



Ski Nova Scotia – High Performance Program

Since November 2020, Ski Nova Scotia and the High Performance Pathway Committee have been hard at work developing a High Performance Plan and Program for the 2021/2022 season and beyond. The premise of this program is to create a high-performance pathway for NS athletes that will provide the guidance, resources, and programming necessary to make the jump to the next level following U16. The program will focus on bridging the gap between average days on snow for NS athletes and those of the powerhouse provinces in our sport. It will target graduating U16 and current FIS age athletes, while providing those athletes with an elite level ski racing program which will put them in the best position to reach their potential and compete at a national level.

The program will consist of offseason on-snow opportunities, a fitness and mental training program and a competition season training and racing program. The offseason program will include two major on-snow blocks, providing approximately 24-30 additional days on snow, a full fitness program, fitness testing, dryland camps and a full mental training program. The competition season program will provide additional weekly training opportunities on top of those offered by our member clubs and a FIS race schedule which will compliment our AAA calendar of events. The idea is to work in conjunction with the Ski NS member club programs to maximize resources and time on-snow for the selected athletes.

The team will be selected on a primarily objective, criteria-based system with a small degree of coach discretion. However, the 2020/2021 season has of course not permitted us to implement any type of criteria system and as such we will be targeting the current U16 class as well as any current U18+ racers in the province. Given that international, or even domestic travel is likely not realistic this Summer we will be focussing on the fitness and mental training components leading up to the 2021/2022 season and look to implement a full criteria next season for the 2022/23 team selection. We will however look to implement additional projects for the 2021/22 season as Covid restrictions allow!

The long-term goal of Ski NS, the HPP Committee and the Ski NS Technical Director is that this program will provide our athletes with a clear pathway to the next level of racing following U16 and encourage athletes to extend their ski racing careers far beyond the U16 level. We are no different than Ontario or Quebec in the sense that they must also chase snow three seasons per year. There is no reason why our program cannot close the gap between our days on-snow and theirs and provide our athletes with the best opportunities to compete for national titles. The culture of performance that this program aims to develop will transcend all levels of ski racing in Nova Scotia and create opportunities for projects and increased engagement at the lower levels in order to create a clear high-performance stream from grassroots to the national level.

We look forward to engaging you, the members, further this spring as we roll out the beginnings of what we hope will be a major steppingstone in the future of Nova Scotia ski racing. This is the next step in our evolution as a PSO and as a strong, tight knit ski racing community. We hope you are as excited as we are!

Michael Byrne
Ski NS Technical Director

Tentative Ski NS HPP Schedule

Training Block:

- **May**
 - Team Identification
 - Fitness Testing
 - Fitness Program Introduction and Commencement
- **June**
 - Mental Training Program Introduction and Commencement
- **July**
 - Dryland Camp #1
 - 3 Days
 - Mid July
- **August**
 - Mt. Hood Oregon Training Camp
 - 12 days
 - Early August
- **September**
 - Dryland Camp #2

- 3 days
- Late September
- **October**
 - Fitness Testing
- **November**
 - Colorado/Alberta Camp
 - 14 Days
 - Mid November

Competition Block:

- **December**
 - Club Fall Camps
 - Minimum 10 day requirement
 - Can supplement with additional camps if home club does not offer a camp which meets requirements
 - Quebec Super Series FIS Races
 - Usually immediately before Christmas
 - 2 GS, 2SL
- **January – April**
 - Race schedule to be determined based on FIS schedule for given year and AAA calendar.
 - When at home training weekends with home clubs and any additional days offered
 - HPP, in conjunction with clubs, will offer Thursday and Friday training
 - Minimum 4 days/week on snow while at home.
 - Speed Camp
 - Location TBD
 - Likely late Jan
 - SX Project
 - Likely Mid Feb
 - 3-5 Days
 - Location TBD
 - Spring Camp
 - 8 days
 - Likely Mt. St. Anne
 - Tech Focus