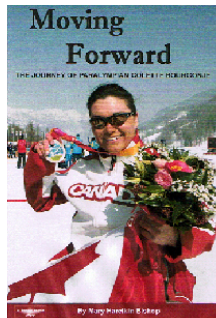


### SASKI Skiing for Disabled Para-Nordic High Performance Plan 2013-2019

High Performance Plan Initiative 2012 Committee

Jeff Whiting (Chair)  
Pat Prokopchuk (Chair – SASKI Skiing for Disabled)  
Dan Brisbin (CCS – HP Chair & CCC Board of Director)  
Gord Poulton (Para-Alpine Head Coach)  
Colette Bourgonje (Coordinator Para-Ski Development)  
Mike Edwards (CCC – Para-Nordic Director)

Sponsored by SaskSport  
Sports Consultant: Peter Davis, Sport Performance Management, Colorado Springs



## Motion by Jeff/Pat

That the Board approves the High Performance Plan so that we can move forward over the next 5 years with annual performance reporting to the board

- Email vote was held to accept the report (June 5 2013)
  - Motion Approved at Fall Meeting Oct 26 2013
- Why does this only talk about Nordic?
  - SaskSport chose PN based upon past performance
- What about Alpine?
  - Gord was on the committee & can implement the same/similar plan

## Primary Goals

The overall or over-arching impact for SASKI Skiing for Disabled is to maximize the opportunity and support for Saskatchewan Para-Nordic athletes to achieve Peak Performance. We will consider that we have achieved that impact if we have:

- 1 or 2 more Para-Nordic athletes on the National Ski Team (NST) by 2016 using a strong, more effective Talent Identification system.
- Always send maximum number of athletes to Canada Winter Games (CWG) and win medals
- Always send 1-4 competitive athletes to Nationals and win medals

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## Short-Term Outcomes:

- We currently have only 26 Para-Nordic athletes from an estimated potential of 528 people with a severe physical disability.
- We are under-represented in the less than 14 age group, and need to develop a stronger and more efficient recruitment pipeline by 2015

Our short term outcomes are:

- Develop a stronger recruitment pipeline by 2015
- Replace all the heavier sit ski equipment by Dec. 2013 *now likely Feb. 2014*
- Develop an Effective Daily Training Environment that has excellence as its priority

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## Long-Term Outcomes:

1. Get 1-2 athletes on NST (by forming a strong Talent ID pipeline)  
Currently Colette & Brittany (fast track to NST) but what about next year?
2. Convince CCC (NSO) to complete CCI-L2T & CCI-ADV (TTT) AWAD courses manuals (inc. Outcomes) - done
3. Use CPC coach funding for NCCP courses to certify the following coaches:
  - ICC – 7 coaches certified (completed Jan. 2013) - done
  - CC & CC AWAD- 11 coaches certified by 2013 – CC done / CC AWAD – need 6 coaches to do workshop
  - CCI-L2T dryland - 6-10 coaches certified by 2014
  - CCI-L2T on-snow - 6-8 coaches certified by 2014
  - CCI-ADV (TTT) - 3 coaches certified by 2013 – issue – course work done but no Sask Evaluator and tasks are onerous and complex

