

High Performance Coaching Commission

2019 Report

July 2019

This past year has been a time of a lot of change in our sport internationally, and it has been a busy and challenging year for the HPCC. This report outlines some of the work done by the HPCC since the 2018 National Championships.

Last year we had created a to-do list of things we wanted to achieve this year, but I think we can all agree that RollArt has been the primary focus this year. Some goals have been put on the backburner, and we will revisit them in the coming year.



Overview

HPCC Focus + Development in 2018 - 2019

- New Recruitment for HPCC
- 2019 Artistic Schedule of Requirements
- Orlando World Skate RollArt Training
- RollArt Regional Events
- RollArt Development Squad
- Development Squad Feedback
- Medal Tests Updates
- Oceania Report

Future Development Goals

- Learn to Skate Guidelines
- New Graeme Sheppard Competition
- Online Sports Specific Exams
- Annual Calendar + Season for 2020 and beyond
- Schedule 2020
- Updating Coach Accreditation to include RollArt

New Recruitment for HPCC

We are pleased to have David Hook joined our team as Lead Coach for Show & Precision, and Belinda Hope as Project Coordinator.

2018 -2019 Artistic Schedule of Requirements

As you are aware our Schedule for the past year was required to be set as per World Skate requirements for International events. The HPCC set requirements for the Domestic events with World Skate requirements in mind. This will be the process this coming year.

The Dance Manuals have also been updated so that only NZ domestic dances are included, and all World Skate Dance Manuals are found on the World Skate website. Our domestic Dance Manuals are a resource on the Artistic website.

Orlando World Skate RollArt Training

We sent four of our HPCC coaches over to Orlando for this World Skate Seminar. They all returned as qualified World Skate Coaches. At this seminar they were introduced to RollArt in class & rink situations. You have all benefited from their experience as they have completed their NZ tour of RollArt seminars and the RollArt Development Squad.

We are confident that we have reached our community to share the changes and updates and the practical application of the RollArt system within skating programmes.

RollArt Regional Events

Following attendance at the World Skate RollArt Seminar in Orlando, Florida, in January, the High-Performance Coaching Commission (HPCC) set to arranging the dissemination of information via a series of regional workshops in New Plymouth, Auckland, Christchurch and Nelson. These workshops occurred throughout March 2019.

Using a combination of our own resources obtained from the Orlando seminar and some sent to us by the World Skate technical committee, we presented a round-up of the key points of our learnings on dance, free-skating and precision skating.

The sessions were well attended by a mix of skaters, coaches, judges, officials and parents.

It was evident that most people were not coming to the workshops with significant prior knowledge of RollArt and so the workshops were tailored to meet the needs of the general group.

The sessions began with a review of components as the common thread of all disciplines (skating skills, transitions, performance and choreography.)

Utilising video resources from the World Skate Orlando seminar, alongside the official RollArt documentation, each part that makes up the programme components score was covered. We ensured attendees knew how to navigate to the World Skate website and where the relevant documentation could be found and downloaded.

The group explored footwork sequences, and how the turns and requirements of the various levels would be considered. Having video on hand to provide this demonstration was extremely valuable and gave a sense of what was required. Once again we were able to view videos from America's Cup, alongside score-sheets, which gave people clarity around how the RollArt judging system would work in real terms.

Our goal was to cover as many members of our skating community and share the practical and theoretical applications of the new RollArt system. We are confident that everyone has a good understanding, and that continued learning through competition experience will help everyone embrace the new system.

Roll Art Development Squad

The first major RollArt Development Squad training was organised for 1st to 3rd June in Upper Hutt. All the HPCC coaches attended and ran sessions. There was 54 skaters and 14 coaches attending from Mt Wellington to Christchurch Clubs.

Day One focussed on Components and the groups rotated the coaches and worked on the four components (Skating Skills, Transitions, Performance and Choreography). There



was also a question and answer session in a classroom in the afternoon which clarified some points that were raised from coaches and skaters.

