

HIGH PERFORMANCE DEFINITIONS

High Performance is sport at the highest level of competition, where the emphasis is on performing for the purpose of winning major competitions. It is about accelerating the athletes rate of effective change faster than the opposition, through *year-round training*.

High Performance Program is a system that focuses on the delivery of training programs to assist athletes as they strive to compete at the national level. This is achieved through extensive *year-round training*, utilizing the expertise of performance science program professionals.

High Performance Athlete is an individual, identified through competitive achievement, as having demonstrated the potential skill, ability, and interest in competing at the national level; intensively *trains year-round*; and utilizes the expertise of performance science program professionals to continuously improve knowledge.

High Performance Coaching is about helping athletes to reach their full potential. It's more than just balancing the win-loss record, it's about the holistic development of the athlete: creating a safe sport environment; assisting athletes to set realistic goals focused on long-term development versus short term success; building athlete confidence by providing developmental and motivational feedback; employing performance analysis; and challenging athletes as well as supporting them.

High Performance Culture is the attitude of people working for the athletes and the drive they demonstrate to do what is necessary to foster the athlete's development - placing a great emphasis on an environment for growth. This comes through setting clear goals, defining responsibilities, and creating a positive environment where talent is nurtured and celebrated.

Through a collaborative approach the team identifies the values, attitudes, and beliefs that they want to serve as the foundation of the team culture - what atmosphere you want to create, the expectations the team has about behavior, and the way in which team members communicate. This collaborative approach will ensure everyone feels a sense of ownership for the culture and, as a result, are more likely to live by its dictates.

Performance Science Program is administered by the Canadian Sport Institute Atlantic (CSIA) and has been developed to assist athletes and coaches in achieving their optimal performances. This program will provide performance science professionals, such as: mental performance, nutritional services, and strength and conditioning. Each discipline of the CSIA Integrated Support Team is an essential component for athletes training at an elite level.