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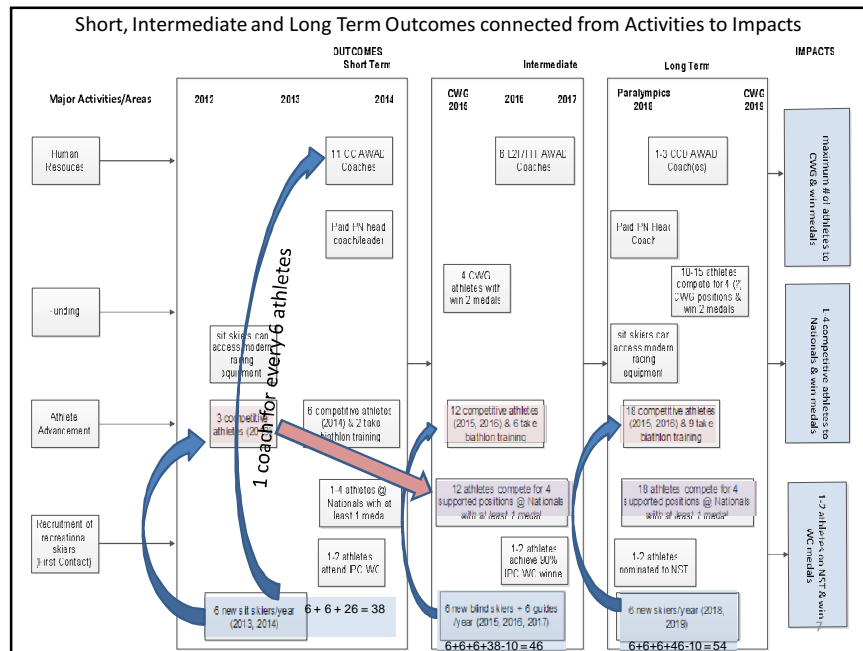
We need to develop in four broad development areas (activities):

- Human Resources
- Funding
- Athlete Advancement
- Recruitment of recreational skiers (First Contact).

In order to complete the above Activities, we will have completed the following 6 outputs:

1. Fund raising by dedicated volunteers (raise \$60,000 annually by 2014) – highest priority
2. Hire a full time SASKI Para-Nordic Technical/High Performance Leader by 2014
3. Improve equipment development and support for sit skiers by 2013 - done
4. Develop an effective competitive pipeline by 2014
  - a. Focus on adding 6 new athletes /year (equal by gender)
  - b. Redevelop para-biathlon training by 2015 targeting 20% of the athletes
5. Make availability CCI-ADV (TTT) or higher coaches by 2014
6. Develop & have in place a stronger recruitment pipeline by 2015

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## Motion: Funding Committee be created – Jeff/Pat

That a Funding Committee be created consisting of 4 people to:

- Find funding for PN & PA CWG coaching/technical director position
- Find funding for the PN planned activities
- Find funding for the PA future activities

Motion Approved at Fall Meeting Oct 26 2013

- Funding Committee: Colette & rest to be appointed later with at least 1 member be from business or business association

**RANKING OF SASKATCHEWAN/CANADIAN ATHLETES ON THE WORLD SCENE BY MEDAL COUNT  
(1980-2012)**

			1980-2010	1996-2009	1999-2009	
Rank	Canadian Athletes	Province	Paralympics	World Championship	World Cup	Grand Total
1	MCKEEVER, Brian	Alberta	13	9	31	47
2	BOURGONJE, Colette	Sask	8	6	25	37
3	LECOUR, Sandra	Alberta	3			2
4	LEMIRE, Francine	Nfld	2			2
5	UMBACK, Kimmo	Ontario	2			2
6	LOVEGROVE, Tricia	BC	1			1
7	BRUNNER, Mary	Ontario	1			1
8	COYLE, Dawn	Ontario	1			1
9	SCHUSTER, Janet	Ontario	1			1
10	SHAW, Judy	Ontario	1			1
11	WHYTE, Shauna-Maria	Alberta		1	32	33
12	Barber, Jody	BC		1	3	4
13	Weldon, Robbi	Ontario			7	7
14	Arendz,, Mark	PEI			1	1
15	BOILY, Jean-Thomas	Quebec			1	1
16	Knight, Courtney	BC			1	1
17	Paul, Kelsi	Sask			1	1
18	Reid, Joan	BC			1	1
Grand Total (17)		7	28	17	103	148

