



**AUSTRALIAN ICE RACING**



## **NATIONAL DEVELOPMENT PROGRAM 2014**

### **INFORMATION FOR COACHES**

## **Introduction**

Welcome to the new AIR National Development Program. The purpose of this program is to help speed skaters to develop from club level to the elite level. The program features on and off ice testing of skaters at different points across the year, assessing their progress, and helps coaches track and monitor this progress in order to pin point areas where improvement is needed for each individual. The program also includes an Open Development Camp, with intensive technique and training sessions with help from leading international coaches.

## **Responsibilities of coaches**

As a coach of skaters in the program, you will be responsible for discussing your skaters' goals for the season, using the goals sheet provided to them. You will also be responsible for running the on ice time trials and administering the off ice fitness testing. Details of the tests and guidelines on procedures for running the tests are provided below. It is important to follow up on these results with your skaters, and implement any changes to help your skaters achieve the goals they have set out. Testing takes place four times per year, roughly 12 weeks apart.

As a coach, it is still your responsibilities to plan and run your club sessions. The National Development Program is in place to assist you in monitoring and tracking your skaters' progress throughout the year.

Please refer to Attachment A for goals sheet and Attachment B for testing result sheet.

## **Support from AIR**

AIR will be setting up an online platform for Australian coaches to discuss training methods, tips, technique, program setting and management with each other. This may include posting a youtube video of a training technique used overseas, or providing a copy of your clubs weekly training program. As coaches, we are here to get the best possible results from our skaters, and this will be only achieved if we support one another and share our knowledge and ideas. Details of the discussion forum and how to use it will be sent out once we have decided on the best working platform.

It is anticipated that AIR will be setting up a Level 1 and Level 2 coaching course during 2014. Details will be sent out once they become available.

An Open Development Camp has been planned as part of the National Development Program in April 2014. We have secured two international coaches, a former Korean Olympic Team Coach and the current Korean National Junior Team Coach for the 2014 Camp. Coaches are invited to attend the camp to gain knowledge and experience from these expert coaches.

We are aiming to include in the open development camp some one on one time with individual skater, the overseas coaches and their club coach. Using data from the individual skater's testing results as well as the overseas coach's observations of the skater's performance at the camp, a list of customised drills and techniques will be provided to the skater so that he/she can focus on after the camp.

## **NATIONAL DEVELOPMENT PROGRAM** **TESTING GUIDELINES**

It is important to follow the guidelines as listed below, so that we have a fair testing system across the country and to allow for accurate standardised measurements and realisations of your skaters progress.

### **ON ICE TIME TRIALS**

Skaters must complete on their own (no drafting behind other skaters). May be run as pursuits to save time.

Each skater to complete two distances, may get a re-run if there is a fall or problem with skates or ice conditions. Both distances may be run in the same session, or over two sessions depending on available ice time.

Nipper and Midget Division distances are 222m and 777m.  
Sub Junior, Junior, Senior and Masters distances are 333m and 1000m.

### **OFF ICE TESTING**

Equipment used for all tests: tape measure, chalk, stopwatch

**Vertical Jump:** The athlete stands side on to a wall and reaches up with the hand closest to the wall, keeping the feet flat on the ground. The point of the fingertips on the wall is recorded. This is the standing reach height. The athlete then leaps vertically as high as possible using both arms and legs to assist projecting the body upwards. The athlete touches the wall at the highest point, using chalk on their hands to mark the point. The difference in distance between this height and the standing reach height is the score. Best of three attempts.

**Standing Long Jump:** The athlete stands behind a line marked on the ground with feet slightly apart. Two foot take-off and landing is used, with swinging arms and bending knees used to propel the athlete as far forward as possible. The distance is recorded, with the best of three attempts being used.

**15m Sprint Standing Start:** A distance of 15m is marked in a straight line, preferably on concrete or a hard flat surface. Use the same start procedures as on the ice (go to the start, ready, go). Skaters to assume similar start position on the line as they do for starts on the ice. Maximum of three attempts taken with the fastest time recorded.

**Wall Sit:** Athletes to sit in 90 degrees position against a wall with back and hips firmly pressed against the wall. Time will start and athletes will try and maintain this position for as long as possible. When the skater loses position the clock is stopped and the time noted.

## NATIONAL DEVELOPMENT PROGRAM 2014 CALENDAR

March 15	Skater registration opens, skaters sent all the documentation, coaches notified. Goal sheets completed
March 18-31	Testing no.1
April 12-16	Open Development Camp
June 1-8	Testing no.2
July 26-27	Duke Trophy
August 24-31	Testing no.3
October 3-4	Australian Open Short Track Championships
November 16-23	Testing no.4
December	Program review

Please note that the dates for testing are flexible to fit in with your clubs ice times and your own training programs.

Once one of your skaters registers for the National Development Program they will be sent all the required documents including goal sheets, testing guidelines, calendar, and testing results sheets. You as their listed coach will be notified via email of their entry into the program. You will also be sent all of their results once tabulated, and will have access to see how your skaters compare with all other skaters in the program.

If you have any questions or queries about the National Development Program, they can be sent to the Director of Development. ([director\\_development@australianiceracing.org](mailto:director_development@australianiceracing.org))

**ATTACHMENT A**

**NATIONAL DEVELOPMENT PROGRAM**  
**GOALS SHEET**

NAME:

AGE AS OF JULY 1:

DIVISION:

CLUB:

COACH:

**PERSONAL RECORDS:**

333m:

500m:

777m:

1000m:

1500m:

NATIONAL CHAMPIONSHIPS 2013 - DIVISION:

RANKING:

**GOALS 2014-2015**

333m

500m:

777:

1000m:

1500m:

NATIONAL CHAMPIONSHIPS 2014 - DIVISION:

RANKING:

Any other goals for the season (national squad qualification, international events, technique improvements, long term ambitions etc.):

**TRAINING SCHEDULE: MARCH 18- JUNE 1**

	MON	TUE	WED	THU	FRI	SAT	SUN
A.M							
P.M							

**AREAS TO WORK ON**

**ATTACHMENT B**

**TESTING RESULTS SHEET**

NAME:	DATE:
D.O.B:	DIVISION:
CLUB:	COACH:

**ON ICE TIME TRIALS**

DISTANCE	TIME
1:	
2:	

**OFF ICE TESTING**

Vertical Jump (in cm)	
Standing Long Jump (in cm)	
15m Sprint Standing Start	
Wall Sit	