



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!

ATHLETE ACCELERATION NATIONAL TRAINING CAMP

Competitive athletes at the juvenile level and higher in all disciplines are welcome to attend the *Athlete Acceleration National Training Camp* as part of *Access to Excellence!* This is a fantastic opportunity for athletes to pursue their goals of reaching excellence while learning from some of the top coaches in the U.S., and internationally, including World and Olympic medalists – and, have their opportunity for coaches to attend.

Parents are welcome and encouraged to attend, as there will be a *Parents Information Series*.

SCHEDULE BASICS

THURSDAY, MAY 16	FRIDAY, MAY 17	SATURDAY, MAY 18
Registration & Welcome (Evening) <i>Optional: Athletes may volunteer to be demonstrators for the Technical Panel Training School.</i>	3-4 On-ice classes 1-2 Off-ice training classes 1-2 Classroom classes Parent Information sessions	3-4 On-ice classes 1-2 Off-ice training classes 1-2 Classroom classes Parent Information sessions

ATHLETE ACCELERATION TRAINING CAMP - CORE FOCUS AREAS of ON and OFF-ICE SESSIONS

SKATING SKILL DEVELOPMENT	PERFORMANCE DEVELOPMENT	CHARACTER DEVELOPMENT	ATHLETE STRATEGY
On-ice classes for speed, flow, edge, and alignment to make you a better skater, and classes on jumps, spins, and appropriate discipline-specific skills.	Classes to enhance your performance skills and to understand what goes into this component mark including musicality.	Choreography and performance classes to develop the character of your program and classroom sessions on how skating prepares you for the future	Off-ice classes in sports science topics, IJS rules, understanding judging, athlete wellness, and inclusion

ELIGIBILITY: This program is open to 176 athletes, in the following priority order:

Registration Opens:	Criteria – athlete competed in:
February 1, 2024	-Qualified for the ISP / bye to U.S. Figure Skating Championships -Competed at the Sectional Singles Final or U.S. Pairs or U.S. Ice Dance Final -Qualified for the U.S. Synchronized Skating Championships
February 15, 2024	-Competed in the National Qualifying Series or U.S. Collegiate Championships -Competed in the Sectional Synchronized Skating Championships – Juvenile or Higher -Competed in 2023 National Solo Dance Final – Juvenile or higher -Competed in 2023 Excel Final – Juvenile Plus or higher
March 1, 2024	-Competed in a non-qualifying competition at Juvenile or higher



ATHLETE ACCELERATION TRAINING CAMP:

ATHLETE REGISTRATION FEE \$595

- Two full days of on-ice and off-ice sessions
- 7 on-ice group training sessions
- 7 off-ice classroom / off-ice training sessions
- Two full days of parent information classes (Two parents included)
- Performance shirt
- Lunch and snacks will be provided both training days
- Opportunity to be a demonstrator for the Technical Panel Training School and/or National Coaches College on Thursday, May 16th (Optional)

The **Athlete Acceleration Training Camp** will be capped at a maximum of 176 participants (first come-first served), with the priority groups listed above receiving advanced registration windows. The registration will be in the following priority order via U.S. Figure Skating's EMS program on "Members Only" with a deadline is April 15, 2024, or when the athlete capacity has been reached.

REGISTRATION PROCESS:

Athletes should log-on to [Members Only](#), click on **EMS**, select "Search Competitions," and find the "Access to Excellence" event listing, where they will register by primary discipline. (We realize this is not a competition; this is simply the way it is listed through EMS.)

After completing the EMS Registration, athletes will receive a follow-up email with an information form, to assist in building teams and offering the opportunity to serve as a demonstrator for the coach and official tracks.

HOTEL INFORMATION:

DoubleTree By Hilton – Colorado Springs
1775 E Cheyenne Mountain Blvd
Colorado Springs, CO 80906 (719) 576-8900

Access to Excellence special rate and link will be provided ASAP. An email will be sent to any registered participants.

All coaches are welcome and encouraged to attend the National Coaches College, held as part of Access to Excellence. The following pages contain information about the coach program. (This was email to all coaches, as well).



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.

NATIONAL COACHES COLLEGE SCHEDULE BASICS

WEDNESDAY, MAY 15	THURSDAY, MAY 16	FRIDAY, MAY 17	SATURDAY, MAY 18
Registration Classroom Sessions Keynote Speaker Welcome Reception for all Coach + Officials Sessions Skating Director Track	Classroom sessions Collaborative Coaching Sessions On-ice Sessions (Coach only) PSA Edi Awards Dinner* <i>*Separate ticket required.</i>	Classroom sessions Collaborative Coaching Sessions Guided Observations of <i>Athlete Acceleration Camp</i> Athlete Sessions	Optional Observations of <i>Athlete Acceleration Camp</i> Athlete Sessions

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

EDGE-u-cation	JUMP ZONE & SPIN SPACE	IJS APPLICATION FOR ALL DISCIPLINES	COMPONENT CAMPUS
On and off-ice sessions addressing body alignment, core coordination and skating skill development	Sessions that include technique tips for a solid foundation in teaching jumps and spins	Sessions with technical specialists on understanding technical rules and applying that knowledge to teaching skills	Sessions on how judges apply program components as well as practical application in teaching athletes to maximize their component marks
EQUIPMENT BOOT CAMP	CHARACTER DEVELOPMENT	ON SOLID GROUND	STRATEGY & PROFESSIONAL DEVELOPMENT
Sessions to assist coach understanding the impact of boot and blade care, maintenance, and selection on performance.	Best practices and principles for coaches; strategies for incorporating character qualities in coaching.	Sessions focusing on sports science, strength and conditioning, and mental training	Collaborative working sessions, including SkateSafe, DEI, and USOPC programming.

Registration for coaches has opened. Coaches can Click [HERE](#) to register. Coach registration is first-come, first-served.