

SELECTION PROCESS

First consideration will be given to eligible National Podium Pathway and Provincial Rep Pathway teams who have retained a minimum three (3) of the four (4) players.

The application evaluation and selection process will take into consideration the following:

- Minimum three (3) of the four (4) athletes must have been a member of an NSCA affiliated club in the 2022-2023 season. Team members do not have to be a member of the same club.
- All athletes must be residents of NS prior to September 1, 2023 (student exceptions apply, students may be asked to provide proof of registration and academic standing). To ensure that all individuals are treated equally, an individual must be able to provide proof to be considered a resident.
- Team must meet 'Program Eligibility Guidelines'
- Application thoroughness:
 - o Must demonstrate athlete / team initiative and desire.
 - o Must demonstrate a commitment to an appropriate on-ice training and cashspiel program.
 - o Must demonstrate a commitment to a strength and conditioning program that will ensure athletes are in peak physical fitness at the start of the season.
- Coach development:
 - o Coach credentials (i.e., certification level and required training).
 - o Coach Personal Development Plan.

In addition, teams in the 2022/23 High Performance Program will be valued on extent of:

- Commitment to Performance Science Program (coach and athletes):
 - o Nutritional services participation level
 - o Mental training participation level
 - o Fitness testing participation and attainment of benchmark standards
- Competition Performance
- Team Culture
- Degree of coach communication with High Performance Director

Team selections will be finalized on or before May 15, 2023.

Expiry date of the 2023-24 High Performance Program is March 31, 2024.