

US FIGURE SKATING

PROFESSIONAL SKATERS ASSOCIATION

PSA

Every successful business has a plan... *What's mine?*

Monitoring in the Annual Plan

2008 Elite Coaches Seminar
Chicago, IL
May 21, 2008

"Bridging the Gaps" between the ART, SCIENCE and BUSINESS of coaching.

US FIGURE SKATING

"Success in competition should be the outcome of quality training, not chance or luck. It should be planned for and thus expected."

Coach's Role in Planning:

(1) Goal Setting
(2) Competitive Schedule

Goals are part of the planning process and are the key to success in competition

Set long-, medium- and short-term goals that correspond to (1) the phases of periodization and (2) the team's goals.

Identify performance goals in each performance factor (technical, tactical, physical, mental/emotional).

Identify which performance factor goals are essential for competitive success.

Prioritize goals and adjust the competitive program to make sure the team can reach the goals for each performance factor (this may turn into your long-term approach to athlete development).

Consider including:

- Competitions for confidence development or preparation.**
- Competitions that offer different experiences (overseas, new level).**
- Build-up events.**

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Planning Tips & Reminders

Coach's Role :

(1) Goal Setting
(2) Competitive Schedule

Apply Theory to Reality:

Consider *who* your athletes are.

Base your plan on the reality of the schedules you and your athletes have to work with.

Use planning tools that are simple and intuitive to you.

Develop a plan that can deliver, not just one that looks good.

Apply the Principle of Individuality:

Large muscles heal slower than smaller muscles.

Fast or explosive movements require more recovery time than slow movements.

Fast twitch muscle fibers recover quicker than slow twitch muscle fibers.

Women generally need more recovery time than men.

Older athletes generally need more recovery time than younger athletes.

General:

Volume should decrease and intensity increase during competition.

Preparation and pre-competition phases are crucial for tapering and peaking.

Figure Skating is an early performance sport, so higher levels of competition are needed at a much earlier age (pre-puberty).

(3) Lead Team!

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*A cohesive, scientifically sound, professionally-supported training program that integrates and balances training, recovery, **EVALUATION** and **MONITORING**.*

