

CURLSASK

Policy Registry

C-03 Athlete Development Policy

Committee Responsible: Competition

Date Approved: October 12, 2012

Review Date: June 2016

Revision #1 January 8, 2013, **Revision #2:** June 2, 2013, **Revision #3:** March 18, 2015, **Revision #4:** May 30, 2015

PURPOSE:

- To ensure programs and services, other than competitions, are available to athletes/teams at all age groups and skill levels as it relates to the Long Term Athlete Development.
- To provide an overview of the resources that will be assigned to athlete development

POLICY:

1. Long Term Athlete Development (LTAD) Planning & Implementation Process

The Canadian Sport For Life (CS4L) Long Term Athlete Development Model for Curling provides a *framework* for a defined, structured pathway from the first time the participant enters a club - to podium - and through to retirement. The LTAD is designed to promote and support participants in both the recreational stream as well as the competitive stream. Curling's LTAD model can be found on the Curling Canada's website through this link: [CURLING CANADA LTAD Model](#)

Adopting the LTAD will address the needs of all participants and ensure they will have a place to go within the system. It will also make sure that promising athletes can be identified and nurtured towards achieving their potential, to keep their Olympic dreams alive and in turn keep Canada on the Podium.

This "long-term" approach will help curling clubs and coaches continue to develop the right training and competition environment for all curling participants.

Stage of the LTAD

- Active Start (0 to 6 years)
- 'FUN'damentals (Males 6 to 9; Females 6 to 8)
- Learning to Train (Males 9 to 12; Females 8 to 11)
- Training to Train (Males 12 to 16; Females 11 to 15)
- Training to Compete (Males 16 to 23+/-; Females 15 to 21+/-)
- Training to Win (Males 19 +/-; Females 18 +/-)
- Active for Life (enter at any age)

Key component in the model is work with partners to clearly identify roles and responsibility. In going forward, CURLSASK will work with partners to ensure the model will be successful.

The **Curling Canada's responsibility** is to provide leadership and support in programming and services to the Provincial/Territorial Associations. The Curling Canada will also be responsible for the Train to Win stage in

supporting the performance of our elite athletes and coaches competing on the international stage. The Curling Canada will also provide all NCCP programs that are aligned with curling's LTAD.

CURLSASK's **responsibility** is to lead, enable and facilitate the implementation of LTAD appropriate programs and services in partnership with the Curling Clubs within its jurisdiction.

The **Curling Club's responsibility** is to help deliver the programs and services to their membership.

CURLSASK has determined the following in the implementation process of LTAD:

- The Saskatchewan's LTAD model is an inclusive model which welcomes and honours all athletes regardless of skill level, physical disability, or age. The model is a vehicle that will guide the sport in every stage of participation from the first time the curling athlete enters the rink through retirements and from each level of ability. Saskatchewan's Matrix for LTAD can be found at the end of this section.
- Athletes with disabilities which include but are not limited to wheelchair, stick, visual or hearing impairments will be infused into each stage as an adaptation to able bodied-curling or as a separate section of instruction. These adaptations will be created in consultation with disabled curlers.
- In order to ensure that the participant is identified and placed in the appropriate category, to enjoy maximum success and enjoyment, pre-screening via such instruments as a questionnaire or registration form, may be utilized.
- The athlete may progress through Stages at their own individual rate as measured by the Stage criteria.
- A Stage checklist for each level may provide a fingertip reference to use as an assessment of the athletes' abilities.
- Phase One of the Saskatchewan LTAD implementation model and program includes four levels – Fundamentals (children 6-9 years), Learning to Train (9-12 years), and Training to Train (12-16 years) and Active for Life (all ages). Will be developed in years 2012 to 2014.
- Phase Two will focus on advanced stages supporting high performance athletes (Training to Compete, Training to Win). Will be developed by 2017-2018.
- Phase One will see the development of a program for curling clubs that will be a progression of approximately 15-20 weeks. Adaptations for the age and skill level of the individuals at each stage means that each skill level may be of varying time frames.
 - A Manual and DVD will be used as a basis of the program and as a tool to instruct and implement the program in affiliated curling clubs.
 - The utilization of the existing Saskatchewan coach's resources would be of benefit to LTAD model and matrix.
 - For each of the levels, a Topic of the Week and SMART goal would be included.
 - Drills and diagrams will be included to illustrate the skills of each stage.
 - There will be no testing or written exams.
 - Communities are encouraged to ensure facilities are accessible for all athletes (including parking, exits, and bathrooms).
- A monitoring process for both Phases will be designed to examine:
 - Effectiveness of the program
 - Value of the resource material
 - Determine if athlete participation has increased

