

PARTICIPATION

Athletes, coaches, and officials throughout Saskatchewan will have opportunities to participate in the sport of diving at a Grassroots level – to experience safe diving for fun, fitness and recreation

Our clubs will have sufficient numbers of recreational and competitive coaches to coach ongoing programs

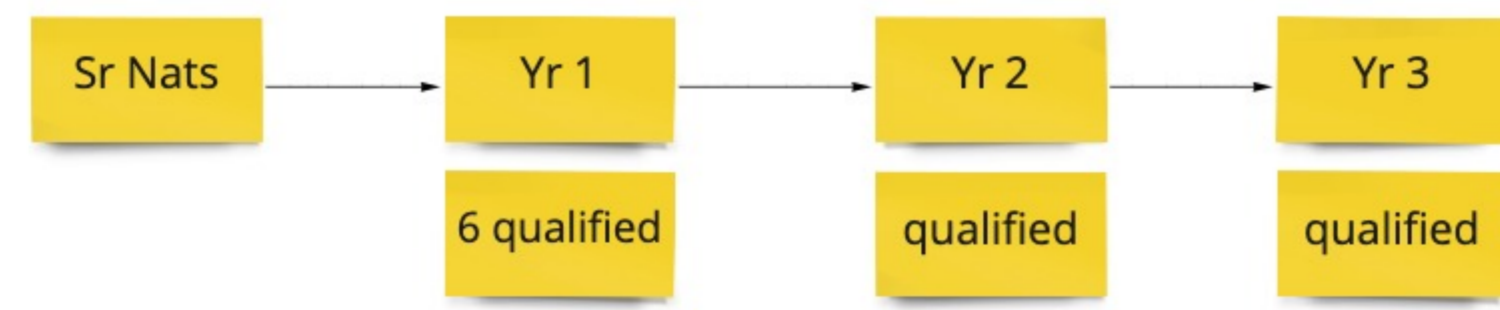
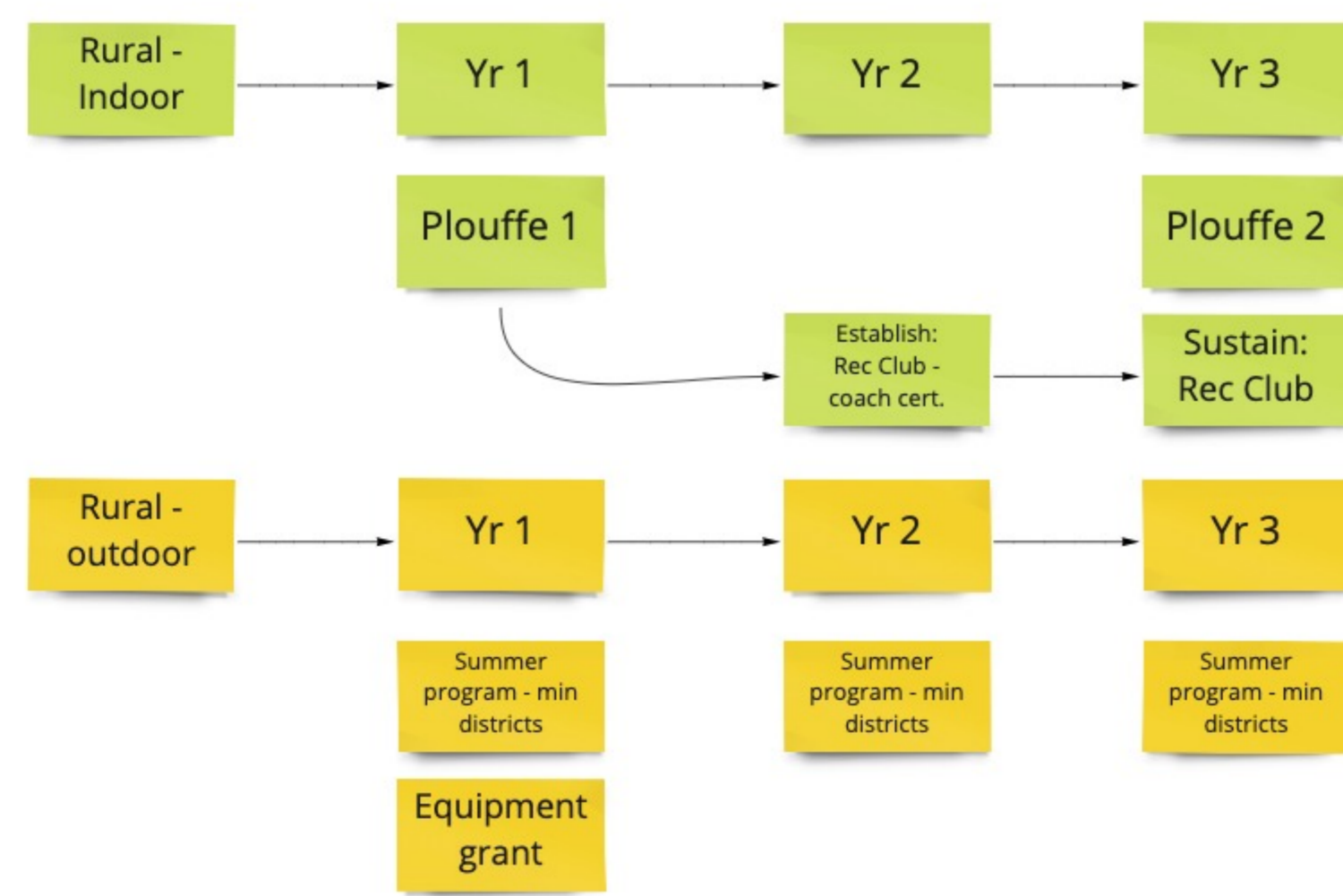
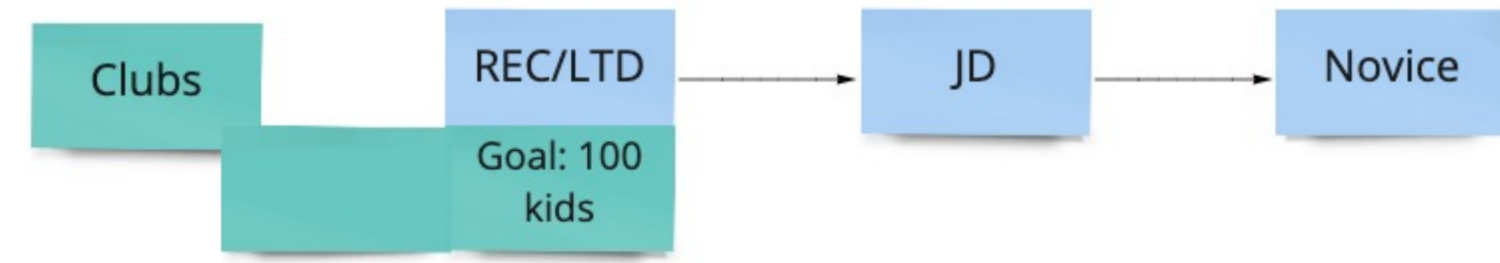
The coaches in the Recreational and Pre Competitive programs will be trained, competent, and certified to NCCP standards