**List of Para-Nordic Athletes, Guides,  
Coaches and Officials: Paralympics**

Athlete Name	City	Paralympics	Coach	Guide:	Official
ROSENBERG George	Saskatoon	INNSBRUCK, AUSTRIA, 1988		Ken Wolfe	
BOURGONJE Colette	Saskatoon	Albertville, France, 1992			
		Lillehammer, Norway, 1994			
		Nagano (Hakuba), Japan, 1998			
		Salt Lake City USA 2002			
		Torino, Italy 2006			
		Vancouver/Whistler CAN 2010			
HARRISON Joe	Saskatoon	Albertville, France, 1992			
		Lillehammer, Norway, 1994			
		Lillehammer, Norway, 1994		Kaspar Wirz	
		Nagano (Hakuba), Japan, 1998	Kaspar Wirz		
		Salt Lake City USA 2002			
		Torino, Italy 2006			
		Vancouver/Whistler CAN 2010			
ROBINSON Jason	Flin Flon	Nagano (Hakuba), Japan, 1998			
	Saskatoon	Salt Lake City USA 2002	Jeff Whiting		
		Vancouver/Whistler CAN 2010			Jeff Whiting
	Regina	Vancouver/Whistler CAN 2010		Andrea Bundon	
	Saskatoon	Vancouver/Whistler CAN 2010	Kevin Spink		
		Vancouver/Whistler CAN 2010			Kathryn Theede
4 athletes	4 cities	10 Paralympic Games	3	3	2

List of Para-Nordic Athletes, Guides, Coaches and Officials: World Championship

Athlete Name	Location	Coach	Guide:
BOURGONJE Colette	Sunne, SWE, 1996		
	Sion, Switzerland, 2000		
	Ft. Kent, USA, 2005		
	Vuokatti, Finland 2009		
	Khanty Mansiysk (RUS) 2011		
HARRISON Joe	<b>USA, 1989</b>		
	Sunne, SWE, 1996		Kaspar Wirz
	Sion, Switzerland, 1990	Kaspar Wirz	
	Ft. Kent, USA, 2005		
	Vuokatti, Finland 2009		
	Khanty Mansiysk (RUS) 2011		
ROBINSON Jason	Sion, Switzerland, 1990		
	Sunne, SWE, 1996	Jeff Whiting	
	Sion, Switzerland, 1990		
3 athletes	6	2	1

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List of Para-Nordic Athletes, Guides, Coaches and Officials: World Cup

Athlete Name	World Cup Years	# Years	Coach	Guide:	Official
ROSENBERG George	<b>1987-8</b>	1		Ken Wolfe	
BOURGONJE Colette	<b>1991-2012</b>	11			
HARRISON Joe	<b>1989-1995</b>	6			
	<b>1992-1996</b>	4		Kaspar Wirz	
	<b>1997</b>	1			12
	<b>1995-2012</b>	17	Kaspar Wirz		
	<b>2001-2012</b>	9			Kaspar Wirz
ROBINSON Jason	<b>1998-2001</b>	3			
Kelsi Paul	<b>2004, 2007</b>	2			
Joelle Buckle	<b>2004</b>	1			
Michael Manderschild	<b>2004</b>	1			
	<b>1996-2009</b>	13	Jeff Whiting		
	<b>1999</b>	1			Jeff Whiting
	<b>1999 &amp; 2008</b>	2		Joan Jeffery	
	<b>1999 &amp; 2008</b>	2		Bill Jeffery	
	<b>2007-2010, 2013</b>	4		Andrea Bundon	
	<b>2005-2008</b>	3	Bruce Craven		
	<b>2009-2010</b>	3	Kevin Spink		
	<b>2009-2010</b>	1			Kathryn Theede
	<b>2008-2010</b>	3			Dan Brisbin
7 athletes		26 yrs	4	5	16

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## National Ski Team

Athlete Name	Years	Guides
ROSENBERG George	1987-8	Ken Wolfe
BOURGONJE Colette	1991-present	
HARRISON Joe	1989-1995	
ROBINSON Jason	1998-2001	
		Andrea Bundon

### National Ski Development Team

Athlete Name	Years
Kelsi Paul	2004 - 2007
Joelle Buckle	2004
Michael Manderschild	2004