The Provincial High Performance coach will oversee the LTAD planning and implementation process. Consultants, committees and additional resources required must have approval of Executive Director.

CURLSASK

Policy Registry CURLSASK LTAD Matrix

Developed April 2012 by LTAD Planning Committee

Categories	Goals	Programs	Participants	Competitions Activities	Lead Role (S)	Supporting Role (s)	Strategy	Technical	Coach Needs
Fundamentals	Awareness and introduction to the sport	Getting Started Club based School based	Family of club members schools	Gym games multisport activities	Club based Volunteer	Parents and or teachers	Throwing shot to target, how to score a point	Balance on ice surface	Club Coach Youth, Club Coach
Learn to Train	Acquire basic curling skills	Club Based, learn to curl, school based	Schools, curling family's, other community groups, hockey, scouts, guides etc.	Sport specific, Modified version of activity	Club based Volunteer	Schools, parents	Draws, takeouts scoring	Basic delivery skills, sweeping skills	Club Coach Youth, Club Coach
Train to Train	Develop specific curling skills-	Club based, school based, prov.	club program, juniors, schools, other sport organizations, camps	play downs, regional and provincial, league play, Canada games	Club coaches	School, PSO	Awareness of shot selection options	Balanced delivery, acquire weight control, consistency in shot making, improve sweeping	Club Coach, Comp. Coach
Train to Compete 1	Advance specific technical and playing skills within advanced competitive conditions	Club based, school based, regional, prov., national	Club program, juniors, schools, other sport organizations, camps	Team competitions, regional, provincial, Canada games, national	Coach	Club, School, PSO, athlete	Develop a game style and plan for shot selection	Strong technical ability, fine tune delivery, (weight, release), improve modify, and perfect, sweeping skills	Comp Coach Certified,

CURLSASK LTAD Matrix

Developed April 2012 by LTAD Planning Committee

Train to Compete 2	Develop specific technical and playing skills within advanced competitive conditions (nationals)	Club based, school based, regional, prov., national, university	Regional, provincial, national competitions; schools/university programs, camps	Regional, provincial, national and international; university games	Coach and athlete	Club	Adaptable, precise in determining strategy/tactics	Excellent technical ability, excellent control. Ability to make technical adjustments during delivery (weight, release), excellent sweeping skills	Comp Coach Certified. Plus?
Train to win 1	Develop specific technical and playing skills within advanced competitive conditions (nationals)	Club: Adult, Regional, provincial, national	Provincial, and national champions within the province.	Highly competitive, provincial, national, international, university games, national selection camps	Athlete, coach	PSO, university, clubs	Tactical variations and precision; fine tuning strategic plan	Excellent technical ability in every area and the ability to identify and correct technical errors (release/weight), proficiency in sweeping, judging and managing shots	Comp Coach Certified. Plus?
Train to win 2	Perfect specific technical and playing skills within advanced competitive conditions (medaling in international, Olympics)	Club, adult, regional Provincial National, National development Team	Regional, provincial national competitors, national camps, university games; national development program	Highly competitive, annual training plan, regional, provincial, national, international	Athlete	Coach, NSO, PSO	In dept understanding and use of strategy/tactics, multiple game plans and	Excellent technical ability in every area and the ability to identify and correct technical errors (release/weight), proficiency in sweeping, judging and managing shots, self analysis	Comp Coach Certified. Plus?
Active for Life	Provide opportunities for individuals to participate in life long involvement in curling with the focus on participation	Club based, adapted,	all ages	club league play, various game adaptations based on the skill level of the participants	Club based	Volunteers	Basic understanding of the game including draws, take outs scoring, basic strategy	Basic delivery skills, sweeping skills	Club Coach



