluated based on results from last season and an assessment of future competitive potential.

Janet Balkwill, President - Skate Ontario

Susanne Morgan, Treasurer - Skate Ontario

