

## 2018-19 Skate Canada Nova Scotia Coaches' Representative - Annual Report

The 2018-19 skating season was a successful one for many skaters and coaches in our section and I would like to begin by offering my gratitude for the countless hours our coaches put into our wonderful athletes every week.

Our skater development initiative continued this season with Jen Jackson leading our Prospects Team through another series of workshops that were very successful and useful for both skaters and coaches alike. Valuable insight was provided by Jen, our officials, and other experts as skaters prepared for the upcoming season. Skaters and coaches had the opportunity to not only learn and grow on the ice but to also expand their understanding of sport science, nutrition, the scoring system, fitness, and mental training. Going forward we will look at ways to reach and engage more coaches from throughout the section in these valuable professional development opportunities.

Three of our coaches attended the 2019 Canada Winter Games in Red Deer, Alberta, and had a positive impact on the performances and overall experience of our young skaters. Thank you John Mattatall, Tom Jackson and Cheryle Gaston for volunteering your time in this capacity and for your energies and efforts both leading up to and during the Winter Games. We are looking forward to beginning the next quadrennial as we look ahead to the 2023 Canada Winter Games that will be held on Prince Edward Island.

Our coaches had a successful season at many levels of competition, including locally, provincially, nationally and even internationally. We welcomed a number of new club coaches at our rinks this year and also had many coaches achieve higher levels of training as well as complete online modules through the Skate Canada online e-learning site. John Mattatall was trained this year as a CanPower Learning Facilitator and we look forward to being able to offer this training in the near future. A Regional Coach course is planned for May 2019 and a Club Coach course may possibly be offered in August 2019, depending on interest. Looking forward, it is important that we continue to train, develop, and support our coaches, particularly in more rural areas of our province.

In September our coaches will begin working with the new Star 6-Gold program that is being launched by Skate Canada. It will be important to consider the needs of our coaches during this transition and to look for ways to support them in cooperation with Skate Canada, Skate Canada Nova Scotia, and our officials. A combined Official-Coach workshop is being planned for the fall to help facilitate this change.

I look forward to meeting with our coaches at our AGM on Saturday, May 4th, 2019, at 10:00 am at the Sackville Sports Stadium. I appreciate the patience from our coaches as I transitioned into this new role and look forward to working with them in the upcoming season.

Respectfully,

Caleigh Hutchison