



## National Squad 2009–2010

# BULLETIN 1

HPB-0901-V1

*Maria Borounov; Evgueni Borounov; Phoebe DiTommaso; Andrew Dodds; Nicholas Fernandez; Simon Hardy; Brendan Kerry; Chantelle Kerry; Sydnee Knight; Jessica Kurzawski; David Kranjec; Cheltzie Lee, Robert McNamara; Greg Merriman; Jamiee Nobbs; Danielle O'Brien; Zara Pasfield; Matthew Precious; Tina Wang; Mark Webster; Fire On Ice*

# ISA

Congratulations to all members of the 2009 National Squad on accepting your squad nomination. Bulletins will be emailed to you throughout the year to keep you up to date with any matters that specifically concern National Squad members. An electronic copy of the National Squad Handbook (that you received at the Banquet) which includes general information for the National Squad has also been emailed to all squad members (including coaches) for your reference.

As a member of the squad, all of the requirements (within the squad agreement) and outlined in the National Squad Handbook need to be met, including submitting forms in by the due dates, to ensure that you receive your national squad financial assistance as stated in the 2009 National Squad Criteria HPP-0907.

The international competition season is underway. Congratulations to Brendan Kerry and Sydnee Knight who have recently competed in the JGP's and all the very best to those who are competing in the final three JGP's this season.

The Olympic Qualifying Competition, Nebelhorn Trophy, was held this week in Oberstdorf. Cheltzie Lee skated solid performances and finished 15<sup>th</sup> (10<sup>th</sup> out of countries qualifying for Olympics) and Australia has the 3<sup>rd</sup> reserve spot in the Ladies at the Olympics. Robert McNamara finished 31<sup>st</sup> in a tough field of men. Unfortunately Greg Merriman was admitted to hospital and Danielle O'Brien and Greg had to withdraw on the day of their event. Greg was released from hospital on the final competition day and is doing ok. The entire team is to be commended for their fantastic team attitude and support throughout the event. They all supported each other – officials, judges, coaches and athletes. What great teamwork and ambassadors for Australia.

I would also like to wish all athletes competing in upcoming JGP's and international competitions all the very best to achieve PB's.

## ISA Website

I encourage you to refer to the athlete area of the ISA website for National Squad information and check the website regularly for updates - [www.isa.org.au](http://www.isa.org.au). National Rankings and International Assignments are continually updated throughout the season and are available on the ISA website.

## Training Plan Requirement

Training plans are a squad requirement, which must be submitted to the High Performance Director as outlined in the handbook and agreement.

Athletes **must** submit the following documents to the High Performance Director by **Friday 31<sup>st</sup> October** (Dance couples will only need to submit one per couple). The due date is later than originally stated in the squad agreement to allow more time for the documents to be completed.

1. Current Performance Details and Future Score Aims
2. PPC Worksheets (for two programs)
3. Key Performance Indicators for the year
4. Your annual training plan (either one you are currently working from, or one you have completed using one of the templates provided if you haven't got one already)

No National Squad funding will be available if you do not submit the four documents above by the due date.

Due to the domestic calendar changing next year, you may need to predict some of the competitions throughout the year or complete up to the end of this current season (ie. March 2010). The ISA Calendar is being finalised (following consultation of coaches and States) and is expected to be distributed by the end of October.

All plans and KPI's will be kept confidential and will only be viewed by the High Performance Director. The templates and details are attached to this Bulletin so you can type into the documents and can also be found on the ISA website.

It is encouraged that the skater/s work with their coach/es or any other relevant professional when completing these documents. It's important that your 'team' is all working towards the same aims and directions. Please print them out and pass them along if coaches don't have access to email.

Please contact the High Performance Director if you have any questions or need guidance to complete the documents.

**Please note:**

*ISA and OWI use the same format to ensure consistency between the two organisations. Those athletes who are on an OWI scholarship will need to submit different KPI's to ISA from those submitted to OWI.*

The following documents are attached (and are now on the ISA website):

**1. Current Performance Details and Future Score Aims** – document where skaters can outline their PB scores (to date and for the season) and scores which they need to achieve within 3 years and this coming year.

**2. Annual training plan template** – two different formats so you can adapt the one you prefer

**3. Steps to complete the annual training plan template**

If athletes or coaches aren't computer word processing experts, you could print them out on A3 paper so that they are larger and you have more room to write in the boxes.

**4. Key Performance Indicator (KPI) template and instructions** – table where skaters can outline their KPI's (aims) to achieve their score and PPC aim; and the steps that they will take to implement and action them in the year. The document also contains information on KPI's and an example.

**5. Planned Program Content (PPC) Worksheets** (Men Short Program, Men Free Program, Ladies Short Program, Ladies Free Program, Original Dance, Free Dance, Synchronized Short, Synchronized Free). Your relevant worksheet will be emailed separately to you. These worksheets will provide a detailed plan of programs to achieve the scores that the skater needs to achieve by Nationals in December 2010.

## Anti-Doping

Dr Cherry Lau is the Anti-Doping Control Officer (ADCO) within ISA. Skaters should contact Dr Cherry Lau [snough@hotmail.com](mailto:snough@hotmail.com), regarding any substances you are using or may be planning to use; including all prescribed or over-the-counter medications, traditional medicines, homeopathic medicines, herbs, supplements and vitamins.

All squad members should keep themselves updated on current Anti-Doping requirements (including attending ADCO sessions run by ISA) and be familiar with ISA's Anti-Doping Policy. The Policy is available on the ISA web site [www.isa.org.au](http://www.isa.org.au).

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Please contact me if you have any questions.  
Regards, Melina