

2011 Canada Winter Games Training Squad

March 1, 2010 to February 11, 2011

Purpose

Identify the athletes eligible for the 2011 Canada Winter Games who have a reasonable chance of making Team Sask. The process is to identify athletes over the course of a year to prepare them for CWG performance. The process of selection is progressive and the athletes will need to continuously prove they are training through regular testing. Failure to meet the “Check Point” along the way will result in the athlete’s dismissal from the Squad. In the end Team Sask will be the fittest and strongest team possible.

Squads

CWG12 Squad

The CWG12 Squad are the athletes that meet the CWG12 Squad criteria. The “12” in the name indicates 12 months from the 2011 Canada Winter Games. This squad will identify athletes with a reasonable chance of making Team Sask. CWG12 Squad athletes will be expected to follow an athlete agreement and will be required to attend Check Point Camps in order to continue in the Team Sask Canada Winter Games process.

CWG6 Squad

The CWG6 Squad are the athletes that meet the CWG6 Squad criteria. The “6” in the name indicates 6 months from the 2011 Canada Winter Games. This squad is meant to identify athletes with the highest potential of making Team Sask. CWG6 Squad athletes will be expected to follow an athlete agreement and will be required to attend Check Point Camps in order to continue in the Team Sask Canada Winter Games process.

CWG Team

The CWG Team are the athletes that qualify to compete for Team Sask at the 2011 Canada Winter Games. The team selection criteria are defined in the 2011 Team Saskatchewan Canada Winter Games Technical Bulletin.

Selection

CWG12 Squad

For initial selection to the CWG12 Squad you would have needed to compete in either a Short Track or Long Track Provincial AAA Team selection competition in the 2009 – 2010 season. In order to remain on the CWG12 Squad the athlete will be required to attend Check Point Camps and subsequently meet or surpass a specific “Check Point” standard. The “Check Point” is a

series of testing goals that are progressive and produce results that demonstrate to the CWG coaching staff and CWG committee that athletes are progressing in their summer training.

CWG6 Squad

To be selected to the CWG6 Squad the top 12 male and top 12 female based on Check Point results from the Check Point Camps will be selected to the CWG6 Squad. CWG6 Squad will have two (2) female and two (2) male Wild Card spots. The Wild Card spots are filled by the top two (2) athletes, male and female, not on the CWG6 Squad through Check Point Camps. Athletes who have qualified for a Wild Card spot will need to re-qualify for the Wild Card spot at each subsequent Check Point Camp.

CWG Team

The team selection criteria are defined in the 2011 Team Saskatchewan Canada Winter Games Technical Bulletin.