



2023 High Performance National Development Camp & National Development Team

CONGRATULATIONS!

Your placement at your respective 2023 Sectional Singles Final, U.S. Ice Dance Final, or U.S. Pairs Final has earned you a spot on the National Development Team and attendance to U.S. Figure Skating's High Performance National Development Camp in San Jose, California. You should be proud of your accomplishment. U.S. Figure Skating congratulates you, your family, coaches and support team.

Being part of the **National Development Team (NDT)** identifies each athlete as one of the top developing athletes in their discipline. This puts you on the radar for becoming a future Team USA member and to someday represent the United States in international competition. This is a great honor and achievement in your journey to becoming an elite figure skater.

2023 High Performance National Development Camp (HPNDC) has two main components – the performance, educational and training piece, followed by observation of the 2023 Toyota U.S. Figure Skating Championships. The required performance and camp portion takes place from Jan. 23, 2023, to Jan. 25, 2023, with the highly recommended observation and additional programming happening from Jan. 25, 2023, to Jan. 29, 2023. Singles athletes will have unofficial practice ice (UPI) starting on Jan. 22, 2023. Ice dance and pairs athletes will have unofficial practice ice (UPI) starting on Jan. 23, 2023. More detailed information will be available in the coming weeks.

All athletes are required to attend this competitive training camp to be considered for international competitions, High Performance Development programs and High Performance competitions. Observation of the 2023 U.S. Figure Skating Championships is highly recommended. **Novice athletes that have qualified for the 2023 Toyota U.S. Figure Skating Championships at the junior level are not required to attend 2023 HPNDC but are encouraged to participate in any programming or observation of events following the conclusion of their junior events. If these athletes would like to attend HPNDC, they are welcome to do both.**

ATHLETE REGISTRATION - \$200

Registration for the 2023 HPNDC and NDT includes two parts:

- 1) EMS Registration available [here](#).
- 2) Athlete Information Form available [here](#).

Both are required to complete registration for HPNDC and NDT. Athlete registration is \$200 and includes all camp programming, access to the U.S. Championships via credential for one parent/guardian and NDT skater with a designated seating section, lunch during HPNDC, parent track curriculum, two athlete T-shirts and a National Development Team jacket. **Credentials for an additional parent/guardian or accompanying minor for the 2023 U.S. Championships are available for purchase for \$75 in the [Athlete Information Form](#).**

Registration deadline is Nov. 23, 2022, at 11:59PM EST. Incomplete registrations will forfeit their spot at HPNDC and on the NDT.

COACH REGISTRATION - \$175

Coach registration is available [here](#). Registration will be completed on EMS – this will give each coach the opportunity to experience the athlete registration process (you can skip the step where you declare your coach!). Coach registration is \$175 and includes all camp curriculum, lunch during HPNDC, coach-specific educational classes, an invitation to the PSA Nationals Reception during U.S. Championships and a National Development Team coach jacket. **Please complete the National Development Team coach jacket form [here](#).**

The tentative Coaches Track Curriculum will include:

- Small Group Strategy Sessions with Faculty
- Celebrity Athlete Panel
- Packaging
- 4-D Motion
- Biomechanics Analysis with U.S. Figure Skating Sports Science Team
- The Apollo Team
- Discussion with Randi Strong Regarding Program Components and Choreography
- U.S. Figure Skating Strategic Plan Session
- Mock Technical Panel
- Access to National and International Officials

If you as the primary coach of the qualifying athlete cannot attend or if you feel that participation by other coaches on the coaching team would benefit from this development opportunity, this invitation extends to the coaching team with a limit of two coaches per athlete due to the space available. You as the listed primary coach will need to forward this information to coaches on your team promptly and inform them of the deadline to register.

TENTATIVE SCHEDULE INFORMATION *subject to change

National High Performance Development Team Camp

Singles | Juvenile – Novice

- Arrival: Sunday, Jan. 22, 2023
- Departure: Sunday, Jan. 29, 2023

Ice Dance and Pairs | Juvenile – Novice

- Arrival: Monday, Jan. 23, 2023
- Departure: Sunday, Jan. 29, 2023

Unofficial practice ice (UPI) will be held on the arrival day for each discipline, singles = afternoon and ice dance/pairs = morning.

