



## 2024 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](mailto:wswsask@gmail.com) by Nov. 15th**

Include in your application:

- Personal info (D.O.B.)
- Contact info
- Home training site
- Hours of training available per week (estimate)
- Top 3 best contest results from the 2023 season
- Season plans and goals
- Preference – boat or cable

## High Performance Team Selection Criteria

- Must be at or “on-track” to be at the Learn to Compete stage of Wakeboard Canada’s LTAD (<https://wswc.ca/ltad-waking-up-champions/>)
- 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.



## HP Team Expectations

- Attend dryland training and sport science sessions
- Attend Sask First 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 National event or contest

## HP 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
- Subsidized funding to attend national and international competitions based on the athlete's benchmarks for each discipline (Boat/Cable) in the LTAD model
- Subsidized funding for training based on the athlete's benchmarks for each discipline (Boat/Cable) in the LTAD model - \$1000 training card per qualifying discipline
- Access to the Athlete's Assistance fund
- Subsidized coaching and officiating training
- SaskFirst team swag

## Development Team Selection Criteria

- Should be at or near the FUNdations or Build the Skills stages of Wakeboard Canada's LTAD (<https://wswc.ca/ltad-waking-up-champions/>)
- Must demonstrate commitment and a drive to advance in the sport
- Work toward experience for boat and cable

## Development Team Expectations



- Attend dryland training and sport science sessions
- Attend at least one Sask First training camp
- Discuss long-term and seasonal goals with your coach
- Train to the best of your ability
- Attend Provincials

## Development Team Benefits

- Access to funded training camps with top-level coaches
- Free sport science seminars (mental performance, sport nutrition, injury prevention)
- Subsidized funding to attend national competitions based on the athlete's benchmarks for each discipline (Boat/Cable) in the LTAD model
- Subsidized funding for training based on the athlete's benchmarks for each discipline (Boat/Cable) in the LTAD model
- Access to the Athlete's Assistance fund
- Subsidized coaching and officiating training
- SaskFirst team swag

## Prospects Team Selection Criteria

- Should be at the FUNdamentals stage of 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 participate in competitions
- Must have competed in at least one tournament in the 2023 season

## Prospect Team Expectations

- Train to the best of your ability
- Compete at Provincials
- Work toward experience at boat and cable



## Prospects Team Benefits

- Free sport science seminars (mental performance, sport nutrition, injury prevention, etc.)
- SaskFirst team swag