



## **PROGRAM OBJECTIVES and RATIONALE**

### **Program Objectives**

The High-Performance program exists for the purpose of assisting athletes who have shown the potential and desire to represent Nova Scotia and podium at the CWG, U18 and U20 Canadian Championships. The High-Performance Program will work to advance the skills of these athletes through both athlete and team coach development. Program support will vary and is based on Pathway entitlement.

### **Program Foundation**

The High-Performance Coach is responsible for all aspects of performance programming. Working with our partners of: Department of Communities, Culture, Tourism and Heritage; Canadian Sport Institute Atlantic (CSIA); Support4Sport; and Sport Nova Scotia, the High-Performance Coach will facilitate programming that encompasses, but is not limited to, the following elements:

- ❖ CSIA Performance Science Program Disciplines
  - Mental Training
  - Nutritional Services
  - Strength and Conditioning
  - Fitness Testing
- ❖ Technical Support
- ❖ Game Management Support
- ❖ Access to Training Equipment
- ❖ Coach Development
- ❖ Financial Support

The High-Performance Program will work with teams that commit to excellence and high performance in ALL program areas. To be the best, teams must be willing to:

- ❖ Be physically fit for the start of the season and maintain their fitness levels,
- ❖ Train and compete at the same level or higher than the top teams in Canada,
- ❖ Access ice in the early season,
- ❖ Schedule multiple individual and team training sessions per week throughout the season,
- ❖ Play against out-of-province teams in an elite level of competition,
- ❖ Invest in their own performance and training.

The High-Performance Program acknowledges challenges exist for teams as they create a culture of excellence. These include time, money, resources, coaching and ice availability. Working with our partners, the High-Performance Program will facilitate programming to minimize these challenges and accelerate growth and development through performance science services, coaching and game management, state-of-the-art training equipment, coach development opportunities, and direct financial support.