Observation and additional programming will extend through to the Men's Free Skate on Sunday, Jan. 29, 2023. Access to U.S. Championships includes all events and the exhibition

TOYOTA U.S. Figure Skating Championships

Unofficial practice ice will be available for purchase via EMS.

We ask that no requests are made to host facilities in advance of this information becoming available.

Monday, Jan. 23, 2023

Official Practice Ice – junior men, junior ice dance and junior pairs

Tuesday, Jan. 24, 2023

Official Practice Ice – senior women, senior pairs and junior women

Competition – junior men SP, junior ice dance RD and junior pairs SP

Wednesday, Jan. 25, 2023

Official Practice Ice – senior women, senior ice dance and senior pairs

Competition – junior women SP, junior men FS, junior ice dance FD and junior pairs FS

Thursday, Jan. 26, 2023

Official Practice Ice – senior men

Competition – junior women FS, senior ice dance RD, senior women SP, senior pairs SP

Friday, Jan. 27, 2023

Official Practice Ice – senior ice dance and senior pairs

Competition – senior men SP and senior women FS

Saturday, Jan. 28, 2023

Official Practice Ice – senior men

Competition – senior ice dance FD, senior pairs FS

Sunday, Jan. 29, 2023

Competition – senior men FS

Exhibition

ACCOMMODATIONS

U.S. Figure Skating has obtained group rates for participants of the 2023 National Development Camp at the two hotels listed below. The number of rooms available at the group rates are limited and available on a first-come basis. You are encouraged to make your reservations as early as possible for best availability but in no event later than Dec. 29, 2022.

[Wyndham Garden San Jose Airport](#)

1355 N 4th Street
San Jose, CA 95112-4714

[Booking Link](#)

Rate: \$129 + taxes per night/per room



The Wyndham Garden San Jose Airport boasts spacious guest rooms and a host of thoughtful amenities. It is also convenient located near the San Jose International Airport and just minutes from downtown San Jose. The hotel also has easy access to the SAP Center via the “Gish” light rail station located approximately 0.3 miles from the hotel.

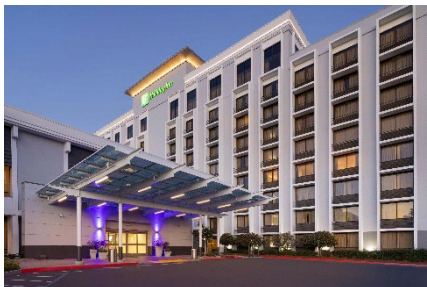
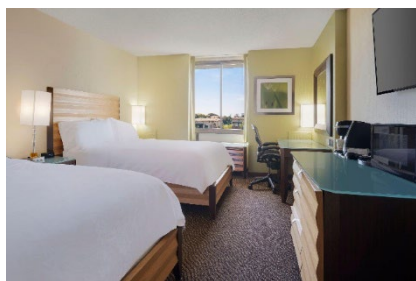
[Holiday Inn San Jose -Silicon Valley](#)

1350 North 1st Street
San Jose, CA 95112

[Booking Link](#)

Rate: \$135 + taxes per night/per room

The Holiday Inn San Jose — Silicon Valley is a contemporary hotel reflecting the unique energy of California's thriving Bay Area. It is also convenient located near the San Jose International Airport and just minutes from downtown San Jose. The hotel also has easy access to the SAP Center via the “Gish” light rail station (green line) located adjacent to the hotel.



CONTACTS

U.S. Figure Skating Events Department

Email: events@usfigureskating.org

U.S. Figure Skating High Performance Department

Email: kcoppola@usfigureskating.org

U.S. Figure Skating Product Support (EMS)

Email: productsupport@usfigureskating.org

Competitions Committee

Kathleen Krieger, Chair

E-mail: KriegerRPh@msn.com

ATHLETE/COACH RESOURCE LIST

[Event Website](#)

[U.S. Figure Skating Rulebook](#)

[School Absence Letter Request](#)

Event Management System (EMS)

- Skater Portal: [My Coaches](#), [Music](#), [PPC](#)
- Coach Portal: [My Skaters](#), [Coach Schedule](#)

[Approved 2022-23 Bye Criteria](#)