

SASSA High Performance Planning Initiative Document  
(HPPI)  
2020-24



Vision Statement

**“Inspiring athletes to dream and reach their potential”**

This document is a plan created by the High Performance Committee to carry out our vision. The HPPI outlines our main objectives and what we will do to achieve them. Key performance indicators (KPI's) will be our measure as to the effectiveness of our plan.

As an important sub-committee of the Saskatchewan Amateur Speed Skating Association (SASSA), we are allocated a budget and will use the HPPI to direct funds to meet our objectives. We expect that our plan is general enough that it will allow us to adapt to changing needs of the High Performance program and HP skaters. The plan is specific enough to guide our decision making throughout a four year cycle.

Our plan is intentionally concise, as we believe that everyone in our organization should be able to understand and summarize the vision, objectives and KPI's stated in this document.

If we follow the principles and objectives of this document the following outcomes are achievable:

- Medal in men's LT team pursuit at CWG, 2023
- Top 5 finish in individual event at LT CWG 2023, men and women
- Two LT skaters qualify for Jr. World by 2024
- A ST skater reach semi-finals in all distances at the CWG 2024

**Our plan has four key components and just 5 objectives:**

# Athlete Development/LTAD

**1. Athletes and parents will be aware of the stages of long term athlete development (LTAD) and the SASSA Athlete Development Pathway (ADP).**

Plan	Who	Time	KPI
<p>Inform parents, coaches and skaters of the LTAPD model and the ADP. Celebrate athlete successes in every stage.</p>	<p>Provincial coach, club coaches</p>	<p>Once per year for LTAPD, monthly for celebrate successes.</p>	<ol style="list-style-type: none"> <li>1. Conduct an in-person presentation on the LTAPD model and the ADP for each club and at coaching education events every year.</li> <li>2. Celebrate athlete successes in a monthly newsletter or blog</li> </ol>

**2. Every skater in Saskatchewan has access to the resources and coaching required for their stage of development.**

Plan	Who	Time	KPI
<p>Work with coaches to determine the needs of each skater in the province appropriate to their stage of development.</p>	<p>Provincial coach, club coaches</p>	<p>Ongoing discussions at club meetings, meets, coaching courses, camps</p>	<ol style="list-style-type: none"> <li>1. Meet with club coaches twice a year and create an integrated support team (IST), including training programs, lesson plans, mental training, nutrition, technical training, physiotherapy, strength training, etc.</li> <li>2. Meet with each</li> </ol>

			club coach to discuss and plan for the development of each Provincial and Development Team skater.
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## Coaching

### 1. Ensure our coaches have the resources they need to carry out our vision.

Plan	Who	Time	KPI
Provide up-to-date, relevant coaching education by offering training, guest coaches, certification, mentorship, conferences and collaborative coaching opportunities.	Provincial coach, utilizing experts from within the province and beyond.	Minimum once per year	1. Each coach in Saskatchewan has the opportunity to attend one formal educational presentation or clinic.

## Competitions

### 1. To expose our athletes to appropriate levels of competition within and outside the province.

Plan	Who	Time	KPI
To expose younger athletes to a high level of competition.	Provincial coach, club executives	Twice each year	1. Travel as a province to two out-of-province meets (ie. Alta Open,, Edmonton ST, Manitoba LT)
To expose athletes to the highest level of competition in both short track and long	Provincial coach, club coaches	Two to four times per year	1. Travel to 2-4 of the highest level meets as a team and to

track.			provide HP funding 2. To host one regional or national meet per year within Saskatchewan
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## Funding

1. **To continue to provide funding for athletes appropriate to their needs and to provide athlete assistance for athletes wishing to continue to skate and to attend a post-secondary school within the province.**

Plan	Who	Time	KPI
Continue to provide HP funding appropriate to athlete need	HP committee	annually	1. Spend 100% of the High Performance Budget on Athlete Development, Coaching Development and Competitions.

## Appendix

[2015-19 Document](#)

End of HPPI 2020