

PSO: ___Cross Country Skiing_____

Please refer to your association’s last year’s IFF Sport Plan (2019/2020) and provide the updated information as requested.

Section 1 - Current State (Mission/Vision/Core Values)

No update information required. Only if your association’s Mission/Vision/ Core Values have been revised since last year’s submission.

Section 2 - SWOT Analysis by Pillar

No update information required.

Section 3 - Strategic Priorities by Pillar

Your association’s last year’s (2019/2020) Strategic Priority charts will be sent to you. Please complete the shaded areas of your Strategic Priorities charts, listing what was accomplished on each Strategic Priority in the 2019/2020 fiscal year outlining the successes and challenges.

Section 4 – Long Term Athlete Development

No update information required.

Section 5 – Sport Initiation Programs

Your association’s last year’s (2019/2020) Sport Initiation Program charts will be sent to you. Please list the actual and projected number of participants for each Sport Initiation Program and include any new programs planned for 2020/2021.

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PSO Board Approval Date: _____

2020/2021 Integrated Funding Framework
Section 6 – Para-Sport Programs

Sport Plan



A) Please describe your organization’s Para-Sport programs planned for 2020/2021 (if applicable).

Program Name	Program Description including Frequency and/or Duration	O - Ongoing N - New Program	If Ongoing program from last year, please list the actual number of Program Participants for 2019/2020	Projected Number of Program Participants for 2020/2021	Please identify which program in the 2020/2021 Financial Plan that this expense is included
Para Nordic – High Performance	5-7 days/week, 12 months/year	O	1	1	Schedule 3 Program 4

Section 7 – Performance Pathway Programs

A) Please outline all your organization’s Performance Pathway programs in the appropriate area. (i.e. Club/League and/or Provincial Team)

Club & League System

Train to Train Stage

Program Name	Age Group	Total # Of Athletes	Regions	Total # of Coaches	NCCP Cert Required	Avg Frequency of training & length of season	Major Competitions Provincials – Westerns – Nationals - International

Train to Compete Stage

Program Name	Age Group	Total # Of Athletes	Regions	Total # of Coaches	NCCP Cert Required	Avg Frequency of training & length of season	Major Competitions Provincials – Westerns – Nationals - International

Additional Information/Comments on your Performance Pathway Club & League System (Program Highlights/Challenges)

We support coach & athlete development in our club system and our Provincial Program (see below) guides their club athlete/coach development programs. We provide PD opportunities during annual training camps and travelling team trips. The information below describes our combined Club & Provincial system.

Section 7 – Performance Pathway Programs (continued)**Provincial Team System – Train to Train Stage**

Note: If your Provincial Team program in the “Train to Train” Stage the same as your Canada Games Age Group program recorded on the 2021 Canada Summer Games (CSG) application, you do not have to report again for this Age Group program in this document. We will reference the 2021 CSG application for the required information.

(Example: 16 – 18 Canada Games Age Group – recorded in CSG application, 12 – 14 Age Group to be recorded on this form.)

Yes ___ Our “Train to Train” Provincial Team program is recorded in the 2021 CSG application for the Age Group: _____

Train to Train Stage

Program Name	Age Group	Total # Of Athletes	Regions	Total # of Coaches	NCCP Cert Required	Avg Frequency of training & length of season	Major Competitions Does this age group lead to Games Team/Year?
Provincial Coach & Athlete Development Program	13 – 15	21	Wpg, South, East, West	14	Yes	1-2 hours, 3-5 days/week	Ontario Cup, Western or Eastern Championships. Yes – 2023

Sport Science: Please identify Sport Science and Medicine components to be used in above programs

Area	# of Times per Week or Month	Comments/Notes
Athlete Testing	1 – 2/year	Individual athlete testing happening at club level to various degrees. Athletes attending provincial training camps are tested annual basis only.
Strength & Conditioning	1 – 3 x/week	Winnipeg athletes training out of SFL, regional athletes using combination of home gyms, club facilities or local gym space
Nutrition	1-2/year	Provincial program nutrition seminar occurs on annual basis. Some clubs will schedule further nutrition session and some athletes are on more specific nutrition plans.
Mental Training	1 – 2.year	As per Nutrition (above)
Physiotherapy/Athletic Therapy		No formal Physio at Provincial level. Some clubs/athletes utilizing these services as per individual need

