

NATIONAL PERFORMANCE CENTRES - ATLANTIC

The National Performance Centres are a new initiative of Skate Canada. They are designed to offer support to the coaches and athletes on the path to personal excellence. The NPC's will offer both "in-house" and "out-reach" programs sourcing information on a wide variety of topics including sport science, technical development, mental readiness and athlete well-being. The Atlantic Training Centre is one such "outreach" program and instead of a permanent home, it will move from location to location.

There is currently a coaches session planned for Monday, October 26 in Memramcook, NB. This session will be facilitated by Monica Lockie at the Eugene LeBlanc arena and will focus on all disciplines of the STAR 1-5 program and session strategies and is being offered at no cost but coaches must pre-register.

To register for this session,

- Go to: npc.skatecanada.ca
- Go to Locations (top right) and select Atlantic
- Once on the Atlantic site, go to Login.
- Make an account. Be sure to check the box that states "I will be registering myself for programs".
- Once an account is made, go to Registration and select the seminar.

On the npc.skatecanada.ca website there is a wealth of information including videos (on the "Toronto" location) but you must create an account to access this information.

The hope is that we can have one session in each of the Atlantic Provinces. I am currently trying to source ice for a skater/coach session on February 14-15, 2016. There will also be sessions in Halifax and Newfoundland. All sessions are open to all Sections but are currently aimed at Pre-Juvenile and higher skaters.

Upcoming sessions include Jump Technique with Robert O'Toole who will explore both on and off ice jump strategies as well as technique and practice exercises. This will be Dec 28 and 29th in Halifax. Details of this will be released once finalized.

The best way to continue and expand these programs with Skate Canada's financial assistance, is to have great support from skaters and coaches!

If you have any questions, please contact Martha Murnaghan or myself.