

PLAN FOR WORK IN SEASON 2019/2020

1. WORKING CONDITIONS:

Venue and equipment

- pokrito drsališče v Mestnem parku Celje 60x30 (neogrevano)
- manjši telovadni prostor za ogrevanje in balet
- zunanji prostor v Mestnem parku
- večja pisarna za sestanke in analize
- pripomočki za izvajanje treningov (inventura je v priporonki)

2. TRENERJI IN ZUNANJI SODELAVCI:

Ime in priimek	Vloga v klubu	Delo v klubu
Tamara Dorofejev	Glavna trenerka	<ul style="list-style-type: none">- 25 hours of trainings weekly on ice and off-ice;- Preparing plans for all the groups;- Making competition plan;- Attending on competitions;- Making schedules;- Being in contact with ZPO about the ice times;- Organizing replacement when needed;- Informing parents about schedules, events, competitions, etc.
Teodora Poštič	Trener	<ul style="list-style-type: none">- 25 hours of trainings weekly on ice and off-ice;- Making and sending entry forms to competitions;- Attending on competitions;

		<ul style="list-style-type: none"> - Writing attendance for all the groups; - Writing points after competitions - Updating the list of skaters with contact details
Anja Bratec Lesjak, prof. šp. vzg.	Strokovni sodelavec, trener um. Drsanja, Tehnični specialist	Mednarodna Tehnična specialistka, pomoč pri strokovni pripravi urnikov, skupin in vodja trenerjev.
Metka Umek, prof. šp. vzg.	Strokovni sodelavec, trener um. Drsanja	Mednarodna sodnica, organizator drsalnih tečajev
Daša Grm	Trener	Nadomeščanje, koreografija,...
Doroteja Šimunič	Trener	Nadomeščanje, nacionalni Tehnični specialist, Isu data operator

3. IZOBRAŽEVANJE STROKOVNEGA KADRA

Datum	Kraj	Naslov	Udeleženec
May	Ostrava	ISU Development Camp	Teodora Poštič
May	Budapest	Trenerski seminar	Tamara Dorofejev
August	Celje	Trenerski seminar	Tamara Dorofejev, Teodora Poštič, Doroteja Šimunič
August	Ostrava	ISU Development Camp	Teodora Poštič

4. PLAN PRIPRAV

Datum	Kraj	Naziv	Trener
17.-29.6.2019	Ljubljana	All skaters from our groups A, B, C and D (except new skaters)	Tamara on the groups in the camp, Daša with the National Team
15.-20.7.2019	???	National Team for sure, if we find good possibility also for others	Tamara
22.7.-3.8.	Celje	ISU priprave in 1 ura	Tamara and Daša

		klubskega ledu	(helping with National Team)
5.8.2019	CELJE	Delo kluba	Tamara, Daša and Doroteja (5-10.8 and 19-31.8) Teodora (12-17.8 and from September)

Priprave pomeni, da so treningi tisti teden intenzivnejši, vključeni so vsak dan kondicijski treningi in balet. V času priprav so otroci osredotočeni samo na treninge in nimajo drugih šolskih ali občolskih dejavnosti.

*ISU priprave so priprave mednarodne drsalne zveze, kjer otroke trenirajo priznani mednarodni trenerji vrhunskih umetnostnih drsalcev. Na pripravah sodelujejo samo drsalci, ki jih izbere Strokovni svet Drsalne zveze Slovenije kot reprezentanco Slovenije.

Letos so izbrani za sodelovanje na mednarodnem ISU kampu naslednji tekmovalci s strain Zveze: DECISION WILL BE ON SS ON 7.5.

5. RAZDELITEV OTROK PO SKUPINAH

Skupina	Št. otrok	Starost otrok
A	8 + 1 (Maruša) + Daša	11 – 28 let
B*	13	8-17 let
C	6	6 - 9 let
D1	7	Mešana netekmovalna skup.
D2	4	Začetniki

*As the groups is pretty big and the attendance of certain skaters in the group in the previous seasons was very inconstant I recommend to mark those skaters as B2 and offer them trainings on ice only 3x a week in the afternoons. Their attendance was not higher anyways, but planning of the trainings would be much easier and trainings would be more effective if we knew on which days we can expect those skaters to come.

