

LONG-TERM ATHLETE DEVELOPMENT CH-PL Groups

Sports can be classified as either early or late specialization. Early specialization sports include artistic and acrobatic sports such as figure skating. These differ from late specialization sports in that very complex skills are learned before maturation since it becomes more difficult to fully master if taught after maturation. This means that fundamental movement and motor skills as well as basic sport skills must be learned and acquired at an early age in order to maximize athlete progression.

Learn to Skate - Skaties

FUNDamentals: The philosophy of Learn to Skate is to provide opportunities to learn to skate in fun, safe, and engaging environments and to evoke interest for life long participation.

General Objectives

- To train in a fun and active learning environment that engages skaters' interest and challenges athletic and personal development appropriate to this particular stage
- To acquire/develop basic sport-specific skills
- To develop fundamental movement skills on-ice (go, stop, turn, jump, spin)
- To introduce motor skills (agility, balance, coordination, speed, rhythm, time/space orientation, dexterity, hand-eye coordination)
- To introduce simple rules and ethics of the sport
- To develop self-confidence, focus and positive attitude
- To instill a love of figure skating.

There are two groups for Skaties:

Skaties B: training 1 x 45 min per week

Skaties A: training 2 x 45 min per week

COMPETITION LEVELS

Learn To Train - Junior Academy

In the Learn to Train stage skaters are encouraged to acquire a skill set that will allow them to reach the highest level of proficiency that their unique talent and commitment will allow. It is defined by technical development rather than chronological age. Technical development is the defining characteristic of this stage. All other development supports and accommodates technical development.

General Objectives

- To increase the commitment level of athletes to figure skating as demonstrated through increased yet effective training time
- To develop the language and rules of figure skating
- To develop the ability to practice/train in different ways (i.e. group and private lessons, as well as independently)

- To develop and consolidate basic sport specific skills while continuing to develop motor skills (agility, balance, coordination, rhythm, time/ space orientation, speed, dexterity) and control of movement
- To acquire and demonstrate a good understanding of the mechanics of jumping and spinning
- To develop some understanding of artistic training, under the umbrella of technical training. Artistic knowledge is relative to the technical proficiency and age of skaters
- To introduce conditioning, off-ice technical jumping skills and fundamental mental skills including concentration, self-motivation, visualization, relaxation, positive self-talk and goal setting
- To create awareness and enthusiasm for the testing and competition opportunities available to athletes in Learn to Train
- Introduce ancillary capacities (warm-up, hydration, cool-down, stretching, etc.)

Junior Academy Light

- First group *towards* the competitive stream; a bridge between the Skaties and Junior Academy
- JA Light trains 2 x on the ice per week with Skaties groups and 1 x on the ice per week with the Junior Academy groups

Junior Academy 1

- The first group in the Junior Academy
- JA1 group trains 4 x on the ice per week, 2 times off ice training per week and one ballet / dance lesson per week. JA1 also has an optional extra ice session per week.
- Skaters in this group might already attend small club level competitions and / or tests and get a club program. Club program is the first competition program made by the club coaches. Usually every skater has the same choreography, just slightly adjusted to meet individual needs. Some skaters might be invited by the coaches to attend international competition in the late spring
- There are maximum 1-2 competitions per season
- Attending to an international summer camp for 1 week is recommended by the coaching team
- Possibility to be invited by the coaches to attend a test skate and qualify for Cadre / Cadre Espoir organized by ULP

Junior Academy 2

- The second group in the Junior Academy
- JA2 group trains 4 x on the ice per week, 2 times off ice training per week and one ballet / dance lesson per week. JA2 also has an optional extra ice session per week.
- At the latest now skaters get their first competition program made by the club coaches or choreographers and are attending club level competitions and / or tests. Some skaters might be invited by the coaches to attend international competitions
- There are maximum 2-3 competitions per season
- Attending to an international summer camps for 1 - 2 weeks is recommended by the coaching team
- Possibility to be invited by the coaches to attend a test skate and qualify for Cadre / Cadre Espoir organized by ULP

Junior Academy 3

- The third group in the Junior Academy
- JA3 group trains 6 x on the ice per week, 4 times off ice training per week and one ballet / dance lesson per week. JA3 also has 2 x per week optional extra ice sessions
- Skaters have their own competition program made by choreographers and are attending either club or ISU level competitions internationally
- There are maximum 2-4 competitions per season
- Attending to an international summer camps for 1 - 2 weeks is strongly recommended by the coaching team
- Possibility to be invited by the coaches to attend a test skate and qualify for Cadre / Cadre Espoir organized by ULP

