

## Technical Director's Report

This was my first year as Technical Director. There was no Technical Director last year, so the duties were split among the Board of Directors and a few others.

One job I did was to update the online Personal Best database. I also liaised with Bryan Smith to get the web site updated.

My main focus was organizing the coaches. In August I held a coaches meeting. We met to discuss the upcoming season. The coaching coverage was organized for all three ST groups for the fall. It was agreed to try something new this year. Coaches would only come out for one night per week to coach two different groups. This way coaches would not have to come out to the Sensplex as often, and when they were there they would spend more time on the ice. This worked out well until LT season started.

Before Christmas I organized the LT and ST coaching coverage for January and February. With some coaching moving over to just coach LT there was some difficulty with ST coaching coverage, specially for the Advanced hour. There were a few times when there was no one to coach the Advanced hour and last minute replacements had to be found.

The season was finished with a coaches wrap up meeting. We discussed the past season and how it went and what could be done to improve for next year. The skater awards were also decided.

One of the biggest problems noticed this year was that some ST skaters were getting on the ice late. This was disruptive and made their practices less effective. A skater can't start doing drills without a warm up. They risk injuring themselves. If he is late the rest of the group can't wait for him to warm up. It was also noted that a few LT skaters were showing up at the oval 15 minutes before the coaches were scheduled to leave.

Kelly Ball came up with one solution: push ups. For every minute late getting on the ice, the skater had to do a push up. It was very effective! After one week of enforcing this rule, every Intermediate skater was waiting at the door to get on the ice at 6:10.

Another solution that is going to be tried is to not allow skaters on the ice after the warm up is over (~10 minutes). This rule would not apply to the Development skaters. This was done a few years ago with a parent closing the door when the warm up was over and not letting anyone on the ice.

To better communicate these new rules an Athlete Contract is going to be drafted. This contract is to be signed by both the skater and a parent. It will explain any rules, and what is expected of the skater on and off the ice.

Another problem was the coaching coverage for ST. More coaches are needed. We need to start recruiting and training coaches immediately. We are going to start by running a pre-FUNdamentals course this year before next season starts. This course is a one day (7 hour) course that introduces basic coaching skills. It will be offered to anyone 14 years old and older that is interested in helping out on the ice. This is a great way for skaters who don't want to race anymore to stay involved in speed skating. It is also very good way for high school students to get their volunteer hours.