

Coaches Report - Season 2018-2019

As always, we started the season with our traditional camp in August and this year it was well organized and very useful in getting everything in place for the beginning of the competitive season.

Throughout the season we also had a very successful fall camp that helped us stay on track with the development of our skaters and a truly inspirational winter camp with guest coaches Surya and Peter that gave all the skaters that extra bit of push to continue improving towards the end of the season. We hope that we can plan the next season similarly.

Last season we were quite happy with achieved results but this season proved to be even better in every way. Our skaters have improved greatly since last season and have continued to improve continually with every competition this season. We now have strong competitors in every category and also a large and strong base of Oppvisning skaters who will be ready to compete when the time comes.

Our “older” skaters have been going from strength to strength with every competition and showing impressive results. There were many medals won but the most important are certainly:

- NM/LM gold medal in Debs A – Christina Jensen
 - gold medal in Novice A – Mia Risa Gomez
 - bronze medal in Senior A – Marie Haas
- Norges Cup Finale gold medal in Debs A – Christina Jensen
 - gold medal in Novice A – Mia Risa Gomez
 - silver medal in Novice – Micelle Bru

In addition to this Mia represented the club and the country at the Nordic Championships in Sweden as well as international competitions in Latvia, Bulgaria, Estonia and Italy.

Mia is a part of the Rekrutt2026 part of the National team and will also participate at the seminars in Oslo (2) and ISU development seminar in Finland (with Sara), where she will be the youngest participant.

As reward for her incredible results and improvement this season, Christina has also been invited to the next seminar that the Federation is organizing in Oslo. We hope the younger skaters will use them as inspiration.

Our “younger” skaters have also made us proud this season. The level of skill is very good and the results give us reason to be very optimistic for their future. If they continue to work like

they have this season, we believe that the results will keep steadily improving from season to season.

The coaches have introduced a new development plan and division of groups this season and we can see that it has been quite successful. As the level of skills in the club grows we will have to adjust the development plan and the criteria for inclusion in certain groups. There may be more groups and/or the criteria for groups will become more demanding and strict. The club is moving in the right direction and that required constant evolution of our plan. We will strive to develop our skaters in the best possible way and giving all of them the right tools based on their abilities and ambitions. There will be changes in groups after the summer but that is a good thing – many other clubs would be very happy to have “problems” like these.

We had a great cooperation this season as well with Vasili and he is a great addition to the training program of groups Elite and 1. We have also had a team of excellent junior coaches who have proven to be very responsible and enthusiastic. The coaching team this season has worked together beautifully.

SYNCHRO

Our Synchronized Skating Team – Stavanger Pearls is having a fantastic season as well and we are not even finished yet. The team has improved from last season and that we evident already on their performance at the Christmas show. They were also invited to skate in the intermission of an Oilers game and, judging by the reactions, this cooperation will continue into the next season. The best part of the season was our international competition in Sheffield where we won our first medal! The Pearls brought silver from England – not only our first medal but also the first international synchronized skating medal for Norway!

The team has one more competition ahead in April in France and we hope that we will improve our best points result. And we will wrap up the season with the ISU development seminar in Finland – Idunn and Sara S.G. will participate at the coaching seminar and Iona, Erle, Elina and Tonja will participate as skaters.

We have also started a new team – Mini Pearls! Currently coached by Andrea and Idunn, they had their first performance at the Christmas show and have already started to prepare themselves for the next season. We hope that they might be ready to have their first international competition in 2020.

Sara & Danguole