Day Two focussed on the Technical Skills needed to gain points under RollArt. Groups rotated around the coaches again doing Dance, Free Skating and Figures (even though it is not under roll-art it is still a necessary part of our skating). Groups worked on drills and skills to use at home. In the afternoon, Macarena hosted a presentation on “Female Athletes in Sport” and everyone enjoyed the insight she provided.

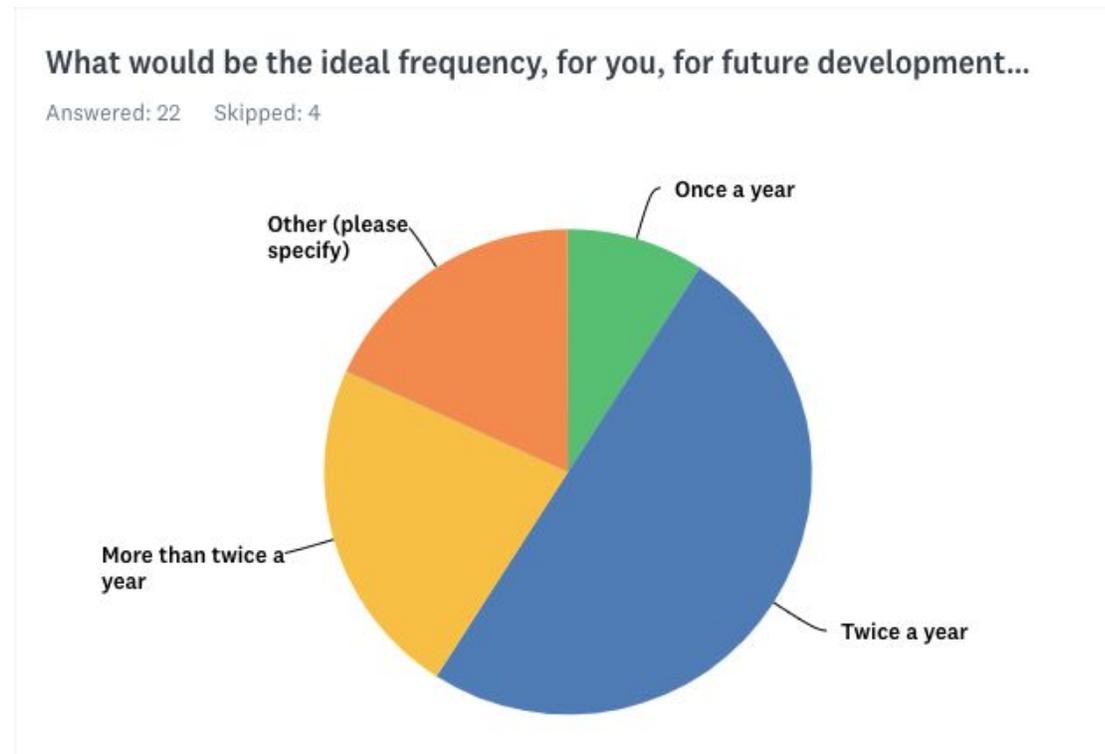
On Day Three we were fortunate to have Deirdre Tarrant from Footnote Dance Company come and give us some improv choreography skills. Also Katelyn Kennedy presented a Nutrition Seminar. There was some keen skaters still on the rink at the end who presented the choreography that was learnt on Sunday. It was a very Roll-Art focussed weekend and I’m sure people came away with more knowledge of the system and what they can do to improve their score.

Development Squad Feedback Survey

We conducted a survey of attendees so that we can see what people enjoyed the most and how we can improve our approach next time. We absolutely strive to meet the needs of all skaters and coaches in a large group situation, and one way we did this was by splitting into smaller groups of skill level so that the trainers could apply the techniques accordingly.

With a wide range of skating skill levels and RollArt knowledge across attendees, it is difficult to provide a perfectly targeted experience for everyone at all times, but we do try our best. You can see from some of these survey highlights that it is roughly even between things some people loved and things some people found little value.

