



**NOVA SCOTIA COACHING REPRESENTATIVES
ANNUAL REPORT OUTLINE
2015-2016**

My name is John Mattatall and I am currently a level 3, Gold status coach working in Nova Scotia. As the Coaching Representative in my second year of this position, puts me on the Nova Scotia Board and in addition to this I am also involved in the Officials, and Skater Development Committees. The NSAGM will be held on May 07, 2016 and the coaches meeting will occur at 4:00pm (topics for this meeting will be disclosed at a later date).

The plan for the 2015-2016 season was to:

- Establish the NPC Atlantic
- Create the High Performance Pathway in consultation with other provincial partners
- Resurrect the skater development
- Increase, organized monitoring sessions
- 4 seminars covering various topics maximizing coaching development
- Halifax to host Nationals and therefore promoting volunteering
- Increase knowledge around integrated sports management and available resources
- Hosting Club Day in September in preparation for the upcoming season

The season of 2015-2016 was an exciting year in the east coast as the creation of the Atlantic NPC which would involve all of the Atlantic Provinces (New Brunswick, Prince Edward Island, Newfoundland, and Nova Scotia) in order to try to increase our coaching knowledge so that our skaters may be more competitive within our country. In addition to the online five different seminars were planned throughout the season, they were as follows:

- October – Monica Lockie STAR development (Memramcook, NB)
- December – Robert O’Toole technical development (Cole Harbour, NS)
- January – Elvis Stojko boys seminar (Dartmouth, NS)
- February – Shae Zukiwsky program components (Amherst, NS)
- March – Elvis Stojko high level technical seminar (St. John’s NFLD)

Additional seminars that were run:

- Doug Leigh – technical development (New Glasgow NS)
- Elizabeth Manley – STAR development (Truro, NS)
- Katelyn Osmond – technical seminar (New Glasgow, NS)

For the most part these seminars were really well attended and all viewed as a success, I was able to attend the Robert O'Toole and the Elvis Stojko seminars and both were highly motivational, in addition to this I would like to note that coaches were offered free admission to the NPC Atlantic events and facilitators felt were well attended from NS coaches.

Cheryle Gaston is Nova Scotia's CanSkate Resource person and she has visited, Digby, Wolfville and Sackville Clubs and consulted with many others informally. Janet Harvey led the primary STARSkate NCCP Course last May and as in the past we coordinate with New Brunswick and Prince Edward Island to offer NCCP Courses.

Finding the time to have a coaches meeting other than at the AGM is challenging as at competitions everyone's schedule is intertwined however there was an impromptu meeting at the 2016 Provincials in Amherst where there was some great conversation and questions raised. Over 10 coaches were in attendance and the timing seemed quite appropriate.

Throughout the season the primary mode of communication is through email however responses from some questionnaires is limited however this year has been a great year within the skating community to network more and more through the competitions held in concurrence with the NPC and individual seminars held during the year.

In the upcoming year plans are first attend the Ice Summit in Newfoundland. From there plans are to add to last summer's August monitoring session, one in July and one in August. There would also be fitness testing as well as a planned Program components seminar combined with the August monitoring sessions.

Challenges with having sufficient number of coaches in rural regions, especially the Cape Breton Region will be a focus.

With the changes to evaluation of star 1-4, there is a plan to try to hold an evaluator/coach session which would help align and transition this movement so that there is not a large gap in skaters exiting from star 4 back into being evaluated by a judge. This session is hopefully being run in June. UpLifter is being purchased by the Section in order to make registering for competitions more simplistic in the future. Another club day is also planned for September in order to get clubs together and prepare for any notable changes and information's pertinent to the upcoming season.

Yours respectively

John Mattatall