



VANCOUVER ISLAND REGION | Coaches Committee

In July, the Coaches Committee held a coach update clinic at the Island Savings Centre in Duncan. Kelly Cruikshank and Judy Burwash were the presenters and they did an amazing job. The presentation was so well organized and easy to follow, with interactive activities and power point visuals, this was a first class clinic aimed for a maximum learning experience. We thank Kelly and Judy for all the work they did in preparation for this event. The below picture shows most of the coaches in attendance.



This past weekend, the Vancouver Island Skater Development Committee held the 2016 Vancouver Island Skater Development Seminar featuring 4-time World Champion, Kurt Browning. Many coaches took part in the two-day event that included a lecture by Kurt organized by the Coaches Committee. Kurt had very important messages for the coaches along with funny and interesting stories and, of course, his unique quality for putting everyone at ease and making them feel special. All coaches that had paid their yearly dues took part in the seminar for free thanks to a donation from the Coaches Committee towards the seminar. Island coaches Deena Beacom, Tyler Bidnyk and Shannon Light also coached at the seminar and did a fantastic job.

If there is a coach at your club that isn't currently signed up with the Coaches Committee, please have them contact us at vicoaches@yahoo.ca.

We are very sorry to lose a long time member of the Coaches Committee with Jannine Ranniger of the Campbell River Skating Club retiring this year. Jannine is a national level coach with a reputation for quality coaching and high standards. We were fortunate to have a retirement get together at the seminar this past weekend to show Jannine our gratitude. The Coaches Committee will miss Jannine's work ethic, wisdom, sound advice and good humour and wish her the very best.

The Coaches Committee wishes all Vancouver Island skaters, coaches and clubs the best of luck in their endeavors this Fall/Winter. Keep reaching higher!

Respectfully Submitted,

Matt Willis
Chair
Skate Canada- Vancouver Island
Coaches Committee

Attached is a suggested coach food room guide for Island competitions.



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Suggested Food for Competition Coaches' Rooms

Dear Competition Committee,

The Vancouver Island Region Coaches Committee has contributed 200.00 towards your competition in hopes for a well maintained coaches food room. The purpose of this room is to provide busy coaches with a quiet place to go during competitions or a place to grab a quick lunch, dinner or snack when time does not permit another option.

Please see our below suggestions for what to stock in the coaches food room:

- Fruit tray
- Veggie tray
- Salad (fresh or bagged salad) with dressing
- Healthy Muffins &/or bagels for the morning
- Butter &/or margarine
- Cream Cheese
- Sliced Cheese
- Buns & Cold cuts &/or Pre made Sandwiches/Wraps
- Soup or Chili
- Nuts, Chips, Crackers (any or all)
- Cookies, Bars, Loaf (any or all)
- Water
- Tea, Coffee, Hot Chocolate
- Cream, Sugar
- Stir Sticks, Cups, Napkins, Bowls, Plates

As a suggestion, a portable bar fridge is very handy for perishables to be kept. Also, a large water canteen (possibly donated by a local water company) can be used instead of bottled water. Making coffee and hot water in a large 40-80 cup server is also recommended for less labour.

We would really appreciate coffee, hot water and snack foods be well stocked during non meal times.

Thank you in advance for providing a healthy, quiet environment for the coaches. Everyone definitely benefits from this arrangement as has been proven in the past. Please let us know if you have any questions.

We wish you the best of luck for a successful competition,

The Vancouver Island Region Coaches Committee
vicoaches@yahoo.ca