Others		
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Section 7 – Performance Pathway Programs (continued)

Provincial Team System – Train to Compete Stage

Note: If your Provincial Team program in the “Train to Compete” Stage is the same as your Canada Games Age Group program recorded on the 2021 Canada Summer Games (CSG) application, you do not have to report again for this Age Group program in this document. We will reference the 2021 CSG application for the required information.

(Example: 16 – 18 Canada Games Age Group – recorded in CSG application, 12 – 14 Age Group to be recorded on this form.)

Yes ___ Our “Train to Compete” Provincial Team program is recorded in the 2021 CSG application for the Age Group: _____

Train to Compete Stage

Program Name	Age Group	Total # Of Athletes	Regions	Total # of Coaches	NCCP Cert Required	Avg Frequency of training & length of season	Major Competitions Does this age group lead to Games Team/Year?
Provincial Coach & Athlete Development Program	16 - 22	17	Wpg, South, East, West	10	Yes	1 – 3 hours, 4-6 days/week	BC/Alberta Cup, Western/Eastern Championships, National Championships, World Junior Trials, US Nationals Yes – 2023

Sport Science: Please identify Sport Science and Medicine components to be used in above programs

Area	# of Times per Week or Month	Comments/Notes
Athlete Testing	1 – 2/year	Individual athlete testing happening at club level to various degrees. Athletes attending provincial training camps are tested annual basis only. Out-of-province athletes are tested more often as per individual training plans.
Strength & Conditioning	1 – 3 x/week	Winnipeg athletes training out of SFL, regional athletes using combination of home gyms, club facilities or local gym space
Nutrition	1-2/year	Beside Provincial Program or club hosted annual sessions (e.g. training camps) our travelling teams focus heavily on both Nutrition and Mental training during team trips/competitions.

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Mental Training	1 – 2/year	See above (Nutrition)
Physiotherapy/Athletic Therapy		No formal Physio at Provincial level. Some clubs/athletes utilizing these services as per individual need
Others		

Section 7 – Performance Pathway Programs (continued)
Provincial Team System – Train to Win Stage
Train to Win Stage

Program Name	Age Group	Total # Of Athletes	Regions	Total # of Coaches	NCCP Cert Required	Avg Frequency of training & length of season	Major Competitions Does this age group lead to Games Team/Year?

Sport Science: Please identify Sport Science and Medicine components to be used in above programs

Area	# of Times per Week or Month	Comments/Notes
Athlete Testing		
Strength & Conditioning		
Nutrition		
Mental Training		
Physiotherapy/Athletic Therapy		
Others		

Additional Comments/Information on your Performance Pathway Provincial Team System (Program Highlights/Challenges)

Athletes at this stage have left Manitoba for National Training Centres or University programs. Some remain Manitoba club members but they are coached remotely and our program does not touch them effectively.

Section 8 - Results

Please identify your Athletes, Coaches and Officials that have achieved significant result in the past sport season.

A) Athlete Results

Name	Male/ Female	Federal Carded/ Level SR1/ SR2/SR/ C1/D	National Program E.g.: National Team/ Development Team/ Invited to Training Camp/ etc.	Event Attended: National Championship/ International/Olympics/ FISU/Pan Am/Worlds/ Commonwealth/ Other Major events	Date	Event entered	Classification	Olympic Discipline Yes/No	Results: List all International Results and only Medalists at Nationals
Jesse Bachinsky	Male		National Para Nordic Development Team	World Cup (Norway), US Nationals	Dec 2019	All	B2	Yes	No notable results

B) Coaches Results

Name	National Event attended	Date	International Event attended	Date

C) Officials Results

Name	National Event attended	Date	International Event attended	Date

Section 9 – Coaching Development

A) Please outline your organization's Strategic Priorities in Coaching Development for 2020/2021.