➤ **Education**

➤ **Cohesiveness**

➤ **Communication**

➤ **Relationships**

TRAINING-HEALTH-LIFESTYLE-ENVIRONMENT

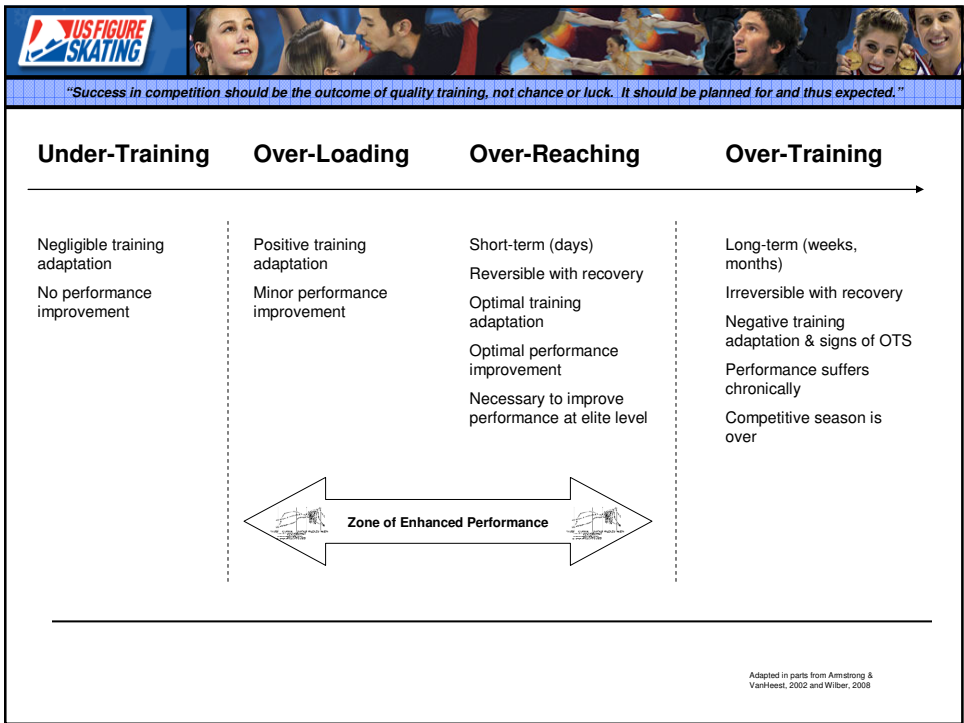
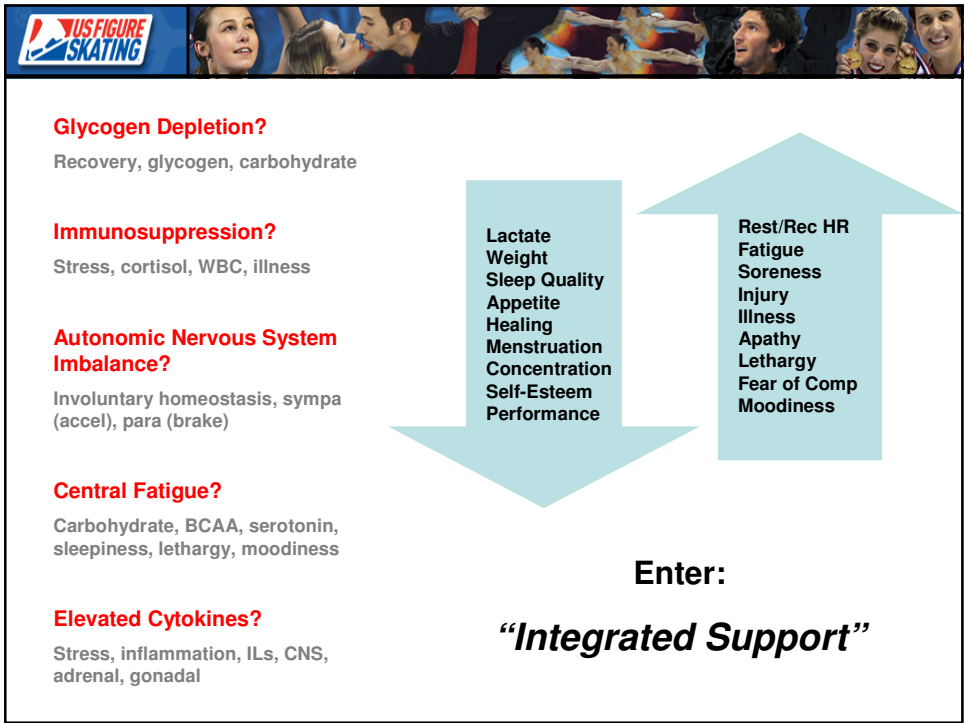
Volume, intensity, recovery, taper, technique, competition, colds, fever, GI infection, menstrual dysfunction, sleep, daily schedule, nutrition, housing conditions, leisure activities, family, roommates, teammates, coach, job, school

➤ **Fitness**

➤ **Technique**

➤ **Nutrition**

➤ **Psychology**



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VISUALIZE IT

Event preparation

Preparatory		Competition	Transition
General conditioning	Sport specific	Pro Economy Tactical	Active recovery
Physiological adaptation			

Bob Seebohar, 2008

Transition Accumulation Intensification Transformation Transition
 ——— PERFORMANCE LEVEL
 INTENSITY LEVEL
 - - - VOLUME OF TRAINING