Our regional and provincial level officials will be trained and certified as per the DPC Officials program and will be actively judging at Rec and Pre Comp meets

We will have members in communities throughout Saskatchewan (at least 20 communities and 6 districts) participating in grassroots programs, **including at least 100 Rec divers at each high performance club**

Children and youth considered as under-represented populations (ie First Nations, persons with disabilities) will have opportunities to participate in the sport of diving

Athletes at a regional and provincial level (LTD, JD, Novice) will experience the challenge and success of competition



EXCELLENCE

Athletes, coaches and officials (clubs) will have the opportunity to participate in the sport of Diving at an Elite level

Clubs will have sufficient numbers of High Performance Coaches to lead Elite programs

- Ø minimum 1 full time HP Coach and 1 full time Ass't coach at each club

High Performance Coaches will be certified at an appropriate NCCP level and will participate in further training and development

- Ø All coaches of National level athletes will be at minimum trained at Comp Intro (Jr competitive coaches) or Comp Dev (Sr competitive coaches) and will have taken the Respect in Sport module. Each club will have at least 1 Comp Dev certified coach

High Performance Officials will be recruited, trained, mentored and given opportunities for growth and development at Provincial and National competitions

- Ø minimum 4 National officials & 1 apprentice judge

Athletes who show the potential to move to an Elite level of competition will be identified and directed to the correct level of training

Athletes and Clubs will experience success in qualifying to attend and compete at National Championships

- Ø 2 Qualifying meets will be held in Saskatchewan each year
- Ø minimum of 24 athletes will qualify for Jr Nationals
- Ø minimum of 4 athletes will qualify for Sr Nationals
- Ø 75% of A, B and Senior athletes attending Nationals will qualify for Finals
- Ø 75% of C and D athletes will attain National standard at National Championships
- Ø More than 1 athlete will contribute to a Provincial total of at least 3 medals
- Ø 2 clubs in Top 10 and 1 club in Top 5 at Jr. National Championships

Athletes will receive high quality training opportunities that will increase their technical skills

- Ø Every athlete will have a personal Training plan that fits both his/her physical capacity (as measured by the JD Physical Testing Program) and the standards set by the DPC LTAD as related to hours of training and appropriate skill progression.

HP athletes will experience increased confidence and success at elite level competitions

- Ø 2-4 athletes on Jr Nat team each year
- Ø 1 athlete wins medal at Jr Pan Ams and/or Jr Worlds each year
- Ø 1 athlete on Sr Nat team by 2020

HP Athletes will receive funding to help as they pursue their goals

Athletes will experience increased confidence and competitive success after taking part in education, training.