



## National Squad 2009–2010

# BULLETIN 2

HPB-0902-V1

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# ISA

I would like to wish all National Squad members a very Merry Christmas and a Happy New Year. May 2010 be filled with lots of great performances and solid training. Best wishes to all of our skaters competing in upcoming championships early in the new year.

## Initial Funding Distribution

Initial funding for the season will be distributed to squad skaters shortly. Letters have been emailed out. You must complete the EFT form and send it directly to the ISA treasurer by **12 December**. Skaters who have fulfilled the terms and conditions as outlined in the National Squad Agreements will receive levels of funding towards competition and/or training and any result based funding that has been achieved to date this season, according to the National Squad & Funding Criteria (HPP-0907-V1).

## Updated Information

The latest updated National Rankings and International Assignments are now up on the ISA website. Please refer regularly throughout the season to the athlete area of the ISA website for updated information related to National Squad [www.isa.org.au](http://www.isa.org.au).

## Monitoring & Quarterly Reports

Monitoring is currently being arranged prior to Christmas for athletes. Two sessions will be arranged within each state with a panel. One session will be for those who are competing at upcoming championship events to skate a program while another session will be for those squad members who are training for the next season to view elements and seek advice.

There will be no quarterly report for December as outlined in the squad agreement. Instead, I will be conducting an individual discussion with you to go through your plans and progress at the monitoring session.

Coaches are required to be present at the monitoring session with their athlete/s.

## Anti-Doping

The World Anti-Doping Agency (WADA) has published the [2010 Prohibited List](#) which will come into effect on 1 January 2010. The Prohibited List is an international standard that outlines the substances and methods that are prohibited in sport. This list and other updated anti-doping information is on the ISA website [www.isa.org.au](http://www.isa.org.au)

Contact Dr Cherry Lau, ISA Anti-Doping Control Officer (ADCO) [snough@hotmail.com](mailto:snough@hotmail.com), if you have any questions.

## Reminder - Squad Requirements

National Squad athletes must abide by the National Squad Agreement (HPF-0908-V2) throughout the season. If any requirements are not met, then the breach of agreement conditions will apply. This includes all forms returned by due dates.

Please read this agreement to remind yourself of what you have signed and agreed to.

## Important Dates

Emails have recently been sent to those who have gained nomination to Four Continents and Junior Worlds. You need to ensure the acceptance form is returned by the due date to accept your nomination.

Entry forms for these events will be sent shortly. Please make these a matter of priority to arrange your travel, complete entry forms and return to ISA as forms need to be collated and submitted to the ISU.

As according to your national squad requirements, all entry forms **MUST** be received by the due dates.

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