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## Saskatchewan's National Team Coaches, Guides & Officials

Years	Coach	Guide:	Official
1996-2009	Jeff Whiting (Assistant, Team Manager, FIS Homologation Inspector)		
1999, 2012			Jeff Whiting (2)
1992-present	Kaspar Wirz (Assistant, Biathlon Coach, Head Coach, IPC Technical Classifier, Homologation Inspector)	Kaspar Wirz	Kaspar Wirz (TD)
1999 & 2008		Joan Jeffery	
1999 & 2008		Bill Jeffery	
2007-2010		Andrea Bundon	
2005-2008	Bruce Craven (IST)		
2009-2010	Kevin Spink (IST)		
2009-2010			Kathryn Theede (TD)
2008--2012			Dan Brisbin (TD)
26 years	4	4	4

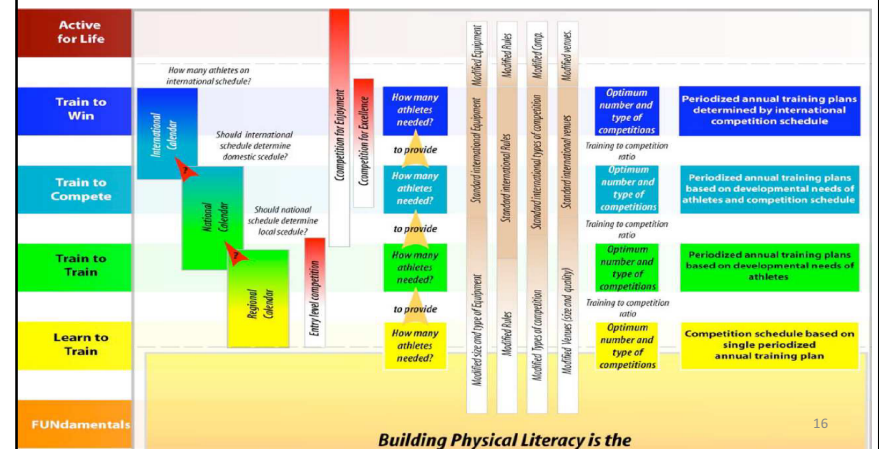
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## CWG SIT SKI RANKING

DIV	PNTS	RANK
BC	86.4	1
QC	77.9	2
SK	63.6	3
NB	60.5	4
YT	52.1	5
ON	51.8	6
AB	47.9	7
MB	34.8	8
NS	26.4	9
NL	22.6	10

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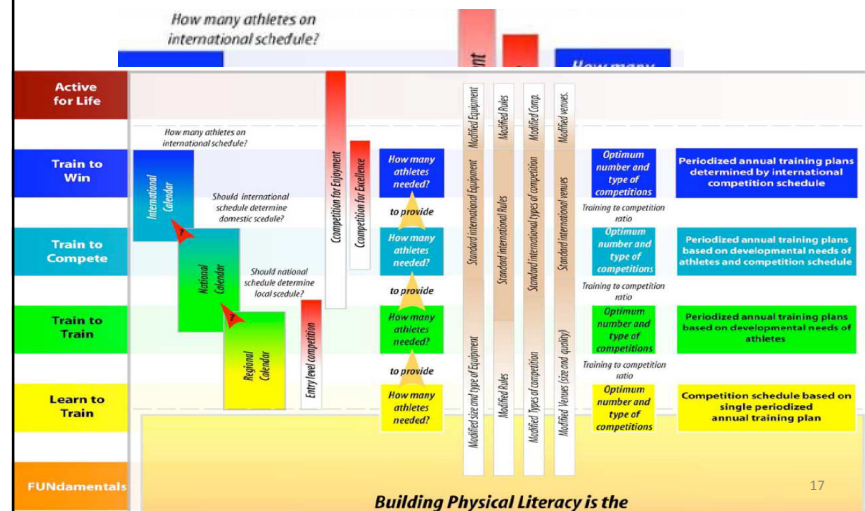
## Building Physical Literacy



