COMPETITION READINESS

“Success in competition should be the outcome of quality training, not chance or luck. It should be planned for and thus expected.”

COMPETITION READINESS is...

the PROCESS by which a skater and his/her coach prepare in a strategic manner for the upcoming competitive figure skating season.
The foundation of the competition readiness process lies in planning.

Plans help us identify, discuss, understand and execute all factors that affect performance in competitive sports.

These factors include, but are certainly not limited to:

<table>
<thead>
<tr>
<th>Goals (big/small, short-/long-term)</th>
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<tbody>
<tr>
<td>Strengths, weaknesses and opportunities for improvement</td>
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<tr>
<td>Needs (athlete, coach, parent, support team)</td>
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<td>Resources (personal/professional, human/financial)</td>
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<td>Roles (athlete, coach, parent, support team)</td>
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<td>Expectations</td>
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Many of the problems we encounter in daily skating and coaching are brought on by a lack of planning.

Like proper conditioning, proper planning is an effective way to reduce technical error and injury and should also be considered a pre-requisite to healthy, safe and successful performance.
A seasonal plan is a personalized document that describes in various levels of detail what a skater will learn this YEAR and how he will progress towards his annual skating goal(s).

**Cooperative planning** breeds a culture of success and helps establish a renewal continuum of shared intentions, consistent behavior, aligned systems and processes, and desired culture.

A seasonal plan is typically created cooperatively by the coach and skater but integrates input from and/or about a variety of people involved in the overall development of the skater.

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Completing a seasonal plan is a seven-step process:

**Seven Sections of the Seasonal Plan:**

1. Ultimate Performance Goal…points & placement
2. Reflection / S.W.O.T. Analysis…related to goal
3. Performance Objectives…related “process” goal
4. Calendar / Seasonal Planning Chart…timeline
5. Fitness Plan…FITT Plan
6. Resources / Support Team…compare to objectives
7. Commitment…coach plus skater
A seasonal plan can be valuable at any level of skating, but should be considered a mandatory part of coaching once a skater has started competing at the Novice level at U.S. Championships.

All skaters in all Olympic disciplines who are eligible to represent the United States in international competition are required to provide complete seasonal plans to U.S. Figure Skating on an annual basis as part of the competition readiness process.

The competition readiness process in competitive figure skating begins with an agreement among the skater, coach and U.S. Figure Skating. Signing this Competition Readiness Agreement signifies that the skater’s and coach’s prepare for the upcoming season will consist of at least the other six steps:

- Develop and submit a Seasonal Plan.
- Finish short and long programs and perform them in competition.
- Complete performance feedback.
- Obtain and submit a copy of a current passport.
- Get a pre-participation physical evaluation (PPE).
- Check the status of all current prescription and over-the-counter medications and dietary supplements.
Finishing short and long programs and performing them in competition well in advance of the start of the competitive season gives coach and skater time to evaluate program set-up and try new things relative to points and performance.

Completing performance feedback well in advance of the start of the competitive season could include having video of a particular performance reviewed by a panel of technical experts or participating in a pre-approved in-depth technical feedback session.

Passport issues are a common distraction for skaters and coaches who are preparing to compete internationally, especially for those traveling internationally for the first time. Travel to certain countries requires a visa based on a current passport, and many times passport expiration is the source of visa denial and/or travel arrangement delays.

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PPEs have become a standard of care in injury/illness detection and prevention worldwide.

PPE information is very useful to Team USA doctors.

PPE information is used for the purposes of (1) confirming a skater’s ability to train and compete to the best of his ability and (2) providing Team USA medical personnel with accurate and up-to-date information about every skater’s medical status so that team physicians are better able to care for those skaters during international travel and competition.

Checking the status of all current prescription and over-the-counter medications and dietary supplements helps secure the appropriate approval and/or declaration of use. This should be done at least 21 days in advance of the first competition.
### 2009-10 Seasonal Plan

**Prepared for U.S. Figure Skating by Charlene Boudreau**

**TRAINING~HEALTH~LIFESTYLE~ENVIRONMENT**

- Volume, intensity, recovery, taper, technique, competition, colds, fever, GI infection, menstrual dysfunction, sleep, daily schedule, nutrition, housing conditions, leisure activities, family, roommates, teammates, coach, job, school

<table>
<thead>
<tr>
<th>Category</th>
<th>2008-09</th>
<th>2009-10</th>
<th>2010-11</th>
<th>2011-12</th>
<th>2012-13</th>
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<td>Training Focus</td>
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<td>Technical Development</td>
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<td>Mental Development</td>
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<td>Financial Planning</td>
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**THINK ABOUT:**

- What do we want to be in 4 years?
- What will we need to do to get there?
- Where are we now?
- What are our current strengths?
- What are our current weaknesses?
- What are our available resources?
- What do our stakeholders think?

**AND HOW WILL WE MEASURE IT?**

Every successful venture has a plan... **WHAT'S OURS?**

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Think...

- Competitively
- Physically
- Mentally
- Financially
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