

Speed Skate New Brunswick Annual General Meeting Report:

P-CEP Coach / SSNB High Performance Coach



Hello Speed Skate New Brunswick Membership and Directors,

The 2012-2013 skating season has been another busy time for skaters, coaches, and volunteers within the province. The High Performance Program itself has made some dramatic shifts with many of our past members retiring from the sport, going off to University, making a switch to coaching, or moving on to other pursuits. In September of 2012 new standards were put in place for skaters interested in pursuing Tier 1, Tier 2, or Tier 3 standards. These standards can be found on the High Performance Website at HighPerformanceNewBrunswick.com. The website is in its first year and will serve as a reference point for information sharing about the program. It is linked to a HP Facebook Site and Twitter Account that is used to share information about SSNB HP athletes, SSNB happenings, and other items of interest to members of the skating community.

Other Highlights of 2013-2014 season:

- Attended 4 Elite FPVQ competitions – SSNB athletes competing at these events were Kelsey Patterson, Evan Brideau, Andrew Evans, and Heidi Evans
- Attended SSC World Junior Selections in December 2013. Both Andrew Evans and Evan Brideau attended this season. It would be great to see other SSNB athletes strive to this level in the future
- Attended SSC Nationals Junior /Senior Age Class in Montreal and 2013 Regionals in Halifax. Both events were excellent examples of the performances our athletes are capable of if they continue to push themselves. It is good to see some of the athletes training hard to be competitive at these events. We need more athletes building on this and continuing to strive for excellence. Our skaters are capable of great things if they set their mind to it.
- Attended a Podium Performance session in Fredericton, a two day professional coaching workshop in Halifax and the Atlantic Coaching Symposium in Halifax. All three were coordinated by Coach New Brunswick/Nova Scotia, and the Canadian Sport Centre Atlantic (CSC-A)
- Continuing to build a strong relationship with the CSC-A. As part of the HP program the CSC has provided us with Dr Ryan Hamilton for CWG Psychology sessions direct to our athletes for 2013-2015, Ken Seaman/Ken Morrison for Strength and Conditioning work for HP

athletes/invites, and I am working on getting some sessions set up for Nutrition and Recovery in the coming season.

- Making links with other HP programs within the province as many of us have the same issues when it comes to talent recruitment and commitment levels.

- In April of 2013 The CSC Atlantic has allowed access to some athletes that are close to the HP Status and are dedicated to work towards Funded/Unfunded Status in the near future. Athletes were selected based on proximity to standards, Regional/National Results, and stage or LTAD Development.

We are starting into another Canada Winter Games cycle and the next 20+ months will be busy ones as many athletes will be concentrating on making the 2015 CWG Team. Those striving for or at HP status will be training for a top level performance at the Games. We have a young group overall so this is no easy task. It was great to see 36 athletes starting into the process by attending Canada Winter Games Camps starting in May of 2013. Some of these athletes need to continue to build on their goals while others will need to make dramatic shifts in habits to make the 2015 Team. From this CWG training group 18 athletes will be chosen to represent the Province and it is our hope that we will choose a highly competitive team of athletes. The event itself will be a memory of a lifetime and the journey will help define them.

During this period many athletes, coaches and administrators may get lost in the pace towards the Games. It will be very important to keep perspective during this period and for clubs to continue to work on increasing memberships and providing the most positive programming possible to all skaters regardless of age. The CWG is a major event, however there are many other key events leading up the games and for some it will hopefully also be a stepping stone towards future success at an even higher level. The first day on the ice for a Learn to Skate member and the first experience at a club (or SSNB) based competition for a Fundamental Age skater is as important as the A final of the Canada Winter Games. If the skaters are not attracted to our sport they will not remain.

I look forward to continuing to work with the athletes and administrators of SSNB. This has been a building year in many ways. We will all have to keep working diligently toward common goals so we can continue to increase the quality, scope, size, and performance levels of the athletes of New Brunswick.

Thank You and I look forward to seeing you at the 2013 AGM,

Derrick MacLeod

High Performance Speed Skating Coach- N.B./P-CEP - SSNB