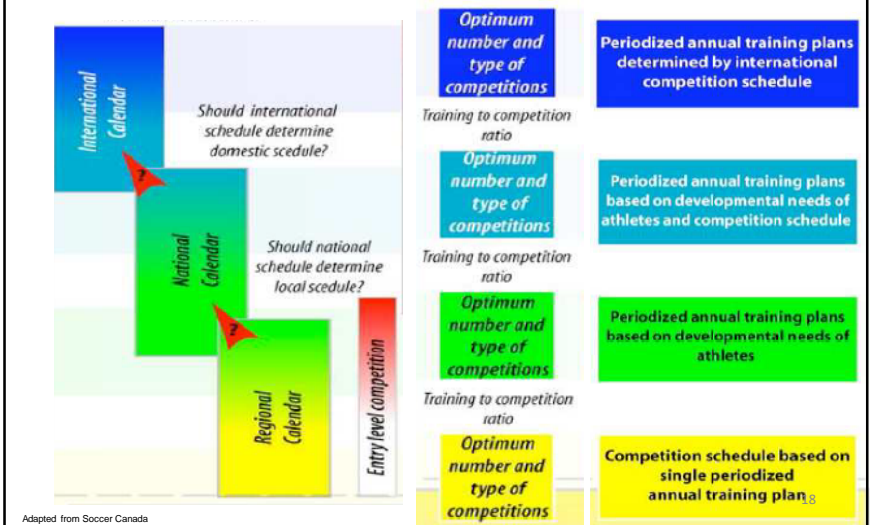
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### Model to build number of athletes needed at each level



## How is Optimization Accomplished



To be successful internationally Canadian needs (Para-Nordic)  
the following athletes at LTAD levels:

at **T2W** :18+ males and 16+ females or **34+** at World Championship & Paralympics

at **T2C**: 42+ males and 26+ or **68+** at World Cup

at **L2C**: 62+ males and 26+ or **88+/-** at Nationals - proportional provincial entered

at **T2T**: 250+ males and 105+ or **355** at 2 Regional Championships & Nor-Am with 32 clubs entered

**Only way is to dramatically improve the numbers is @ FUN, L2T & T2T or provincial level**

- If 34 Para-Nordic skiers are needed @ top
- A career is ~12 years
- 25% of your full time athletes are at the top
- 15% of the 16-year-olds turn full-time

**Formula:**

$$34 / 12 = 2.5$$

$$2.5 / 25\% = 10$$

$$10 / 15\% = 66$$

So nationally, we need to have **66** 16- year-olds in a high-quality training & competition environment

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Given the number required at the  
National Level what can Saskatchewan  
realistically provide?

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### Number New Injuries by Age Grouping (similar to Training Cycles) per Year (Saskatchewan)

Stages	FUN			focus	Catch & release		NST - focus			
	Under 1	1-4	5-9	L2T	T2T	L2C	T2C + T2W	Total	% Injuries	Mortality Rate
Traumatic Amputation (LW2-8)	0	1	2	2	2	2	2	11	28.3	
Nerves & Spinal Cord (LW9, LW10-12)	0	0	0	0	1	1	1	3	6.6	
Blind (B1-3)	4	49	92	95	98	97	200	635		
Cerebral Palsy (CP)	22							22		
Spina Bifida (SB)	10							10	50%	
Total	36	50	94	97	101	100	203	681		
Total PN Available /year (/7 sports)	5	7	13	14	14	14	29	97		



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### Accumulated Number of Possible Para-Nordic Athletes by Age Grouping (similar to LTAD Training Stages)

