



2023 SaskFirst Wakeboard Team Selection Criteria

The purpose of the SaskFirst teams is to develop Saskatchewan excellence in wakeboarding. 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 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
- Preference – boat or cable



High Performance Team Selection

- Must be at or “on-track” to be at the Learn to Compete stage of Wakeboard Canada’s LTAD
(http://towedwatersportscanada.ca/files/wswc_ltad_booklet.pdf)
- Must demonstrate commitment and a drive to advance in the sport
- Experience at both boat and cable, with a preference indicated on the application form.

Development Team Selection

- Should be at or near the FUNdations or Build the Skills stages of Wakeboard Canada’s LTAD
(http://towedwatersportscanada.ca/files/wswc_ltad_booklet.pdf)
- Must demonstrate commitment and a drive to advance in the sport
- Work toward experience for boat and cable

Team Expectations

- Attend dryland training and sport science sessions
- Attend training camps in July and August
- 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