



## **Information Guide for Coach Participants**

### **Welcome to Irvine, California for the 2019 Athlete Acceleration Summit Coaches' Track! Friday, Saturday & Sunday, April 26-28, 2019**

Coaches' check-in will take place from 1:00 – 2:00 p.m. on Friday, April 26, in the lobby of the Great Park Ice & FivePoint Arena. The coaches' track will run 2:30 – 4:30 p.m. on Friday, April 26, 8:00 am – 5:00 p.m. on Saturday, April 27 and 8:00 – 3:00 p.m. on Sunday, April 28.

All coaches are welcome to attend whether they have an athlete attending or not. The primary objective of the coaches' track at the 2019 Athlete Acceleration Summit is for coaches to acquire a complete understanding of how to use tools and strategies to obtain increased scores for their athletes competing in the IJS system.

Through on-ice and off-ice sessions, coaches will explore different approaches to develop their own athletes in the areas that can elevate their scores. Faculty will include world and national coaches, instructors and officials. In advance, coaches should read the pdfs of the Program Components before attending camp. This will enable coaches to use the weekend to enhance their coaching knowledge by being familiar with the rules. The pdf's of the Program Components can be found:

Singles/ Pairs <http://www.usfigureskating.org/content/PC%20Development%20Charts%20Singles%20Pairs.pdf>  
Ice Dance: [http://www.usfigureskating.org/content/ISU%20program-component-chart\\_sandp-and-id\\_08-16.pdf](http://www.usfigureskating.org/content/ISU%20program-component-chart_sandp-and-id_08-16.pdf)  
Synchronized: [http://www.usfigureskating.org/content/ISU%20program-component-chart\\_sys%20rev%202.pdf](http://www.usfigureskating.org/content/ISU%20program-component-chart_sys%20rev%202.pdf)

While observing the on-ice sessions, coaches will be able to observe how the faculty is interacting with the athletes and how the athletes are learning. The classes are designed to give athletes skills to be able to improve their performance, personality, and poise on ice. The objective of this summit is to assist coaches and athletes to “break away from the pack” by bolstering their performance, fortify new techniques, and generate effortless movements that ultimately encompass an engaging, passionate, and memorable program.

Coaches should leave the Summit with ideas on how to create classes and lesson plans to develop their athletes at home in a group lesson format creating a huge cost savings for athletes, or on an individual basis. Coaches will get to observe a range of levels, and the entire faculty for on-ice sessions.



Heidi DeLio Thibert (PSA Director of Coaching Development) will serve as the Coaches Track Team Leader. Please communicate freely with her at: [hthibert@skatepsa.com](mailto:hthibert@skatepsa.com) with any questions or concerns.

**ON-ICE OBSERVATION SESSIONS:** Coaches may observe on-ice sessions on the agenda from the hockey boxes. Coaches may not get on the ice, and must not distract the skaters or disrupt the sessions. We are planning to have “Skate Radios” available for coaches’ use to be able to hear the faculty better. Please bring your own earphones.

**LECTURES & PANELS:** These are special classroom sessions designated just for coaches. Feel free to ask questions and add to the discussion. All sessions will be held in at the Great Park Ice & FivePoint Arena.

## **LOGISTICS & IMPORTANT INFORMATION**

**HOTEL:** The official hotel for the 2019 DoubleTree by Hilton Irvine Spectrum in Irvine, California.

### **Official Hotel:**

DoubleTree by Hilton Irvine – Spectrum  
90 Pacifica  
Irvine, California  
92618

**Rate:** \$139 / per night

**Group Name:** US FIGURE SKATING

**Group Code:** FSK

**Phone Number:** 1-949-471-8888

To **book online**, [click here](#).

*2 Full Breakfast buffets included in the rate*

*Each additional breakfast buffet discounted to \$10 per person*

**Overnight parking:** \$10.00 per night discounted (normally \$21.00)

The cut-off to book a room is **Thursday, April 4, 2019**, however the block may fill earlier.

For overflow, a call-in block has been reserved at the following hotel:

Marriott Courtyard Irvine Spectrum  
7955 Irvine Center Drive  
Irvine, CA 92618

**Rate:** \$125 / per night

**Group Name:** U.S. Figure Skating

**Phone Number:** 1-844-610-7857

To **book online**, [click here](#).

**Overnight Parking:** \$14 per night (Parking rates are subject to change.)

The cut-off to **book a room is Thursday, April 4, 2019**, however the block may fill earlier.



**TRANSPORTATION:** Participants should fly into John Wayne Airport (SNA) which is approximately 13 miles from the hotel or a 20 minute drive. The rink is 4 miles from the hotel. A rental car or Uber will be your best option for transportation.

**SUMMIT CHECK-IN:** If you are attending the Coaches' Track of Athlete Acceleration Summit, please check in with Heidi Thibert at the lobby of the Great Park Ice & FivePoint Arena beginning at 1:00 p.m. on Friday, April 26.

**ATHLETE WELCOME:** There will be an athlete welcome on Friday evening at the DoubleTree by Hilton Irvine Spectrum scheduled for 6:15 – 7:00 p.m. Coaches are welcome to attend, as it will give you the opportunity to get to know and socialize with one another, as well as, hear the keynote speaker.

The room will be set-up theatre style and athletes will sit with their respective teams. The program will consist of a short kick-off intro "video" and a keynote presentation.

**MEALS:** Lunch will be provided on Saturday and Sunday at the Great Park Ice & FivePoint Arena. If you have dietary restrictions, please complete the [food allergy form](#).

## **FREQUENTLY ASKED QUESTIONS:**

**Q: If coaches have students attending, can coaches watch their classes?**

**A:** The Coaches Track schedule is designed to provide coaches with a mix of coach-only lecture sessions, observation sessions and networking/discussion groups. The schedule is designed so that coaches will be able to watch on-ice classes of varying level skaters.

While it is preferred that the coaches follow the coach track, we also understand some coaches prefer more observation time. Coaches may choose to skip an off-ice session, and watch on-ice instead. If coaches choose this, please respect the athletes, be quiet and discreet and watch from the stands, as to not disrupt any athletes.

**Q: Do coaches need skates?**

**A:** Not at all. All on-ice classes must be observed from the penalty boxes. However, this year we will use "Skate Radios", which will enable coaches to hear the instruction being given on ice. Coaches are encouraged to bring and use their own earphones.

**Q: Can coaches attend Parents' Education Classes?**

**A:** Yes! An extensive Parents' Education track is happening at the Florida Hospital Center Ice Arena. Coaches may choose to substitute any of these sessions for sessions on the coaches' schedule.

## **PSA CREDITS:**

The coaches' portions of this program are held in collaboration with the Professional Skaters Association. PSA rated coaches attending and completing the appropriate affidavit will receive PSA educational credits for the 2019 Coaches Track at the Athlete Acceleration Summit. The affidavit for receiving PSA educational credits is on-line on the PSA website: <https://skatepsa.com/> > FORMS> affidavit.pdf. Please print, fill in, and send to the PSA office.