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DESCRIBE IT

Sample of 1-yr Schedule – Novice, Junior, Senior

<p>TRANSITION or ACTIVE REST (** 2-4 weeks – Mid January – February)</p> <p><i>Purpose:</i> to recover physiologically and psychologically from the in-season competitive phase (prevention of skating related injuries to include muscle fatigue, psychological stress, etc.)</p> <p><i>Training:</i> several times daily pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)</p> <p><i>Skating Conditioning:</i> utilize cross-training emphasizing physical activity to other sports.</p> <p><i>Aerobic Conditioning:</i> none</p> <p><i>Strength Training:</i> 1 time per week.</p> <p><i>Flexibility:</i> none</p> <p><i>Other:</i> set fitness goals and maintain abilities as desired, review past season and develop goals for next season, search for new music.</p>
<p>EARLY OFF-SEASON (** 8 weeks – Mid February – Mid April)</p> <p><i>Purpose:</i> to develop strength and aerobic base</p> <p><i>Training:</i> several times daily pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)</p> <p><i>Aerobic Conditioning:</i> continuous activity 70-85% MAX HR, 3-5 times/week for 30 minutes.</p> <p><i>Aerobic Conditioning:</i> none</p> <p><i>Strength Training:</i> 3 times per week.</p> <p><i>Flexibility:</i> none</p> <p><i>Other:</i> set fitness goals and maintain calendar, begin to learn new moves, choose final music, off-ice dance classes to improve presentation, increase knowledge of nutrition.</p>
<p>LATE OFF-SEASON (** 8 weeks – Mid April – Begin Summer Ice)</p> <p><i>Purpose:</i> to increase strength, begin power base, power and aerobic conditioning, begin anaerobic training</p> <p><i>Training:</i> several times daily pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)</p> <p><i>Aerobic Conditioning:</i> 1-2 times per week at 70-85% MAX HR for 30 minutes.</p> <p><i>Aerobic Conditioning:</i> none</p> <p><i>Strength Training:</i> 2-3 times per week at 85-95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.</p> <p><i>Flexibility:</i> 1-2 times per week.</p> <p><i>Phonemics:</i> 1 time per week.</p> <p><i>Other:</i> further develop and improve new moves, begin to set program to music, continue dance presentation, incorporate sport psychology skills into practice sessions.</p>
<p>PRE-SEASON (** 12 weeks – Mid June – Mid September)</p> <p><i>Purpose:</i> emphasis on sport specific training, peak levels in skills training, strength, power, endurance conditioning</p> <p><i>Training:</i> several times daily pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)</p> <p><i>Aerobic Conditioning:</i> 1 time per week.</p> <p><i>Aerobic Conditioning:</i> 3-5 times per week at 95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.</p> <p><i>Strength Training:</i> 1-2 times per week.</p> <p><i>Phonemics:</i> 1-2 times per week.</p> <p><i>Other:</i> refine choreography on-ice, design costume, begin to run through complete program, sport psychology skills applied to completing program each time.</p>
<p>IN-SEASON (** 12-18 weeks – Mid September – U.S. Championships)</p> <p><i>Purpose:</i> to maintain strength, power, aerobic, anaerobic conditioning throughout season.</p> <p><i>Training:</i> several times daily pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)</p> <p><i>Aerobic Conditioning:</i> none</p> <p><i>Aerobic Conditioning:</i> 3-4 times per week at 95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.</p> <p><i>Strength Training:</i> 1 time per week.</p> <p><i>Phonemics:</i> 1 time per week.</p> <p><i>Other:</i> constantly refine and improve program choreography and additional new moves, develop nutritional knowledge for travels while traveling and pre-competition, improve sport psychology skills for focus and program performance.</p>

** Dates based on U.S. Championships qualification

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DETAIL IT

		2008-09 Seasonal Plan												USA	
		Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	USA	USA
Competition & Camps	Priority														
	Reference														
Work Schedule	Reference														
	Skills														
Recovery	Reference														
	Skills														
Observation	Reference														
	Skills														

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Measure It!

- > Fitness
- > Technique
- > Nutrition
- > Psychology

S.T.A.R.S.
Lactate/HR
Screening Lab
Glucose
Rest-Q

Observation
Performance




Successful Monitoring:

<p><i>Must be...</i></p> <p>Proactive</p> <p>Interactive</p> <p>Supportive</p> <p>Sensitive</p> <p>Guiding</p> <p>Centralized</p>	<p><i>Must not be...</i></p> <p>Reactive</p> <p>Independent</p> <p>Urgent</p> <p>Distracting</p> <p>Needed</p>
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> Education
 > Cohesiveness
 > Communication
 > Relationships

Enhancing Recovery
Preventing Underperformance in Athletes
Michael Kellmann



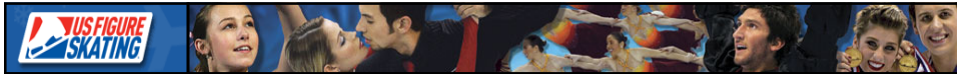
Recovery-Stress Questionnaire for Athletes
User Manual
Michael Kellmann
K. Wolfgang Kallus

Considerations:

- Age (differences)
- Developmental Level
- Personality (x2, x3)
- Image (esp w/ psych)
- Value
- Practicality
- Cost
- Detail, Support

Monitoring
v
Treatment
v
Research

Coaches need support too!



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"I am very relaxed and well-rested. I have great sensations and I am competition hungry."

-Eneko Llanos (Triathlon), 24 hours before winning the 2003 ITU Long-Distance World Championships

www.usfigureskating.org
ATHLETES / Sports Medicine