

Team Saskatchewan

High Performance Team 2019/20

CRITERIA (SINGLES)

(Technical Element Scores including bonuses, subject to change with updated well balance program)

- Pre-Novice Women **TES 26.00**
- Pre-Novice Men **TES 24.00**
- Novice Women **TES 29.00**
- Novice Men **TES 30.00**
- Junior Women **TES 35.50**
- Junior Men **TES 37.50**
- Senior Women **TES 42.00**
- Senior Men **TES 44.50**

CRITERIA (PAIRS/DANCE)

- Pairs and Ice Dance teams at Pre-Novice - Senior levels (subject to monitoring, submitted training plan, previous results including both skater's singles)

TARGETED SKATERS

Pre-Novice to Senior skaters who do not meet the criteria for the Sask Elite Team but are still developing while meeting the Skate Canada Challenge Minimum Scores and potentially qualifying to Challenge. This team could house skaters who miss out on Challenge due to a lack of section entries but are still among the top skaters at their respective levels in Saskatchewan but are not yet among the top in Canada.

Newly formed Pre-Novice – Senior Pairs and Ice Dance teams will be considered but are not guaranteed a spot on the High Performance Team. Their selection will be based on monitoring, a submitted training plan, previous competitive results including pairs/dance and singles for both skaters.

FUNDING & OPPORTUNITIES

IST (SMSCS)

- Individual mental skills sessions 3/year
- Individual sessions with nutritionist 2/year
- Strength & Conditioning at Team Camps and Training Days

SKATER DEVELOPMENT FUNDED/SUBSIDIZED

- Summer monitoring either training or at a summer competition
- Potential out of province competitions subsidized
- High Performance team wear provided (training shirt)

RATIONALE

The redevelopment of the High Performance Team offers the opportunity to bring more athletes through the system and creates a higher target for skaters to aspire to with the creation of the Sask Elite Team. The standard in Saskatchewan continues to go up (as does the national standard) and we are looking to continue to reward the top athletes in our province while also offering more to those who are competing among the best in Canada.

There will be an exit plan for those skaters not honouring their contract or changing their plans mid season (ie: dance and pair teams who dissolve their partnerships prior to sectionals, skaters retiring mid season or showing up to team events unfit).