Policy Registry

2. Clinic Grants

The CURLSASK will provide a budget for Novice/Intermediate Clinic Grants for member curling clubs wishing to provide clinics to all ages of participants. The total budget amount will be determined by the Finance and Audit Committee on a yearly basis.

Affiliated clubs wishing to host a Novice and/or Intermediate Clinic may apply for the clinic grant. The grant provides up to \$100.00 per clinic to help offset the cost of instructors.

All affiliated clubs are sent Clinic Grant Assistance Form with the club affiliation package. This form must be completed and returned to the CURLSASK office by the deadline date specified on the form.

Selection of club receiving grants will be finalized by the CURLSASK administration. Confirmation of the grant and the grant follow-up form is mailed to the clubs in January each year. Club must provide receipts prior to grant payment being issued.

3. Curling Camps

a. **Provincial Summer Youth Curling Camp (PrairieLand Curling Camp)**

CURLSASK will hold a summer curling camp yearly. The Executive Director of CURLSASK will appoint a Camp Coordinator to oversee all aspects of the camp. The Camp Coordinator will:

- secure date and location of the camp annually
- work within the annual budget outlined by the Finance & Audit Committee
- select and determine staff for the camp
- advertise and promote the camp
- determine number of athletes accepted and select athletes based on the eligibility and selection criteria outlined below
- coordinate camp schedules, curriculums and activities

Camp Format

- The deadline date for applications will be set yearly by the Camp Coordinator no later than 2 months prior to the start of the camp(s).
- Camp registration fee will be determined yearly based on budget requirements.
- The camp is based on "individual" applicants, but CURLSASK will endeavour to place teams and family members in the same camp for ease of travel and accommodations. However, can not guarantee that they will be placed in the same "Group".

Eligibility

- Campers will be a minimum of 13 years of age and a maximum of 17 years of age on December 31, the year prior to camp.
- Campers that are under the minimum eligible age, may be considered if athletes are needed to fill the camp(s).

- For those athletes that have been to the camp a minimum of 4 years, preference will be given to athletes who have not had that number of years of experience.
- Campers from across Canada are eligible to attend the camp(s).
- Campers from Saskatchewan are given priority over other out-of-province athletes of the same age group.

Selection

- Campers will be placed in “Groups” for the camp. Placement of campers in “Groups” will be determined primarily by age, with consideration to technical ability. Because the camp revolves heavily around social aspects, grouping by age is important and necessary.
- Campers who have attended the camp in previous years are automatically guaranteed a spot in the camp as long as their application is received by the deadline date set by CURLSASK.
- Campers who were on the previous year’s waiting list are automatically guaranteed a spot in the camp as long as their application is received by the deadline date set by CURLSASK and they fit the age criteria.
- New applicants will be selected based on age and information provided on their application form.

b. Youth Curling Camps

CURLSASK will partner annually with curling clubs to host Youth Curling Camps. The camps are sanctioned by CURLSASK but ran entirely under the auspice of your club. The number and frequency of the camps will be determined by CURLSASK Administration based on the budget provided by the Finance & Audit Committee.

The camps goals are to provide young curlers (17 & under) the opportunity to learn the newest delivery and brushing techniques, as well as mental preparation, nutrition, physical preparation and team dynamics.

CURLSASK would be responsible for:

- Appointing two (2) Provincial Instructors for the camp.
- Provide a Grant of \$200 to the organizing curling club.
- Providing the curriculum and course schedule (in conjunction with host club).
- Providing aids and technical resources as needed.
- Assisting the club in advertising through the Annual Yearbook, T-Line Newsletter, Website and monthly E-news.
- Assisting the club with any planning of the camp.