Include all NCCP clinics, Seminars, Workshops, Coach Professional development, Travel, etc.

Type of Coach Development	Anticipated Date (if known)	Region – Where will it be hosted?	Anticipated Numbers	Target Audience: - Community Level - Intro to Comp - Competition Development - High Performance - All levels	Will you be applying for a Coaching Grant?
NCCP certification		Winnipeg	10	Community	No
NCCP certification		Winnipeg	8	Intro to Comp	Yes
NSO Outreach (virtual meetings)		Virtual (all)	14	Intro to Comp to Comp Dev	No
Provincial Coach meeting (virtual)		Virtual (all)	24	Community to Comp Dev	No
Spring training camp (virtual)		Virtual (all)	14	Community to Comp Dev	No
Other opportunities possible					

B) List and describe any new coaching program that your PSO delivers or oversees.

Program Name	Description	Region(s) where program is run	# of Coaches involved in program
Everything is new now due to COVID-19.	We are not certain if virtual training/PDP is the new norm or an interim solution.		

C) Please indicate the number of Coach Evaluations you are planning on executing this year. __unsure__

D) Please outline any significant changes to your Coaching Development/Education that your organization has planned for 2020/2021.

Virtual (MB) training camp for athletes and coaches, NSO outreach (weekly Zoom calls for Provincial athletes & coaches) and collaboration with SK & ON coaches for virtual training camps (possible in person camp later summer/early fall IF travel is safe).

Section 9 – Coaching Development (continued)

**E) Does your association have enough certified Coach Developers?
(including Learning Facilitators, Coach Evaluators & Master Coach Developers)** **NO**

If No, how many more of each need to be trained for 2020/2021? 1 more Community Coach LF plus Megan Carter to become a Comp Int Adv LF

Learning Facilitators	Context	Coach Evaluators	Context	Master Coach Developers	Context
Megan Carter	Comp Int & Community Coach				
Kenton Frith	Community Coach				

F) How many Learning Facilitators/Evaluators will you need to evaluate this year? 2

**G) What kind of training/professional development will your organization provide your Coach Developers in 2020/2021?
(i.e. Core, Sport Specific, Evaluation, etc.)**

We will either send them to co-facilitate in another Division or bring a MCD to Manitoba to provide the evaluations they require.

**H) Does your organization have 100% of your coaches actively certified in “Respect in Sport”?
If No, please indicate your plan of action to address this.** **Not yet**

Continue to communicate with coaches (and club presidents) who need to certify or re-certify with RIS. Our revamped grant program (2020) now ties 100% RiS certified coaches to the funding available for our clubs.

**I) Does your organization have a screening policy for Coaches?
If yes, please attach a copy.** **We will by September 2020**

**J) Has your organization signed the “Responsible Coach Movement” pledge?
(For information only)** **YES**

Section 10 – Officials Development

A) Please provide a summary, by certification level, of all planned Officials Developmental opportunities for 2020/2021.

Certification Clinics	Season Offered (Fall, Winter, Spring, Summer)	Number of Clinics	Regions offered in: - East - South - North - West - Wpg	Certification Level - Local - Provincial - National - International - All levels	Please indicate if the clinic operates at: - Break even - Loss - Profit
Level 2	Winter	1	Wpg	Provincial	Loss

Other Development Opportunities Please summarize all other development opportunities for Officials. Please indicate type of opportunity (Travel, Mentorship, Webinar, Workshops, Other)	Regions offered in: - East - South - North - West - Wpg	Certification Level: - Local - Provincial - National - International - Other	Please indicate actual expected "net" cost if projecting a loss.
Zone4 training (race timing system)	Wpg	Other	Loss

B) Please outline any significant changes or challenges for your Officials Development/Education program for 2020/2021.

Challenges: COVID-19 of course.
Changes: plan to send at least 1, maybe 2 to obtain Level 2 National Official certification in 2021 or 2022.