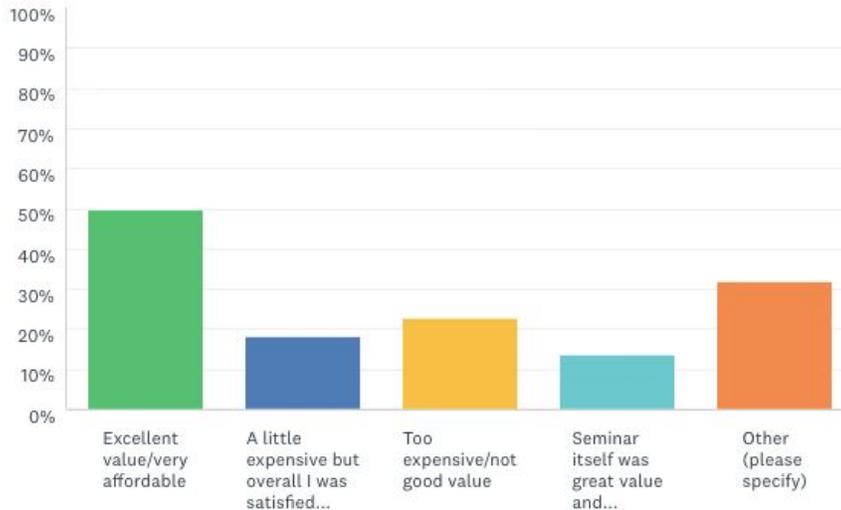
We do encourage everyone to participate in all these development squads, as it builds your knowledge and you can become more confident about talking about the learnings with people in your club.



Half the attendees prefer twice a year Development Squads, while the other half prefer either ONE or THREE or more.

Cost/value of the seminar (excluding travel costs)