Host Club would be responsible for:

- Providing facilities, including ice and classroom.
- Advertising and promoting the camp.
- Setting the camp fee and taking camp registrations.
- Incurring all costs with regards to the camp. This includes paying the 2 appointed CURLSASK instructors. Cost = \$250.00 honorarium for weekend, accommodation at actual, mileage and per diem at CURLSASK rate.
- Provide local instructors to help on-ice. (minimum one per sheet)
- Submit budget and final report to the CURLSASK office.



Policy Registry

4. High Performance Program

The Saskatchewan High Performance Program will ensure training of Saskatchewan's elite teams/athletes with the purpose of achieving consistent success at National & International Championships.

Objectives for the program are:

- Support and identify elite teams/athletes (men, women, senior, junior, juvenile, mixed)
- Provide an environment for elite teams/athletes to train with positive and consistent feedback
- Provide a consistent monitoring and feedback system for elite teams/athletes
- Provide services to elite teams/athletes in areas such as Technical, Mental, Physical, Nutritional, and Strategic preparation.
- Provide the opportunity to train and mentor high performance coaches
- Increase awareness of training importance to High Performance Teams/Athletes and Coaches
- Ensure the continuing development (ie. follow-up) of teams/athletes at the elite level

CURLSASK will partner with the Canadian Curling Association, Canadian Sport Center – Saskatchewan and the Sport Medicine & Science Council of Saskatchewan to provide programs and services to the athletes/teams.

Provincial High Performance Coach.

The High Performance Program will be coordinated and organized by the Provincial High Performance Coach. The Provincial High Performance Coach job description, duties and terms of employment are outlined in the Administration Employees Policies and Procedures section.

The Provincial High Performance coach can appoint other qualified **High Performance Consultants** or **Instructors** to assist with programs and services. The number of instructors and consultants will be determined by the Provincial High Performance Coach.

High Performance Instructors

High Performance Instructors will be required for Provincial Camps and One-Day Team sessions and will be compensated as outlined in the fees below.

Guidelines:

- Instructors must be a minimum Competition Coach Certified in the new NCCP or Level 2 Certified in the old NCCP.
- Demonstrate a strong ability to instruct/teach in specific areas.
- Agree to provide a positive environment for the team to train and learn
- Agree to act in a professional manner for the Association and respect the confidentiality of teams he/she works with.

High Performance Consultants

Consultants may be utilized by teams or individuals involved in the High Performance Program, Coach Mentorship or Team Consultation Sessions. Consultant will be compensated based on a pay-per-service or contract basis as determined by the Provincial High Performance Coach. The Provincial High Performance Coach will be the first contact for all teams in the programs and will arrange consultants

for service accordingly. CURLSASK will only cover the cost of CURLSASK approved consultants within budget allocations.

Guidelines:

- Consultant must be a minimum Competition Coach Certified and Competition Coach Development Trained working on Certification in the new NCCP or Level 2 Certified Coach with a Level 3 Technical & 3 Theory in the sport of curling, working towards Level 3 Certification old NCCP.
- Demonstrate a strong ability to instruct/teach in specific areas.
- Agree to provide a positive environment for the team to train and learn
- Agree to act in a professional manner for the Association and respect the confidentiality of teams he/she works with.

Instructor and Consultant Fees:

- Comprehensive Weekend Camp - \$350 honorarium per camp
- One Day Team Session - \$150 honorarium
- Team sessions - \$75.00/hour honorarium
- Individual sessions - \$50.00/hour honorarium
- Accommodation (actual as approved by Provincial High Performance Coach or Executive Director)
- Travel at CURLSASK rate
- Per Diem at CURLSASK rate (not for team or individual sessions)
- Expense forms must be submitted and signed by Provincial High Performance Coach or Executive Director prior to payment of services.

a. Provincial High Performance Camps (Adult & Junior Teams)

