

Team Saskatchewan

Sask Elite Team 2019/20

CRITERIA (SINGLES)

- Pre-Novice Skaters who place in top 18 at Challenge
- Novice Skaters who qualify for Canadians
- Junior Skaters who qualify for Canadians
- Senior Skaters who qualify for Canadians
- Consideration will be made for those on the cusp of qualifying (**subject to monitoring, submitted training plan, previous competitive results**)

CRITERIA (PAIRS/DANCE)

- Pairs and dance team considerations evaluated annually compared to national standard (**subject to monitoring, submitted training plan, previous results including both skaters singles**)

TARGETED SKATERS

Skaters who are fully committed to the sport and achieving top placements at their respective levels at Sectionals and are among the top groups at the Challenge level and qualifying to the National Skating Championships. This group will be our identified hopefuls for national and international success.

FUNDING & OPPORTUNITIES

IST (SMSCS)

- Mental Skills sessions (monthly)
- Fitness Testing 1/year
- Access to exercise physiologist (1 year)
- Potential individualized Strength & Conditioning funding/subsidizing
- Individual sessions with a nutritionist 4/year

SKATER DEVELOPMENT FUNDED/SUBSIDIZED

- Out of province competitions subsidized (pending selection)
- Sask Elite Team Seminars (smaller groups with more one on one)
- Sask Elite Team Summer Simulations
- Potential travel to other centres for training with base coach
- Sask Elite Team team wear (potentially - training shirts, pullovers, hoodies, shorts, water bottles, etc...)

RATIONALE

The Sask Elite Team will have access to more sports science opportunities (through the SMSCS) than any group of Team Sask athletes. This team will be comprised of National Skating Championships competitors and skaters who are among the top skaters in all of Canada at their respective levels.

The increase in funding and opportunities is designed to help those athletes reach the top of national podiums.

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).