V klubu je trenutno 40 članov v sekciji UD, od tega 5 kategoriziranih športnikov OKS. In sicer imamo en državni razred in 4 mladinske razrede kategorizacije. Na reprezentančnih treningih imamo 5 tekmovalcev, ki bodo zastopali državo na mednarodnih tekmovanjih. In še nekaj mlajših tekmovalcev, ki so v izbranem krogu opazovanih drsalcev s strani Drsalne zveza Slovenije.

Skupine za treninge sestavi glavni trener skupaj z vodjo trenerjev. Menjave med skupinami se lahko izvajajo na 3 mesece po pregledu in internih testih.

5.1. POGOJI ZA PREHOD V VIŠJO SKUPINO:

A skupina:

Starost: Basic Novice A – Senior

Nivo znanja: Vsi celi dvojni skoki brez 2A in kombinacija dvojni+dvojni – This criteria we will have to change, because if we keep it there will be only 6 skaters in group A and 15 in group B.

B skupina:

Starost: Chicks – Juniors

Nivo znanja: osvojen 1A

C skupina:

Starost: vsi do Basic Novice A skupine

Nivo znanje: odvisno od starosti

D1 skupina:

Starost: od cubs skupine naprej, rekreativna, netekmovalna skupina

Cubs and Chicks skaters can start to compete on National competitions (OP and Pokal) if they fulfil the criteria of the Slovenian Skating Union. To compete on international level I recommend to set higher criteria for the skaters. It is the skater's and the coach's interest as well that the skater went to competitions only in case she is ready for its level. It is also important for the club's reputation not to send skaters too early to international event, who are not ready yet to compete.

D2 skupina:

Začetniki in mlajši

5.2. INTERNI KLUBSKI TESTI

We will make more often test for the skaters of groups A, B and C. It is easier to follow the improvement for the skaters and for coaches as well and to see what we have to work on more. The test will be on Saturdays on the time of the practice.

For group D we will make 4 tests during the season to see if they are ready to start to compete on national or international competitions:

1. Middle of October (for Skate Celje)
2. Middle of November (for DP)
3. Beginning of January (for Skate Helena and Zakijev Flip)

4. Middle of February (for Pokal Slovenije)

For competing on national competitions (DP and Pokal) the skaters have to fulfil the criteria of the Slovenian Skating Union.

For international competitions I recommend to set higher criteria:

For Chicks:

- At least CoSpV B
- 3 different single jumps (beside kadet)
- ChSq1 (proper spiral position on edge for 3 sec)

For Cubs:

- At least CoSp B or CCoSpV B
- 1A (for Skate Celje 5 different single jumps is enough)
- ChSq1 (proper spiral position on edge for 3 sec)

6. ŠTEVILO TRENINGOV PO SKUPINAH

V spodnji razpredelnici je razvidno število treningov na ledu in kondicijskih treningov na teden po skupinah.

Skupina	Št. treningov na ledu/teden	Kondicijski treningi/teden	Balet
A	9	3	0
B	8	2	0
C	7	3	0
D1	4	2	0
D2	3	1	0

This season because of financial issues in the Club we will not have any ballet, dance, drama, stretching, etc. for any of the groups. Those activities are still highly recommended for the skaters in all age. My recommendation is that the club offers the gym and if groups of parents are ready to pay a dance/ballet/etc teacher then we can include that activity in our schedule for those skaters. I will make suggestions what kind of extra activities the kids should have. For this option I would put the following conditions:

- Head coach agrees with the activity and with the teacher
- It fits to the schedule and to the program
- The activity is regular, every week, not only occasional
- Parents are arranging the payment of the teacher
- Parents are informing the teacher (and the coaches too) in case of cancellation the session

7. PLAN TEKEM

Plan tekmovanj sestavi glavni trener. Vedno pogledajte pod opombami za koga so določena tekmovanja in kakšna je pomembnost udeležbe na tekmovanju. Vsa tekmovanja označena z rdečo so najpomembnejša tekmovanja za klub, štartnino plačajo starši-razen za DP in Pokal Slovenije, stroške trenerja krije klub. Krepko označena tekmovanja so tista, ki jih priporočamo in se jih

ponavadi udeležujemo v večjem številu. Dodana so tudi ostala tekmovanja, ki pa so možnost izbire za posameznike.

