



New South Wales Ice Skating Assoc Inc

NSWISA 2016 Athlete Training & Development

The New South Wales Ice Skating Association (NSWISA) will be conducting training and development one-day camps for eligible skaters and supporting Clubs to conduct their own camps for all other skaters.

Tri-Star Camps Three (3) one day camps in May, June and July 2016 for higher level skaters.

Super Champs Camp NSW team competing at National Championships.

Advance Camps Club skaters not eligible for Tri-Star Camps.

The **Tri-Star Camps** and **Super Champs Camp** are free of charge to eligible participants, including coaches, and will be held at the Sydney Academy of Sport and Recreation, Wakehurst Parkway on Narrabeen Lake.

1. Tri-Star Camps

Each **Tri-Star Camp** will target physical and mental preparation, with a sport specific focus for NSW eligible skaters and all accredited NSW coaches. As each camp is conducted, more sport technical components will be added.

Training Leaders include Olympic Winter Institute Australia (OWIA) athletes and Sochi Olympians, Sami Kennedy-Sim (Ski Cross), Nicole Porter (Moguls) and Vancouver Olympian Emma Lincoln-Smith (Skeleton), who hold Level 4 Trainer Certification and will conduct testing, circuit and interval training.

Sessions also include Warm up/Warm down, Dance with RAD qualified teacher Vanessa Price, Psychology “in the field” and speakers for athletes, coaches and parents.

Speakers are Olympians Cheltzie Lee (Figure Skating Vancouver 2010), Sam Hall (Moguls Sochi 2014), 1988 Olympic Gold Medallist and A Grade Hockey coach Lee Capes, plus a parents Q & A with Renita Lee.

Maximum NSWISA Tri-Star Camp numbers	Athletes:	45
	Coaches:	20

Eligible participants: Senior, Junior & Novice Advanced singles. Senior, Junior, Novice Dance & Pair.

Senior Synchronized team members.

NSW accredited coaches (attendance qualifies for ASC coaching points).



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Dates: **Tri-Star Camp 1** Sunday, May 22
 Tri-Star Camp 2 Sunday, June 26
 Tri-Star Camp 3 Sunday, July 31
(Note: It is not compulsory to attend all three camps)

Requirements: Must be a financial member of NSWISA.
 Must have passed test for division.

All Senior and Junior athletes must complete the **ASADA Level 1** Anti-Doping eLearning course (information below). Certification required to be submitted to NSWISA prior to camp attendance.

ALL coaches must be APSA members, have a current NSW 'Working with Children Check' and have completed the **ASADA Level 2** Anti-Doping eLearning course.

Skaters attending all three Tri-Star Camps will be eligible to have their AFSC entry paid by NSWISA.

Attached is an information sheet regarding ASADA's eLearning site. You can access the courses via <http://elearning.asada.gov.au>

ASADA (Australian Sports Anti-Doping Authority) provides an eLearning online portal offering quality anti-doping education for all members of the Australian sporting community. With over 26,000 users, it is free and easy to use and can be accessed anywhere at any time.

Level 1 is a once-off module and the Level 2 module must be completed each year.

REGISTER NOW for TRI-STAR CAMP 1 on Sunday, May 22

To secure your place in the May 22 **Tri-Star Camp**, complete the registration form and either email it to nswisa.td@nswisa.com

Or send a hard copy to
NSWISA
PO Box 3266
North Strathfield NSW 2137

All registered participants will be listed on the NSWISA website. The May 22 Tri-Star camp schedule is attached to this announcement.

Further details will be advised closer to the date of each **Tri-Star Camp**.



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Only completed forms will be considered. Confirmation of your registration will be sent by email.

2. Super Champs Camp - October

The **Super Champs Camp** will target championship preparedness for the selected NSW team to the 2016 Australian Figure Skating Championships (AFSC) and will include physical, mental, planning, technical and artistic sessions. Feedback and advice from judges and technical specialists will also be featured.

Eligible participants: NSW AFSC team members only in all divisions
NSW accredited coaches (attendance qualifies for ASC coaching points).

Date: Late October, 2016

Time: 7.15am – 3.30pm

Requirements: All skaters must be a financial member of NSWISA.

All Junior and Senior athletes must complete the **ASADA Level 2** Anti-Doping eLearning course.

ALL coaches must be members of APSA, provide a current NSW 'Working with Children Check' and have completed the **ASADA Level 2** Anti-Doping eLearning course.

3. Advance Camps

NSWISA will liaise with each NSW club, with a view to providing funding towards a minimum of two one-day (or half day) development camps to be held off ice for skaters **not included** in the Tri-Stars Camps. As an option, some clubs may prefer to have joint Advance Camps.

Clubs will be required to submit an outline of their camp schedule and budget to NSWISA to qualify for funding assistance.

Eligible participants: For skaters not included in the Tri-Star Camps.

NSW accredited coaches (attendance qualifies for ASC coaching points)