- Weekend camp (Friday evening to Sunday afternoon)
- Comprehensive agenda including all aspects of high performance
- Number of teams accepted at the discretion of the High Performance Coach
- Qualified Provincial and/or National Coaches facilitate the weekend.
- Camp Registration Fees are is \$500.00/team (includes GST)

Team Selection Methodology

Consideration will be given to teams applying for the camp that will play together in the current curling season, plan to participate in the upcoming CURLSASK playdowns and are striving toward a Provincial/National Championship. The Provincial High Performance Coach shall take into consideration all of the above, as well as applicant's previous exposure to the same type of training and experience that the High Performance Camp will offer.

b. High Performance Sessions (Adult, Junior Teams or Individuals & Coach)

- Day or hourly groups sessions
- Session topics are specific to one or two areas
- Teams or individuals
- Provincial High Performance Coach facilitates the sessions with assistance from Instructors or Consultants if required.
- Fee for service is outlined in section h.

c. Saskatchewan High Performance Program

CURLSASK will take a maximum of 12 teams (40 to 45 athletes - includes 5th players of teams competing at the Trials) into a High Performance Program. Teams will be eligible to make application to the CURLSASK High Performance Program, with the order of priority of acceptance as follows:

1. Qualified for the Canadian Curling Association's Olympic Trials or Pre-Trials. Teams in the CURLING CANADA National Team Program. Teams are not required to apply - they are automatically part of the Program. Teams must sign Athlete Agreement for the Program.
2. CURLSASK Provincial Men's and Women's Champion - (from previous year that have retained 3 of 4 of original members)
3. Junior Provincial Men's and Women's Champion - - (from previous year that have retained 3 of 4 of original members unless the athletes have aged out then there must be at least 2 of the original team line)
4. Junior Provincial Men's and Women's Runner-ups - (from previous year that have retained 3 of 4 of original members unless the athletes have aged out then there must be at least 2 of the original team line)
5. Remaining teams selected based on providing biographical information on athlete's CTRS ranking, Saskatchewan Men/Women Tour results, and past Provincial and/or National experience (Men, Women, Juniors, Seniors, Mixed)

All team must apply by **deadline set by High Performance Coach** to be part of the Program for the upcoming season. The CURLSASK Provincial High Performance Coach will review applications and select teams based on their applications. Once teams are accepted in the program, the services will be provided from acceptance date to March 31 of the next year. With exception of the Olympic Trials or Pre-Trials teams, who will be part of the program from the time they qualify for the Trials or Pre-Trials up until the end of the Olympic year.

Training Team Obligations

The team will be asked to sign an Athlete Agreement that outlines their responsibilities in the program. Teams participating in the program will be required to:

1. Implement and put action plans in place to ensure their program/plan submitted is successful.
2. Participate in competitions that are Qualifiers for the CURLING CANADA Olympic Qualification, Tour Bonspiels, and CURLSASK Playdowns.
3. Attend High Performance Camps when available.
4. Provide feedback/monitoring of their program throughout their duration in the program. Teams may be asked to submit progress reports and/or attend an interview relating to their progress in the program.
5. Undergo an evaluation at the end of the season regarding their progress in the program.

Teams will be required to meet with the CURLSASK Provincial High Performance Coach and provide a detailed yearly plan/program leading up to the team's involvement in future Provincial, National, International or Olympic Qualifying events. If teams are receiving

funding/service from the CURLING CANADA, the Provincial High Performance Coach will consult with the team to determine how best the provincial Program services can support their existing plans through the CURLING CANADA.

Teams submitted plan should cover specific areas of:

- a) Athletic Skill Development
- b) Strategy/Tactical Development
- c) Physical Training
- d) Mental Training
- e) Nutritional Training
- f) Team Development/Seasonal Planning/Practice
- g) Coach Development

Teams accepted into the program will be required to pay a registration fee for services provided. The fee will be determined on an annual basis by the High Performance Coach in consultation with the Executive director. Teams in the program will receive as additional 25 % reduction in the cost of fees associated with CURLSASK camps and sessions as well as Coach Education programs.