Junior Academy 4

- The fourth group in the Junior Academy
- JA4 group trains 6 x on the ice per week, 4 times off ice training per week and one ballet / dance lesson per week. JA4 also has 2 x per week optional extra ice sessions
- Skaters have their own competition program made by choreographers and are attending either club or ISU level competitions internationally
- There are maximum 3-5 competitions per season
- Attending to an international summer camps for 2 - 3 weeks is strongly recommended by the coaching team
- Possibility to be invited by the coaches to attend a test skate and qualify for Cadre / Cadre Espoir organized by ULP

Learn To Compete - LTC

Athletes in this stage are exposed to greater performance and competition opportunities. The competitive experiences that occur during this phase focus on performance and not solely on outcome and/or results. Training plans become even further individualized to the needs and abilities of the athlete than in the previous stage. It is imperative that athletes consolidate a solid general physical foundation including speed, strength, endurance, and flexibility. It is in this stage which the metamorphosis from participant to athlete occurs. Thus, it is imperative that all individuals involved in athlete development have a solid understanding of this stage of development.

General Objectives

- To consolidate and refine basic skills, and add variations as well as acquiring new skills relevant to the stage of development
- To further develop and consolidate artistic knowledge and expression
- To develop and consolidate a choreographed program tailor-made to the athlete
- To develop a solid conditioning base (speed, strength, endurance, flexibility)
- To further develop fundamental mental skills introduced in the previous stage
- To increase the commitment level of athletes to the sport of figure skating
 - To increase the knowledge and use of the language of figure skating (i.e. judging system, etc.)
- To further develop ancillary capacities (warm-up, hydration, cool-down, stretching, etc.).

Learn to compete

- LTC group trains 10 x on the ice per week, 6 times off ice training per week and one ballet / dance lesson per week. LTC also has 2 x per week optional extra ice sessions
- Skaters have their own competition program made by choreographers and are attending ISU level competitions internationally. Some skaters are attending Junior Grand Prix competitions.
- There are maximum 4-7 competitions per season
- Attending to an international summer camps for 2 - 4 weeks is strongly recommended by the coaching team
- Possibility to be invited by the coaches to attend a test skate and qualify for Cadre / Cadre Espoir organized by ULP

RECREATIONAL LEVELS

Active For Life - Hobby groups, Adults

The Active for Life stage is entirely focused on providing opportunity for lifelong participation in skating. Social, mental and physical development are enhanced through involvement. Skill development and acquisition covers basic skills to complex skills. Development will be athlete and coach driven and assessed. Progression is based on individual needs, understanding, safety and abilities.

General Objectives

- To welcome participation at any level
- To promote a long-term, physically active and healthy lifestyle through the sport of figure skating
- Recognize the age and ability of all participants in order to provide appropriate goals and progress

Teenstars

Divided into two groups; Teenstars competitive group and Teenstars non-competitive group

- *Teenstars non-competitive* group trains 2 x per week on the ice, 1 x per week off ice training and one ballet / dance lesson per week
- A first hobby level group after skaties
- Possibility to join the group at an older age than in Junior academy groups
- Easier skills demands than in competitive levels
- Attending to any summer camp for 1 week is recommended by the coaching team

- *Teenstars competitive* group trains 3 x per week on the ice, 2 x times per week off ice training and one time ballet / dance lesson per week.
- A Next group after Teenstars non-competitive group
- Possibility to attend club and / or hobby level competitions
- There are maksimum 1-3 competitions per season
- Attending to any summer camp for 1 week is recommended by the coaching team

Adults

Divided into two groups; Adults beginners and Adults advanced

- *Adults beginners* is a skating school for everyone over 15 years of age
- Group has on ice training one time per week (possibility to sign up to a second lesson also).
- General objectives are the same as in Skaties:
 - To train in a fun and active learning environment that engages skaters' interest and challenges athletic and personal development appropriate to this particular stage
 - To acquire/develop basic sport-specific skills
 - To develop fundamental movement skills on-ice (go, stop, turn, jump, spin)
 - To introduce motor skills (agility, balance, coordination, speed, rhythm, time/space orientation, dexterity, hand-eye coordination)
 - To introduce simple rules and ethics of the sport
 - To develop self-confidence, focus and positive attitude
 - To instill a love of figure skating.
- *Adults advanced* trains one time per week on ice (possibility to sign up to a second lesson also).
- Next group after the beginners class
- Possibility to attend adults competitions

REFERENCES:

Skate Canada:

<https://skateabnwnun.ca/wp-content/uploads/2017/08/Skate-Canada-LTAD-Model-EN.pdf>

The Luxembourg Government:

https://gouvernement.lu/fr/gouvernement/dan-kersch/actualites.gouv_msp%2Bfr%2Bactualites%2B2021%2B01-janvier%2Bpresentation-concept-ltad.html