Stages	FUN			CCI-L2T	CCD-T2T	L2C	T2C + T2W			
Type of Injury   Age	<1	1-4	5-9	10-14	15-19	20-24	25-34	>34	Total	Current
Traumatic Amputation (LW2-8)	0	5	6	7	8	7	6		39	1
Nerves & Spinal Cord (LW9, LW10-12)	0	0	0	0	4	4	4		12	6
Blind (B1-3)	4	196	368	380	392	388	800		2,528	16
Cerebral Palsy (CP)	22	88	110	110	110	110	220		770	1
Spina Bifida (SB) (LW10-12)	10	40	50	50	50	50	100		350	2
Total	534			547	564	559	1,130		3,699	26
Total PN Available (/7 sports)	76			78	81	80	161		528	
Current	0			1	3	4	5	13		26

Reference: Whiting 2009

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Saskatchewan LTAD Excellence Pathway to Paralympic Games									
Recommended Numbers of Skiers and Their Training and Competitive Environment									
	# males		Male	Stage	Female	# females			
	2008	target	Age		Age	target	2008		
Medal @ PG	0	1	23	T2W 2	32	1	1	Medal @ PG	
Top 10 finish PG	0	1	23		16	1	1	Top 10 finish PG (inc. top ½ )	
Paralympic Team	0	1	34	T2W 1 (or L2W)	25	2	2	Paralympic Team	
Top 10 World Championship	0	1	27	T2C	18	1	1	Top 10 world championship	
World Championship Team	0	2	34		28	2	1	World Championship Team	
Top 10 World Cup	0	3	26		24	2	1	Top 10 World Cup	
World Cup Team (top ½ )	0	4	18	L2C	24	2	2	World Cup Team (top ½ )	
WC Team or Europa Cup Team	0	6	18		24	3	2	WC Team or Europa Cup Team	
National Development Squad or Training Centre	0	12		T2T		5	2	National Development Squad or Training Centre	
CWG, Provincial Team or National Talent Squad	2	10				10	2	CWG, Provincial Team or National Talent Squad	
Senior Provincial Team	3	16		L2T		7	2	Senior Provincial Team	
Junior Provincial Team	3	16				7	2	Junior Provincial Team	
Quality Club Team	3	40				12	2	Quality Club Team	
Quality Club Program	3	40				12	2	Quality Club Program	
Quality Club Program	3	45		FUN		12	6	Quality Club Program	
Quality Club Program	6	45				12	9	Quality Club Program	
Notes: excludes guides									
focus						focus			

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Saskatchewan LTAD Excellence Pathway to Paralympic Games Recommended Numbers of Skiers and Their Training and Competitive Environment								
	# Males*		Male	Stage	Female		# Females*	
	2008	target	Age		Age	Target	2008	
Medal @ PG	0	1	23	T2W 2	32	1	1	Medal @ PG
Top 10 finish PG	0	1	23		16	1	1	Top 10 finish PG (inc. top ½ )
Paralympic Team	0	1	34	T2W 1 (or L2W)	25	2	2	Paralympic Team
Top 10 World Championship	0	1	27	T2C	18	1	1	Top 10 world championship
World Championship Team	0	2	34		28	2	1	World Championship Team
Top 10 World Cup	0	3	26		24	2	1	Top 10 World Cup
World Cup Team (top ½ )	0	4	18	L2C	24	2	2	World Cup Team (top ½ )
WC Team or Europa Cup Team	0	6	18		24	3	2	WC Team or Europa Cup Team
National Development Squad or Training Centre	0	12		18 = +1 T2T		5	2	National Development Squad or Training Centre
CWG, Provincial Team or National Talent Squad	2	10			10	2		CWG, Provincial Team or National Talent Squad
Senior Provincial Team	3	16	18 + 3 = 21 = -4 L2T		7	2		Senior Provincial Team
Junior Provincial Team	3	16			7	2		Junior Provincial Team
Quality Club Team	3	40			12	2		Quality Club Team
Quality Club Program	3	40			12	2		Quality Club Program
Quality Club Program	3	45	FUN 54 = -1		12	6		Quality Club Program
Quality Club Program	6	45			12	9		Quality Club Program

Notes: excludes guides

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