Once teams are accepted into the program, distribution of services will be determined according to the comprehensiveness of the team's submitted plan/program. The Provincial High Performance Coach will ultimately determine services provided.

Team Sport Science Services*

- Each team will receive **sport science consultations sessions** as determined by the High Performance Coach and/or Executive Director based on allocation of funding provided to CURLSASK.
- Sport Science services include consultations in Physical Training, Nutritional Training, Mental Training, Season Planning, and Skill Analysis for Training.
- Additional consultations will be at the discretion of the Provincial High Performance Coach and dependant on their submitted plan and their continuing use of Sport Science Service.

Team Provincial High Performance Coach/Consultant Services*

- Each team will be eligible to receive **training sessions and/or competitive game consulting session** as determined by the High Performance Coach and/or Executive Director based on allocation of funding provided to CURLSASK.
- A Training Session is approximately 1 hour in length and includes consultations in Technical Training & Analysis, Strategy, Tactical, Team Dynamics, and Season Planning.
- A Competitive Game Consulting Session is a one game observation and post-game debrief on game strategy & tactics, communication, individual/team performance and technical analysis.
- Additional Provincial High Performance Coach/Consultant hours will be pay-per-service as per the CURLSASK High Performance Training Center guidelines.

*If any members of the team have Sport Canada carding status or are included in the CURLING CANADA's National Team Program and have additional funding/services through those

programs, they will be asked to use their CSCS or CURLING CANADA services prior to using Program Services.

d. Under 18 Program

For individual athletes specific to the Train to Train LTAD (Under 18) category. Teams and or individuals will be invited to attend two (2) one day workshops hosted by CURLSASK with the teams and individual athletes being exposed to technical, tactical, strategic, physical and mental training.

Dates and location of training days will be announced in the fall of the curling season

e. Provincial Championship Team Program

The CURLSASK High Performance Coach will assist Saskatchewan Teams to achieve top results at the National and International Championship.

Junior Men, Junior Women, Women, Men

- Provincial High Performance Coach will attend the Provincial Championship to act as a game observer, advisor, and consultant to all teams at the event. Teams will be notified of this service upon qualifying for the Provincial and it is the responsibility of teams to contact the Provincial High Performance Coach to arrange game observation. The Provincial High Performance Coach can only guarantee teams one game observation and pre/post game meeting. Additional times are at the discretion of the Provincial High Performance Coach.
- Provincial High Performance Coach will meet with these teams to assist them in preparations for the National Championship.
- Teams will have access to the Provincial High Performance Coach for any additional sessions the team may require prior to attending the National or Worlds. Sessions are outlined in the Team Consultation section below. (No fees required for Provincial Teams)
- Provincial High Performance Coach will be available to accompany teams without coaches to the National Championship if the CURLING CANADA is covering the cost of the coach.

Senior Men, Senior Women, Mixed

- Provincial High Performance Coach may meet with these teams, upon request from the teams, to assist them in preparations for the National Championship.
- Provincial High Performance Coach will be available to accompany teams without coaches to the National Championship if the CURLING CANADA is covering the cost of the coach.

Olympic Trials Teams

- Provincial High Performance Coach will assist the teams that qualify for the Olympic Trials in planning & programming.

Canada Winter Games

- Provincial High Performance Coach, with assistance from the Executive Director will oversee the Canada Winter Games Program. See Section e.

