



MAY 15-18, 2024

COLORADO SPRINGS, COLORADO

**DOUBLETREE WORLD ARENA
& BROADMOOR ICE HALL**

U.S. Figure Skating is excited to announce the first national training and education program to bring together competitive athletes, coaches, officials, and parents for a multi-day event focusing on skill development, performance development, character development, and pursuing excellence in the sport!

NATIONAL COACHES COLLEGE

Coaches from all disciplines are welcome to attend a three-day National Coaches College featuring classroom sessions, on-ice sessions for coaches only, and observation of athlete sessions from some of the top faculty in the U.S. and the world.

Access to Excellence will also include the U.S. Figure Skating National Technical Panel Training and Testing, held in parallel and in conjunction with the National Coaches College, providing an opportunity for coaches and officials to network and learn together. National

Coaches College attendees can stay to observe the Athlete Acceleration Training Camp on Saturday, May 18th at no additional cost.

THE "FIGURE 8s" for COACHES - CORE FOCUS AREAS of ON and OFF-ICE SESSIONS

EDGE-u-cation

On and off-ice sessions addressing body alignment, core coordination and skating skill development

Jump Zone & Spin Space

Sessions that include technique tips for a solid foundation in teaching jumps and spins

IJS Application For All Disciplines

Sessions with technical specialists on understanding technical rules and applying that knowledge to teaching skills

Component Campus

Sessions on how judges apply program components as well as practical

NATIONAL COACHES COLLEGE SCHEDULE

WEDNESDAY, MAY 15

Classroom Sessions
Keynote Speaker
Coach + Officials Sessions
Skating Director Track
Welcome Reception

THURSDAY, MAY 16

Classroom sessions
Collaborative Coaching Sessions
On-ice Sessions (Coach only)
On-ice observation of
Tech. Panel Training

FRIDAY, MAY 17

Classroom sessions
Guided Observations of
Athlete Acceleration
Camp Athlete Sessions

SATURDAY, MAY 18

Optional Observations of
Athlete Acceleration Camp
Athlete Sessions



application in teaching athletes to maximize their component marks

Equipment Boot Camp

Sessions to assist coach understanding the impact of boot and blade care, maintenance, and selection on performance.

Character Development

Best practices and principles for coaches; strategies for incorporating character qualities in coaching.

On Solid Ground

Sessions focusing on sports science, strength and conditioning, and mental training.

Strategy & Professional Development

Collaborative working sessions, including SkateSafe, DEI, and USOPC programming.

FACULTY

Featured faculty include two-time Olympian and reigning U.S. men's silver medalist, Jason Brown; Ikaika Young, Gracie Gold, Jeff DiGregorio, Peter Johansson, Yuka Sato, Darlene Cain, Debbie Stoery, Ashley Cain, Polina Edmunds, Kristin Fraser and Saga Krantz, among many more!

Performance and Dance experts include Dancing with the Stars

professional, and EMMY nominated Choreographer, Dmitry Chaplin, and Top 5 Dancer on the FOX Hit TV Show, "So You Think You Can Dance," Randi Strong.

This is in addition to a great line-up of officials, including Emilie Billow, ISU official and member of the ISU Singles & Pairs Technical Committee,

ISU judge Jenny Mast, ISU judge and technical controller Robert Rosenbluth, and Lauren O'Toole, Athlete Services Group Coordinator and Elliot Schwartz, Performance Innovation Lead at the USOPC and U.S. Figure Skating official. Other programming includes equipment experts, SkateSafe and DEI faculty, and finally, sports science.

REGISTRATION INFORMATION

REGISTRATION FEE: \$475

Three full days for educational sessions:
Classroom, collaboration, on-ice, and athlete observation

Welcome reception with officials and faculty

Coaches may stay to observe the Athlete Acceleration Training Camp on Saturday, May 18th at no cost

PSA will provide 24 credits for coaches looking to bring their ratings active before July 1, 2024

TO REGISTER: [CLICK HERE](#)

HOTEL INFORMATION

DoubleTree By Hilton – Colorado Springs
Access to Excellence Group Rate & Booking Link – [CLICK HERE](#)