



**FREESTYLE
ONTARIO** 

HIGH PERFORMANCE PROGRAM (HPP) OVERVIEW

2021-2022



**FREESTYLE
ONTARIO** 

FREESTYLE ONTARIO HIGH PERFORMANCE PROGRAM OVERVIEW

ONTARIO TEAM

ONTARIO TEAM - MOGULS
ONTARIO TEAM - PARK & PIPE

#ONTeam

*Freestyle Ontario's high performance
provincial team program*

*Competitive **athlete selection** based on FO selection criteria*

ONTARIO **DEVELOPMENT** SQUAD

ONTARIO DEVELOPMENT SQUAD - MOGULS
ONTARIO DEVELOPMENT SQUAD - PARK & PIPE

#ONDevSquad

*Freestyle Ontario's CLUB-LED & PSO-GUIDED **athlete development program***

***Athlete inclusion** based on minimum skill level + interest to compete at Canada Cup/National events*



**FREESTYLE
ONTARIO***

FREESTYLE ONTARIO TEAM

***Athlete is a member of a Freestyle Ontario
HIGH PERFORMANCE PARTNER CLUB
which provides:***

- Daily Training Environment (DTE) aligned with the **Learn to Compete / Train to Compete** stage of Freestyle Canada's Skills Matrix
- FULLY TRAINED or CERTIFIED **Competition Development Coach**

Freestyle Ontario provides:

- Technical leadership through FO Manager of Sport, Individual Athlete Performance Planning support, skill tracking and assessment tools
- Communication related to high performance competition, training, and funding opportunities
- Integrated Sport Science/Sport Medicine services
- Enhanced High Performance Training Camps
- Coach education, collaboration and mentorship opportunities
- Facilitate coach collaboration and planning for ONTeam athletes at national events (Canada Cups, Canadian Selections, NorAms)

ONTeam Selection:

1. High Performance Program Statement of Interest to be submitted by March 1, 2021
2. Ranking-based selection according to the **Freestyle Ontario - Ontario Athlete Selection Criteria**

The High Performance Program Committee (HPPC) is responsible for the development of FO's Selection Criteria Policy and Process.



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FREESTYLE ONTARIO DEVELOPMENT SQUAD

*Athlete is a member of a Freestyle Ontario
HIGH PERFORMANCE PARTNER CLUB
which provides:*

- Daily Training Environment (DTE) aligned with **Train to Train** stage of Freestyle Canada's Skills Matrix
- FULLY TRAINED or CERTIFIED **Competition Introduction Coach**

Freestyle Ontario provides:

- Technical leadership through the FO Manager of Sport
- Communication related to competition and training opportunities
- Development Camps & Sport Science/Sport Med opportunities
- Coach education, collaboration and mentorship opportunities
- HP Athlete pathway planning, programming planning support for coaches, skill checklists and assessment tools
- Facilitate coach collaboration and planning for ONDevSquad athletes at national events (Canada Cups, Canadian Selections, Jr. Nationals)

ONDevSquad Inclusion:

Informed by the Freestyle Canada LTAD Skills Matrix

Skill requirements are aligned with safe & meaningful participation at Canada Cup level of competition.

Steps:

1. High Performance Program Statement of Interest (HPPSI) submitted, ideally by March 1st 2021 (*option to add athletes during the season with minimum 30-day notice*)
2. Skill and readiness self-assessment completed (*template provided after submission of HPPSI*)
3. Club Coach endorsement



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FREESTYLE ONTARIO

HIGH PERFORMANCE COACHING & TECHNICAL LEADERSHIP

**HIGH
PERFORMANCE
PROGRAM
DELIVERY**

**HIGH
PERFORMANCE
CLUB
COACHES**

**SPORT
SCIENCE /
SPORT MEDICINE
SERVICE
PROVIDERS**

**FO HIGH
PERFORMANCE
PARTNER
CLUBS**

**MANAGER
OF SPORT**

High Performance Technical Lead

**CANADIAN
SPORT
INSTITUTE
ONTARIO**

**FREESTYLE
ONTARIO**



**FREESTYLE
ONTARIO***

HIGH PERFORMANCE

STRATEGIC MODEL





FREESTYLE ONTARIO
FREESTYLE CANADA
ALIGNMENT