f. Canada Winter Games Program

- ◆ The top two (2) finishing teams for the Men & Women at the Saskatchewan Winter Games will qualify for the Training Program.
- ◆ Four (4) Men's teams and Four (4) Women's teams will be identified through results at competitions and a final ID Selection Camp held following the Saskatchewan Winter Games at a time determined by the CURLSASK Provincial High Performance Coach.
 - Any age eligible team can attend the final ID Selection Camp. (Regardless if they competed in the Saskatchewan Winter Games Playdowns). All players must be members of a CURLSASK affiliated curling club. Fee for the final ID Selection Camp will be determined by CURLSASK.
 - Skill assessment in numerous areas at the final ID Selection Camp and team performance results through CURLSASK Junior Playdowns, Junior Bonspiels, Sask Winter Games Preparation Spiel, Sask Winter Games District and Provincial Playdowns will be taken into account when determining the final 4 men and women teams in the program.
 - Teams attending the final ID Selection Camp will be asked to provide information on team history, individual player curling history and previous competition results.
 - The CURLSASK Provincial High Performance Coach will appoint evaluators to attend the final ID Selection Camp and sit on the Selection Committee. The Selection Committee decisions will be final.

The 12 teams will be involved with a 9-month training program from March to December in the year of the Sask. Winter Games.

After the 9-month training, the 6 teams in each gender will playoff, with the top team qualifying for the Canada Games. (playoff date, location & format to be determined by the CURLSASK Competition Committee) Competition and training will continue for the 2 teams qualifying for the Canada Games, leading up to the Games.

The teams' training program will include:

- Initial Training Camp (March following Sask. Provincial Games)
 - The weekend camp will focus on technical & tactical developments and initial programming for the physical, mental & nutritional training.
 - Extensive sessions with the team coaches to educate on the training programs.
 - Mentor coaches would attend to set up mentorship programming with the team coaches.
- Off-season training program (May to early August)
 - ** Monitored by team coach, mentored by Provincial High Performance Coach or Executive Director
 - physical training - focusing on core strength
 - mental training/goal setting
 - nutritional training
 - team building
 - strategy sessions
 - Prairieland Summer Curling Camp - option for athletes to attend
- Training/Assessment Camp (September)
 - Weekend camp with all teams to focus on technical developments related to the curling delivery, brushing, team tactics/strategy, and mental training.

- Evaluation off the pre-season training and re-evaluate programming for the season.
- Season Training (late September to Canada Winter Games)
 - ** Monitored by team coach, mentored by Provincial High Performance Coach or Executive Director
 - physical training (off-ice & on-ice)
 - mental training
 - nutritional training (during competition)
 - team building
 - strategy sessions off-ice & on-ice)
 - on-ice training/practice (individual & team)
 - delivery, brushing, strategy, team tactics
 - club games
- Training/Planning Session (December)
 - The selection of the two teams to represent Sask. at the Games will occur in December. Immediately after the teams have been declared, they will be involved in a one-day training/planning session in preparation for the Games
- Team Training (January to February)
 - The 2 teams qualified for the Canada Games will continue training coordinated by the team coach and CURLSASK High Performance Coach and/or Executive Director

The teams' training program will be monitored and evaluated by each team's coach and mentor coach, with a reporting procedure set up to the CURLSASK Executive Director and/or High Performance Coach.

g. Team/Athlete Consultation

Teams/athletes not included in the Provincial Team Program and who do not wish to attend Provincial or Regional High Performance Camps, may access the Provincial High Performance Coach or CURLSASK approved consultants on one-on-one basis. Teams/athletes will be required to pay per service. Fees are outlined in Section h.

Below are the types of services for team/athlete consultation:

- Delivery & Skill Analysis
 - Understanding the Curling Delivery and Methods to Improve
 - Review Major Components of the Curling Delivery
 - Technical Analysis of the Curling Delivery
- Strategy & Team Tactics Workshop
 - Workshops in Developing a Team Strategy that Works.
- Brushing Analysis & Team Communication
 - Proper Brushing Techniques and Communication Skills that assist Team Success
- Team Dynamics
 - Putting & Keeping Your Team Together
 - Strategies that Work in Consolidating Team Effectiveness
- Mental Toughness & Training
 - What is Mental Toughness?
 - Skills & Training that Improve Mental Toughness
- Physical Fitness & Nutritional Training