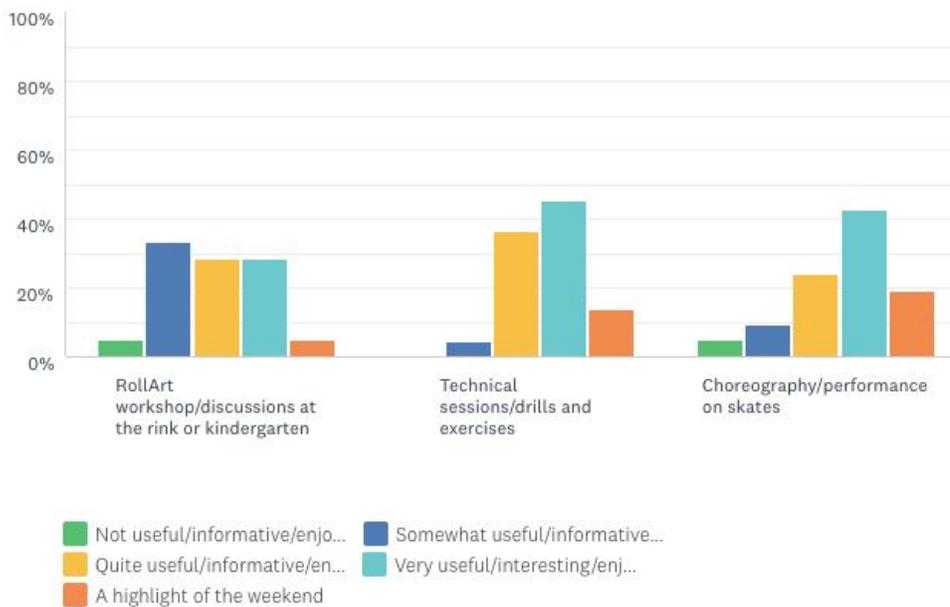
Answered: 22 Skipped: 4

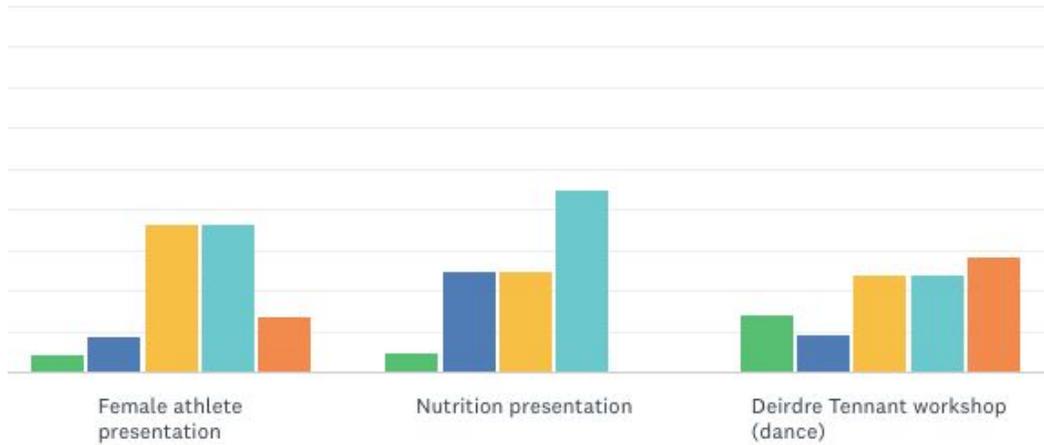


Half the attendees thought it provided excellent value for money, which the other half thought it was a bit expensive, or had other comments to make.

Please rate these sessions in terms of their benefit and relevance to you.

Answered: 22 Skipped: 4





Lots of variation in experience across the board, which makes it difficult to tailor things to suit everyone. For example, we wanted to have something a bit different and had a dance workshop guest teacher, and this question received the most votes for BOTH options of Not Useful AND Highlight of the Weekend!

Oceania Report 2018 - Rachael Parkinson-Turner

It was another hugely successful and enjoyable Oceanias week, with a fabulous team of people. Our team members did us proud, and again in particular I would like to mention the first time team members. It was wonderful to share their first International competition experience with them. Some of them had outstanding results for their first Oceanias, and I am looking forward to seeing them progress in the coming months.

I would like to acknowledge Annelise and Michelle - our assistant coach and unofficial team manager, both a huge asset to the team and helped to make it a fun and memorable week for all.

The skaters were not only there for themselves, but for each other, which is something that I couldn't be more proud of. Every skater put their best effort out on the floor and each and every one of them should be proud for doing so. The Australians put up some strong competition, but we fought hard also and came out with a solid medal tally at the end of the championships.

Possibly the most noticeable and memorable part of this championships was the friendliness of everyone towards each other. The rivalry was there between the countries, but it was reserved for on the floor, and there was a definite sense of support not only within our own team, but between the two countries.

World Roller Games Report

No doubt you have followed the coverage over the past week online - and we will hear from our skaters when they return.

In 2018, Kylie Shirley took a NZ team to Worlds where our skaters represented NZ and did very well.

We should continue to strive for international competition, and it is wonderful to see that we do have skaters who are reaching this level.

Medal Tests

We have been working on a proposed new structure and schedule for medal tests which will better align with the specific grade requirements within the schedule. Rachael is presenting this on Friday at 5pm.

David Hook is working on the Quartets and Show skate Medal Tests.

Online Sports Specific Exams

We have the online SS Level 1 dance test, figures test, and free test. Currently we have one coach who has completed the SS Level 1 dance test and we are updating the figure and freeskating tests following adopting the World Skate Rules and Regulations.

Future Development Goals

New Graeme Sheppard Competition - Showcase + Training

- Concept of the Oceania Team Training to include a competition (Graeme Sheppard) in the form of a Showcase/Exhibition with a training camp to follow.

Digital Workbooks - SS1 + SS2

- Develop electronic workbooks for Sports Specific Level 1 and Level 2 papers to make the accreditation of coaches more efficient. We are hoping that in the new year we can make progress specifically on the Sports Specific Level 2 papers.

Schedule 2020

- To support the Artistic Committee in the creation of the 2020 Schedule, once the World Skate schedule is released. HPCC members have given some thoughts to the Domestic requirements in preparation towards the 2019-2020 Schedule.



The HPCC acknowledges the Board and the Artistic Committee, and the late nights of work that go into supporting these projects for us all, and we look forward to this continuing as we strive to grow, develop, and improve the standard of Artistic skating in Aotearoa.