



ALBERTA ALPINE SKI ASSOCIATION

HIGH PERFORMANCE PLAN (HPP)

Goals & Objectives	Implementation Strategy	Targets & Assessments
Move athletes from the AST to CDAST programs	-AST programming to be of the highest quality in the areas of physical, technical, and mental development	Top Performing Province in terms of : >Top 5 YOB & younger performance by age at Senior CDN Champs by 2017 >U18 National Championships Podiums > NOR AM Top 5 YOB & younger Performance by age by 2017 > Scoring NORAM points
AST World Junior (WJC) Participation and Performance	-Design programs to properly prepare athletes for success at ACA WJC Q races for performance success at WJC.	-100% of AST members in 3 rd year of AST programming are in contention for WJC team -Albertan WJC Performances are “Best in Canadian Class”
AST Programming	Ensure all AST Athletes are aware of their status and standing and expectations and goals as it relates to the AST in terms of both performance and personal growth	-AST Athlete target career length to span WJC Eligibility (U21) + or – 1 year -All athletes will have annual spring and fall performance evaluation and meeting in person with the AASA AD and/ or AST HC covering their: >Multi- year individualized AST Plan >Specific Annual plan >Personal goals outside/beyond ski racing >Personal performance and team Standing -AST athletes will complete a fall and spring AST review questionnaire
AASA National Performance	-Evaluating AASA age group performance throughout the AASA pathway - Work with Club Partners to share information, maintain strengths and address weaknesses as a PSO	-Top performing PSO in terms of Podiums and Top 15 performances at: >Senior CDN Champs >U18 CDN Champs >U16 CDN Champs, CANAM, Whistler Cup
NCAA	-Continue to develop NCAA links -Continue to Develop NCAA Understanding -Ongoing Support from AST to NCAA Athletes and Alumni	-Maintain a 100% of 3 rd year AST athletes have NCAA/ CIS race option - Deliver Annual Parent NCAA information session -Annual spring and fall check-in with AST Alumni racing NCAA on athletics status and support needs from AASA/ AST

AST Pathway	-Maintain clear understanding of expectations and criteria for advancement to the AST	-AASA AD will annually communicate 3.1 Selection Document to all FIS programs at the Fall Coaches meeting and AGM -Provide ongoing AST/ CLUB integration opportunities to AASA U16 & FIS Athletes through direct AST interactions & PSO initiatives
AST Scouting and talent identification	-Avoid talent fade and drive future talent by creating and maintaining a vertically integrated and fluid program that enhances and promotes strongest possible peer groups ensuring AASA maintains a development rather than filtering system	- AASA Athletics staff attend High Profile U14 and U16 races annually to complete talent Identification. These Races include: U14 Finals, U16 CANAM, U16 Whistler Cup, U16 Finals, and U18 Nationals - Provide high performing club athletes the opportunity to interact with the AST. -Maintain awareness of strong peer groups
Dryland / S&C	-Improve the overall quality of fitness level and program quality in AASA (club and AST dryland) to ensure AASA athletes are best prepared athletes moving into CDAST programs	-Develop & Communicate AASA provincial dryland standards and protocols for U16 and FIS by Summer 2016 - Test all AASA potential athletes in AST selection -Provide an annual education opportunity for Coach training in S&C -Annual meeting with ACA Sport Science Director to review ACA Physical training programming vs. AST Athlete performance -Provide ongoing AST/ CLUB integration opportunities to AASA U16 & FIS Athletes through direct AST interactions