

INTERNATIONAL SKATING UNION – FOUR YEAR PLAN 2022/24 – 2024/26

Project/Function/Area of activity: **Coaches / Skaters / Teams Education & Monitoring of Technical Rules**

Committee/Commission: **Synchronized Skating Technical Committee (SySTC)**

Statement of specific results & benefits to be obtained:

- Continued education of Synchronized Skating Coaches/Skaters/Teams keeping them up to date with current Rules, procedures and technical / scientific / medical development of the sport and making them aware of potential problems and offering suggestions for resolution.
- Continued development of Synchronized Skating for new and less experienced teams.
- Maintenance of clear and up-to-date Competition Rules and procedures in line with the development of the sport in a close collaboration with the appointed Coach to the TC

Recommended activities to obtain benefits:

	2022/23	2023/24	2024/25	2025/26
1. Planning, organizing and holding of in person/virtual Coaches meetings, Coaching Seminars, Regional Coaches Clinics, Coaches-Moderators Seminars and workshops by the SySTC and other Coaches to be identified as needed.	X	X	X	X
2. Preparation, production and periodic revision of educational materials such as videos, handbooks, guidelines, seminar modules etc. for all levels of Coaches and Skaters/Teams, by the SySTC.	X	X	X	X
3. Creation/Preparation/updating of eLearning materials for Technical Panel eLearning and examinations	X	X	X	X
4. Preparation of eLearning materials/modules for teaching/evaluating SyS Elements	X	X	X	X
5. Preparation/Implementation/monitoring of virtual meetings/mentors (creating needed materials relevant to topics as well as monitoring mentor activities)	X	X	X	X
6. To assist in the creation/development of training programs for new Members and existing low level synchronized skaters. The programs are aimed at increasing skating skill and advance the technique of the Synchronized Skating elements as well as to organize seminars, development camps / mentoring programs by the group of the Coaches Moderators/Mentors for the countries with a low level of the Synchronized Skating.	X	X	X	X
7. Develop Technical materials for Coaches/Teams as needed; including, Guidelines for Fitness, Nutrition, Bio-mechanics, Music, Choreography	X	X	X	X
8. Periodic event attendance and meetings including workshops between the SySTC, other Coaches, Skaters/Teams, the ISU Development Commission, the S&PTC and IDTC, Media, Video Producers, Medical Advisors, other ISU Office Holders, Officials and Member representatives to evaluate the technical development of the sport including its competition formats, ISU Event qualification procedures, equipment and scientific developments and the corresponding consequences on the Rules and procedures.	X	X	X	X
9. Biennial review and revision of the Technical Rules and procedures, and at the same time preparation and submission of corresponding proposals to the ISU Congress, by the SySTC. Editing of SyS Special Regulations and Technical Rules based on Congress decisions.		X		X

Recommended activities to obtain benefits:

	2022/23	2023/24	2024/25	2025/26
10. Periodic preparation and submission of reports to the ISU Council and Sport Directorate giving the SySTC's survey of the development of the sport and making proposals concerning the technical development including its International Competitions/ISU Events. In particular but not limited to, the close monitoring by the SySTC of the development of the World SyS Championships and ISU World Junior Synchronized Skating Championship.	X	X	X	X
11. Preparation of ISU Communications by the SySTC for clarifications of Rules and procedures.	X	X	X	X
12. Preparation, with updates as required, of a SyS Handbooks (Referee and Technical Panel) for posting on the ISU website.	X	X	X	X
13. Olympic project to prepare a strategy for the development of Synchronized Skating as an Olympic Sport by the SySTC (to establish standards/requirements/team composition for SyS as an Olympic Sport).	X	X	X	X

SySTC March 2022