



# Nova Scotia Curling

## HIGH PERFORMANCE PROGRAM

### **PROGRAM FUNDING**

The High Performance Program acknowledges challenges exist for teams as they create a culture of excellence, and that there is a need to support our future. Therefore, the High Performance Program has created a funding structure to specifically support athlete and coach development.

Program funding opportunities are only available if the entire team (athletes and coach) is compliant with ALL program standards and has met ALL document submission deadlines.

There are four (4) support categories:

- Team Training Support
- Team Competition Funding
- Team Performance Funding
- Coach Development Funding

**Note:** Each Pathway may have varying degrees of support.

#### **Team Training Support**

Pro Bono Services (no cost to teams)

#### **CSIA Performance Science Program**

##### □ Mental Training

- National Podium Pathway - allocated an initial five (5) sessions – value \$550
- Provincial Champion Pathway - allocated an initial four (4) sessions - value \$440
- Foundation Pathway - allocated an initial two (2) sessions - value \$220

- CWG Pathway - allocated an initial three (3) sessions - value \$330

#### □ Nutritional Services

- National Podium Pathway - allocated an initial three (3) sessions – value \$330
- Provincial Champion Pathway - allocated an initial three (3) sessions - value \$330
- Foundation Pathway - allocated an initial four (4) sessions - value \$440
- CWG Pathway - allocated an initial four (4) sessions - value \$440

#### □ Strength and Conditioning

- Up to eight (8) teams will be invited to train at the Canada Games Centre. Teams will be provided 1 training session per week for 40 weeks - value \$550

#### Available to all Pathways

- High Performance Training Weekend (Date: TBD (Sept. 2025)) - value \$1000
- Early-season practice ice time (Date: TBD (September – October) - value \$400
- Training sessions with a NS Curling High Performance Consultant - value \$250
- Priority access to NS Curling Technology - value \$800

**Team Training Support Value – minimum \$3660, maximum \$3880**

### **Team Competition Funding**

It is important that teams have consistent access to appropriate competition to enhance their progression through to the National Podium Pathway.

The High Performance Program will reimburse a team's entry fees into tournaments that provide a quality of competition equal to or greater than the team's standard of play.

#### □ National Podium Pathway

- Maximum allotted funding - \$1500

#### □ Provincial Champion Pathway

- Maximum allotted funding - \$1250
- Foundation Pathway
  - Maximum allotted funding - \$1000
- CWG Pathway
  - Maximum allotted funding - \$1000

The High-Performance Director must approve all eligible tournaments to qualify for funding. Team entry fees will be reimbursed after all approved tournaments have been completed.

**Team Competition Funding Value – minimum \$1000, maximum \$1500**

### **Team Performance Funding**

Each of the 2025 NS Curling Provincial Representatives at the U18 and U20 Canadian Championships will receive \$500. This funding is meant to assist teams with the cost of obtaining quality practice ice for their training and help in the purchase of WCF approved broom replacement covers that they will require to compete.

The team in the High Performance Program that finishes with the highest standing at Nationals will receive a free High Performance Program entry the following season – teams must retain a minimum of three (3) of the four (4) players – value \$500.

**Team Performance Incentive Funding Value - up to \$1500**

### **Coach Development Funding**

#### **Career Advancement**

The High Performance Program recognizes the importance of career development and high level training opportunities to develop all aspects of a coach's career. Coaches in the High

Performance Program are required to be Competition Coach Certified / RENEWED. The next "level" of NCCP Certification is Competition Development.

The High Performance Program will provide up to \$250 for the professional development of each coach in the High Performance Program. In order to access the funding, a proposal must be submitted to the High Performance Director for approval prior to the course offering. Once the course is completed, send your receipt(s) to the High Performance Director for reimbursement.

### Data Collection

Sport has changed a great deal over the last decade. One of the most significant changes is the collection and use of competition data. Analytics provides a competitive advantage to those who implement statistical analysis into their curling strategies.

The collection of competition data is important in the overall development of athletes. It allows coaches to gain a better understanding of their team's needs and design practice plans that focus on areas requiring improvement.

Data collection methods can be inconsistent therefore the High Performance Program is willing to invest in comprehensive analytical data that the team coach and High Performance Director can use to elevate the team's performance.

The High Performance Program will provide each team coach with an iPad and a subscription to Curl Coach2 – value of approximately \$1050. A training session will be held at the start of the season to introduce the functionality of the Curl Coach2 program.

**Coach Development Funding Value - up to \$1300**

**Total Program Funding available to a team is up to \$8180**

Financial support ends on March 31, 2026.

