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## FROM PRACTICE TO PODIUM

Curl BC  
2008/09 High Performance Program



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## THE GOAL

- ▶ To enhance the Curl BC HP program using customized training
- ▶ To assist athletes and coaches to achieve podium finishes at provincial, national and world levels.
- ▶ To develop a talent pool of athletes, wheelchair athletes and coaches through a regional high performance program.



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## THE PROVINCIAL COACHES

- ▶ **Oversee entire High Performance Program and Regional Programs**
  - Includes budget, training opportunities, and programs
  - Liaise with Regional Coaches, consultants and Integrated Sport Team
  - Prepare Provincial Teams and provide assistance for them at National events

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## THE REGIONAL COACHES

- ▶ **Oversee Regional Program and Services**
  - Implement club clinics and intermediate team sessions
  - Assist in HP Program when requested
  - Provide mentoring opportunities to assistant regional coaches
- ▶ **Report directly to Provincial Coaches**

## THE PROGRAM

### 1. Services

- Practice ice
- Pacific Sport carding
- Competition subsidy
- Competition Analysis
- Biomechanical Analysis

## THE PROGRAM

### 2. Scouting Solutions

- Physical training program
- Mental training program
- Annual Training plan
- On line journal
- Message center

## THE PROGRAM

### 3. Service Credits

- Sports psychology
- Strength and conditioning
- Nutritional counseling
- Strategy specialists
- Performance Planning
- Practice sessions with consultants

## ENTRY TO THE PROGRAM

- ▶ Any team or athlete can apply on the Curl BC website
- ▶ Athletes are targeted (tiered)
  - Ranking system (performance based)
  - Pacific sport targeted athlete designation
  - Stage within Long Term Athlete Development Model
- ▶ Attend evaluation camp
  - Physical evaluation
  - Mental evaluation
  - Scouting solutions workshop
  - Meeting with Provincial/Regional Coaches

## THE ACCOUNTABILITY PROCESS

- ▶ Competition plan
- ▶ Goal setting
- ▶ Achieving physical baselines (and maintaining physical fitness)
- ▶ Online journaling (weekly)
- ▶ Technical analysis
- ▶ Game plan
- ▶ Quarterly assessments by Provincial Coaches (80% complete)

## CUMULATIVE TEAM RANKING

TIER 1 TEAMS Adults	<ul style="list-style-type: none"> <li>•90+ points</li> <li>AND</li> <li>•Top 2 provincial finish</li> <li>AND</li> <li>•Certified Level 2 coach</li> </ul>	<ul style="list-style-type: none"> <li>•Training to Win</li> <li>•Optimal Funding</li> <li>•Provincial Coaches</li> </ul>	<ul style="list-style-type: none"> <li>•1200 SC</li> <li>•1000 CS</li> </ul>
TIER 2 TEAMS Adult Junior	<ul style="list-style-type: none"> <li>•60 –89 points</li> <li>OR</li> <li>•Top 3 provincial finish</li> <li>AND</li> <li>•Certified Level 2 coach</li> </ul>	<ul style="list-style-type: none"> <li>•Training to Compete</li> <li>•2<sup>nd</sup> Tier of Funding</li> <li>•Provincial Coaches</li> </ul>	<ul style="list-style-type: none"> <li>•800 SC</li> <li>•800 CS</li> </ul>

## CUMULATIVE TEAM RANKING

<b>TIER 3 TEAMS</b> Adult Junior	•25 – 59 points AND •Minimum Level 1 coach (working on Level 2)	•Training to Train •3 <sup>rd</sup> Tier of Funding •Regional Coaches	•500 SC •500 CS
<b>TALENT POOL TEAMS</b> Adults and Junior/Juveniles	•Under 25 points AND •Minimum Level 1 coach (working on Level 2)	•Training to Learn •Limited Funding •Regional Coaches	•200 SC

## WHEELCHAIR CURLING

Tier One	•Current Team BC members	• Provincial Coaches •Optimum Funding •Training to Win
Tier 2	•Competitive Individual athletes not currently on Team BC	•Regional Coaches •2 <sup>nd</sup> Tier of Funding •Training to Compete
Wheelchair Program	•Regional tours •Novice Athletes	•Regional Coaches •Some funding •Training to Learn •Fundamentals

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## COACH MENTORSHIP PROGRAM

High Performance	<ul style="list-style-type: none"><li>• Mentoring coaches of high performance teams</li><li>• Level 2 / 3 coaches</li></ul>	<ul style="list-style-type: none"><li>• Provincial Coaches</li></ul>
Regional	<ul style="list-style-type: none"><li>• Mentoring coaches of tier 3 and Talent Pool teams</li><li>• Level 1 and 2 coaches</li></ul>	<ul style="list-style-type: none"><li>• Regional Coaches</li></ul>

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**A SUCCESSFUL TEAM IS A  
GROUP OF MANY HANDS BUT  
OF ONE MIND**

▶ Bill Bethel

