



## 2024 SaskFirst Waterski Team Selection Criteria

The purpose of the SaskFirst program is to develop Saskatchewan excellence in waterskiing. 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 SaskFirst program consists of three teams – the High Performance team, the Development team, and the Prospects team. This document will outline what to include in your application, the selection criteria for each team, athlete expectations, and benefits of being a part of the SaskFirst team. Each interested athlete must email their application to:

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

### Please include in your application

- Personal info (date of birth, contact info)
- Home training site
- Hours of training available per week (estimate)
- Top 3 best competition results from the 2023 season for each discipline. (1 jump, 1 trick, 1 slalom). Include the sanction number for the event. High Performance Athletes must submit scores from CRC and WRL events. (not required for prospect / DEV). You can use these links to verify national events  
<https://waterskicanada.ca/results/athlete-results/> or  
- <https://www.skidata.towedwatersportscanada.ca/tournamentlist.php> and for international events <http://www.iwsftournament.com/>
- 2024 season plans and goals



## High Performance Team Selection Criteria

- Must meet national standards for respective age division, as noted in Waterski Canada's 2023 Rule Book (<https://waterskicanada.ca/rule-books/>)
- Must be at or "on-track" to be at the Learn to Compete stage of Waterski Canada's LTAD ([http://towedwatersportscanada.ca/files/wswc\\_ltad\\_booklet.pdf](http://towedwatersportscanada.ca/files/wswc_ltad_booklet.pdf))
- Must be in the top 4 of Saskatchewan skiers for their respective discipline
  - This is assessed by calculating the skier's best score as a percentage of the Canadian record for their age division <https://waterskicanada.ca/results/athlete-results/>
  - Skiers with the highest 4 percentages in each discipline (slalom, trick, jump) will be placed on the High Performance (HP) team
- Must demonstrate commitment and a drive to advance in the sport
- Special considerations:
  - There will always be at least 1 male and 1 female named to the HP team
  - 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.

## HP Team Expectations

- Attend dryland training and sport science sessions
- Attend SaskFirst training camps in July and August
- Discuss long-term and seasonal goals with your coach
- Train to the best of your ability
- Compete at Provincials
- Develop your coaching and officiating skills
- Officiate at Provincials
- Attend at least one Record Capable tournament (e.g. Westerns, Nationals, Chuck Moore Memorial, Canadian Open, etc.)



## 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 in the LTAD model
- Subsidized funding for training based on the athlete's benchmarks for each discipline 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

- Must meet minimum standards for respective age division, as noted in Waterski Canada's 2023 Rule Book (<https://waterskicanada.ca/rule-books/>)
- Should be at or near the FUNdations or Build the Skills stages 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
- Special considerations:
  - There will always be at least 1 male and 1 female named to the Development team

## Development Team Expectations

- Attend dryland training and sport science sessions
- Attend a SaskFirst training camp in July or August
- Discuss long-term and seasonal goals with your coach
- Train to the best of your ability
- Compete at Provincials



## Development Team Benefits

- Funded training camps with top-level coaches
- Free sport science seminars (mental performance, sport nutrition, injury prevention, etc.)
- Subsidized funding to attend competitions based on the athlete's benchmarks for each discipline in the LTAD model
- Subsidized training based on the athlete's benchmarks in the LTAD model for each discipline
- 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

## Prospects Team Benefits

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