Prosim, če izbirate plan tekmovanj za svojega otroka po vrstnem redu kot je določena pomembnost tekmovanj za klub. Kot smo že omenili na sestanku, Strokovni Svet kluba določa tekmovanja, glede na možnost najboljših rezultatov in tako boljše klubske uvrstitve na Evropskem kriteriju, ki se kasneje upoštevajo tudi pri razpisih za dodatna finančna sredstva. Le-ta pa so za nas nujno potrebna, če želimo realizirati delovanje kluba, ki je opisan v tem planu.

IME TEKMOVANJA	MESTO	DATUM	PLAČILO ŠTARTNINE	STROŠKI TRENERJA
Golden Bear Zagreb	Zagreb, CRO		starši	starši
Halloween Cup	Budapest, HUN		starši	starši
Skate Celje EC	Celje, SLO	20-24.11.2019	starši	klub
Santa Claus Cup	Budapest, HUN		starši	starši
National Championships	TBA, SLO		klub	klub
Skate Helena EC	Belgrade, SRB	14-18.01.2020	starši	klub
Bielmann Cup	Jesenice, SLO		starši	starši
Dragon Trophy	Ljubljana, SLO		starši	starši
Sofia Trophy EC	Sofia, BUL	3-9.02.2020	starši	klub
Zakijev Flip	Bled, SLO		starši	starši
Cup of Tyrol	Innsbruck, AUT		starši	starši
Pokal Slovenije	TBA, SLO		klub	klub
Coppa Europa EC	Folgaria, ITA	18-22.03.2020	starši	klub
Jegmadar Cup	Szekesfehervar, HUN		starši	starši
Triglav trophy&Narcisa Cup	Jesenice, SLO		starši	starši

TRENERJI NA TEKMOVANJIH

I recommend that for the competitions above coach would be available for all the competitions. The costs of the coach can be covered by the club or by the parents. If it is not covered by the club then the parents can still decide to cover the coach's costs (travel costs, accommodation and dnevnica) and in this case the coach should go along with the skaters. It is our interest that our skaters performed well on the competitions and for that to have own coach present is very important.

*Datume tekmovanj bomo napisali, k obo izšel ISU koledar tekmovanj. Vpisali bomo tudi več tekmovanj, ki se bodo odvijala v bližini Slovenije, da boste imeli večjo izbiro tekmovanj.

COMPETITIONS FOR THE NATIONAL TEAM

We usually have a problem with the competitions where the skaters go to represent Slovenia (JGP events, senior competitions, EYOF, World Junior Championships). These events means 4-5 days of

absence of one coach with only one skater, so it means that all other skaters in the club trains with only one coach those days. Usually we arrange replacement, but it is not always easy to organize and it means extra costs for the club.

On the other hand our best skaters are going to these competitions, who are the idols of our younger skaters. Although the club doesn't benefit a lot from these competitions, it is still important that if any of our skaters gets to the level to compete on this kind of events still had a support from club and coaches. At the end this is the goal of many young skaters to get to this level.

I recommend that the Club allows to coaches to attend on these events (and not to consider it as they were on holidays) and arranges substitution for those days for the trainings in Celje. All the costs of the coach for the competition should be covered by the National Federation.

8. OSVOJENO ZNANJE IN CILJI

Vsak starš prejme individualno evalvacijo za otroka za prejšnjo sezono in cilje za naslednjo sezono, ki jih pripravi glavni trener kluba skupaj s pomočnikom trenerja.. Evalvacijo prejmejo tisti starši, katerih otrok se je udeležil vsaj 5 najpomembnejših tekmovanj za klub (označene z rdečo v prejšnji točki). Beside the criteria of attending on 5 competitions I would like to set also at least 80% attendance of trainings to get evaluation.

9. PRILOGA

- Poročilo sezone 2018/2019
- Plan za poletje
- Urnik za sezono 2019/2020

Pripravila: Tamara Dorofejev