- Proper Fitness & Nutritional Habits for High Performance Curlers
- Fitness & Nutritional Training during Competition
- Yearly Planning Programming
 - Procedures for Developing a Successful Yearly Plan
 - Peeking, Practicing, and Team Competitive Scheduling

h. Fee Structures

Camps	Junior Teams	Adult Teams	Observer Coaches
Provincial High Performance Camp (Weekend 15 hour program)	\$500.00	\$500.00	\$150-full weekend \$30-per session
Sessions	Junior Teams	Adult Teams	Individual Athletes/ Coaches
Fees charged per hour for the following sessions: - Delivery Skill Analysis - Brushing Analysis & Team Communication - Strategy & Team Tactics Workshop - Team Dynamics - Mental Toughness & Training - Physical Fitness & Nutritional Training - Yearly Planning Program	\$75.00/hour*	\$75.00/hour*	\$50.00/hour*
Comprehensive One-Day Team Session (8 hours - one team - includes all the above sessions)	\$450.00*	\$450.00*	n/a
* Mileage is added to session fee if Provincial High Performance Coach or Consultant must travel. Mileage is charged as per CURLSASK rate. Teams are responsible for ensuring meeting facility and ice is available for sessions. All fees include GST ** Recognized teams in the High Performance Program will receive a %25 discount on camp and or session fees			

5. Athletes with a Disability

a. Wheelchair Curling Team Selection

This policy provides an overview of how CURLSASK will determine its representative to the CURLING CANADA National Wheelchair Curling Championships and costs associated with the selection process.

The policy assumes that the CURLING CANADA will host an annual Wheelchair Curling Championship and that the CURLING CANADA/Host Committee will cover the cost of travel and accommodations for teams attending the National Championship. If this assumption is not accurate, the CURLSASK Board of Directors is not bound to this policy and can determine changes to the selection process.

Coach Appointment

The CURLSASK Competition Committee will appoint a Head Coach and Assistant Coach for the team each year. Appointment of coaching staff should occur by June each year.

Head Coach & Assistant Coach will be provided remuneration of \$75/session with the team up to a maximum of 8 sessions. Sessions are defined as on-ice or off-ice sessions a minimum of 1.5hrs. Mileage (if required) will be covered at CURLSASK mileage rate.

The Head Coach will attend the National Competition when costs are covered by the CURLING CANADA. The Assistant Coach may attend the National, but the cost to attend would not be covered by the CURLSASK or CURLING CANADA.

Team Selection

Team Selection will occur at a one day Selection Camp to be held prior to December 31 each year – location and timing to be determined by the CURLSASK Competition Committee. Four or five athletes will be selected to Team Saskatchewan as determined by the evaluators. A minimum of one athlete must be of opposite gender.

Athletes coming to the selection camp will be evaluated on the following:

- Delivery Technical Skills
- Shot Making Ability
- Game Strategy & Tactics
- Ability to work in a team environment

On-ice and off-ice sessions will be facilitated and evaluated by the Head Wheelchair Coach, Assistant Wheelchair Coach, CURLSASK Provincial High Performance Coach and one other evaluator.

Evaluators will be paid a \$100 honorarium, mileage (if required) and one day per diem.

Eligible athletes are those who must be restricted in their mobility such that they are unable to deliver a curling stone without the use of a wheelchair. Although wheelchair curling is intended to be played by people who use wheelchairs for their daily mobility, it should not exclude those unable to participate in “stick curling” because they are unable to safely deliver a stone while walking or standing. Athlete registration cost to attend the selection camp will be determined annually by the Competition Committee

Athletes selected as a member of Team Saskatchewan, you will be required to:

- Commit to train and compete with the team as outlined by the Head Coach
 - o Costs for training are the responsibility of the team.
- Attend the National Wheelchair Curling Championship
 - o Clothing will be provided as per CURLSASK policies for teams attending CURLING CANADA sanctioned National Events.
 - o Meals and miscellaneous expenses are the responsibility of the team.
- Be a member of a CURLSASK Affiliated Curling Club