

# BCWA

## HP Strategic Plan

The objective of this program is to provide enhanced training and competitive opportunities leading to BC medal success at the World/Olympic level.

<p><b>HP Leadership</b></p>	<ul style="list-style-type: none"> <li>• Provincial/development coaches work with top provincial athletes to track, hold accountable and help prepare them to become better wrestlers.</li> <li>• Create a training program that can be delivered through designated regional satellite centres around the province.</li> <li>• Funding/mentoring coaches to excel in the steps of coaching</li> <li>• Tracking total number of Regional Training centers and participants</li> <li>• Evaluating mentored coaches on criteria created by technical committee</li> </ul>
<p><b>Gap Analysis</b></p>	<ul style="list-style-type: none"> <li>• Tracking and targeting athletes through monitoring their participation in provincial camps</li> <li>• Continue testing and keep record of results</li> <li>• Incorporate True Sport 101 into YTP schedule and funding agreement with athletes</li> <li>• Records kept on each HP athlete</li> <li>• Create a Talent ID list based on performance at 3 designated tournaments Evaluations conducted on each targeted athletes' functional movement, KPIs and wrestling ability.</li> </ul>
<p><b>Pathway and Results</b></p>	<ul style="list-style-type: none"> <li>• Using our pathway, we can see our athletes reach the top of the podium.</li> <li>• Focusing on technical and tactical strategies to help athletes' conversions</li> <li>• Assuring every athlete attends all provincial practices/camps</li> <li>• Tracking performances at 3 tournaments selected by provincial coach</li> </ul>
<p><b>NSO Alignment</b></p>	<ul style="list-style-type: none"> <li>• Continued communication and alignment with our NSO and Next gen to give better training/competing opportunities for world level exposure.</li> <li>• Continue to monitor and align with NSO</li> <li>• Collaborate with NSO and plan to execute in all area</li> <li>• Work with NSO/Next Gen and align with KPI and functional screening</li> <li>• Working with NSO Coaches to create well developed YTP</li> </ul>
<p><b>HP Programming</b></p>	<ul style="list-style-type: none"> <li>• HP programming starts by identifying all high-performance targeted athletes with specified criteria</li> <li>• Mandatory registrations with CSI and take advantage of all they have to offer.</li> <li>• Through our programming we will use strength and conditioning and sport science to support our athletes through preparation, recovery, and injury.</li> <li>• Ensure that identified athletes have access to a quality and comprehensive Integrated Support Team and a strong range of medical, para-medical and educational services</li> <li>• Establish a network of service providers and educational materials for wrestling-specific issues</li> <li>• Tracking athletes whom are taking advantage of CSI registration and programming</li> </ul>

<p><b>Planning</b></p>	<ul style="list-style-type: none"> <li>• PSO YTP aligning with athlete specific, club, and Strength and conditioning YTP will help our athletes reach the top by knowing the pathway for the year</li> <li>• PSO YTP reviewed annually and to include 5 areas identified</li> <li>• Creating individualized YTP for targeted athletes by personal or provincial coach</li> <li>• Within the context of LTAD, develop and promote a high-performance Domestic Games pathway involving the BC Games, Western Canada Games and Canada Games that will entice athlete involvement and</li> <li>• provide the training ground needed to advance to higher level competition.</li> <li>• Tracking YTP that are individualized/club based / provincial based</li> </ul>
<p><b>Coaching</b></p>	<ul style="list-style-type: none"> <li>• Establish a Coaching Development Committee to create and implement a vision and plan for the development of coaches</li> <li>• Coach CSI registration included in coach agreement</li> <li>• NCCP verification tool created to monitor coaches</li> <li>• Advanced mentorship program to help educate young coaches</li> <li>• Develop an online library of coaching resources/techniques (helping support coaches throughout province.</li> <li>• Tracking the number of mentors and mentees in the advanced mentorship program</li> </ul>

**Key Performance Evaluations:**

- Tracking total number of Regional Training centers and participants.
- Evaluating mentored coaches on criteria created by technical committee.
- Evaluations conducted on each targeted athletes’ functional movement, KPIs and wrestling ability.
- Tracking performances at 3 tournaments selected by provincial coach.
- Tracking athletes whom are taking advantage of CSI registration and programming.
- Tracking YTP that are individualized/club based / provincial based.
- Tracking the number of mentors and mentees in the advanced mentorship program.