

2011 Canada Winter Games Final Year Plan

Overview

To the SASSA President, Executives and members at large,

Saskatchewan Speed Skating will be sending a Long Track Speed Skating and Short Track Speed Skating Team to the 2011 Canada Winter Games. The Saskatchewan Speed Skating Final Year Plan will target development of the key athletes who will have a reasonable chance of representing Saskatchewan at the 2011 Canada Winter Games.

In the final year plan the CWG Committee and CWG Staff will narrow the focus down to the final team through progressive Check Point Camps and a series of CWG Team Selection meets. The process is evaluative of an athlete's training progression from one (1) calendar year away from the opening ceremonies of the 2011 Canada Winter Games. Specific criteria are set to establish the training squads (CWG12 Squad, CWG6 Squad and the CWG Team) that will be supported in the final year plan. In order to maintain support an athlete must meet the progressive Check Points scheduled throughout the yearly plan. The Check Point Camps are a series of testing points and training camps scheduled throughout the final year leading up to the 2011 Canada Winter Games. The Check Point camps will have specific targets the athlete must meet in order to continue in the process. The Team Selection meets are a series of competitions that will finally establish the Team Sask that will represent speed skating and the province of Saskatchewan at the 2011 Canada Winter Games.

The CWG Committee and CWG Staff will utilize the Saskatchewan Sport: Sport Sciences, The Calgary Olympic Oval and notable Speed Skating Specialists to reach its highest potential by the time the 2011 Canada Winter Games opening ceremonies begin. The principle basis of this plan is scientific and will rely on the data received through testing and the interpretation of that data by the sport specialists involved in our process.

This process is progressive and will be challenging but this process will ensure the athletes that are training hard to represent speed skating and the province of Saskatchewan at the 2011 Canada Winter Games the undeniable dose of support they require in their 2011 Canada Winter Games preparation.

Thank you for your attention, and I send my best of luck to the athlete's and their coaches in this final build toward the 2011 Canada Winter Games.

Bryan McSorley,

SASSA Director of Speed Skating & High Performance Coach