



## 2023 SaskFirst Adaptive Team Selection Criteria

The purpose of the SaskFirst teams is to develop Saskatchewan excellence in Adaptive Watersports. We hope to develop young athletes and see them medal at nationals, contribute to provincial standings at nationals, receive invitations to national teams, and compete at major international tournaments.

We are striving towards this goal of developing young athletes by increasing training accessibility, providing access to top-level coaches, and removing barriers to participating in the sport.

The following outlines the selection criteria for the HP and development SaskFirst teams. Each interested athlete must email their application to [wswsask@gmail.com](mailto:wswsask@gmail.com) by **Mar. 1st, 2023**.

Include in your application:

- Personal info (D.O.B.)
- Contact info
- Home training site
- Hours of training available per week (estimate)
- Contest results
- Season plans and goals



## High Performance Team Selection

Athlete Assistance is provided to the top Adaptive athletes who are competitive members of WSWS, compiled and distributed by VP Adaptive.

- Must be at or “on-track” to be at the Learn to Compete stage of Adaptive Waterski Canada’s LTAD ([http://towedwatersportscanada.ca/files/wswc\\_ltad\\_booklet.pdf](http://towedwatersportscanada.ca/files/wswc_ltad_booklet.pdf))
- Must demonstrate commitment and a drive to advance in the sport, and have competed in more than one discipline at events.
- If an athlete is named to the HP team for one discipline and meets the national standard for additional disciplines, they will be named for all disciplines they meet the national standard for
  - E.g. Athlete is in the top 4 for trick and meets the national standard for slalom. This athlete will be named to the HP team for both trick and slalom.

## Development Team Selection

- Should be at or near the FUNdations or Build the Skills stages of Adaptive Waterski Canada’s LTAD (<https://wswc.ca/ltad-waking-up-champions/>)
- Must demonstrate commitment and a drive to advance in the sport, and compete in more than one discipline during training and at events.



## Team Expectations

- Attend dryland training and sport science sessions
- Attend training camps
- Discuss long-term and seasonal goals with your coach
- Train to the best of your ability
- HP athletes are expected to develop their coaching and officiating skills
- Attend and officiate at Provincials
- Attend at least one Record Capable tournament (e.g. Westerns, Nationals, Canadian Open, etc.)

## Team Benefits

- Funded training camps with top-level coaches
- Free sport science seminars (mental performance, sport nutrition, injury prevention, etc.)
- Free pre-season dryland training
- Funding to attend national and international competitions
- Access to the Athlete's Assistance fund
- Subsidized coaching and officiating training