

## High Performance Committee meeting

Sat April 11, 2015

2:37pm Riverview Community Centre

Present: Karin (minutes), Megan, Steve, Pauline, Alex D, Jamie, Lorne, Betsy, Alan, Laurie, Mary, Richard

Regrets: Chris, Lorne

1. HPP Review
  - Athlete & Parent survey – Megan's powerpoint (attach)
2. Biathlon
  - Discussion around challenges with Biathlon vs Nordic athletes. Mostly a communication issue. Mostly a problem during CWG year.
3. HPP Registration
  - Should we charge a fee? No
  - **Everyone** - review 2013-14 Zone4 site and update/open 2015-16 Zone4 site by **May 1**
    - add note that everyone racing Juvenile and up **MUST** have CCC license
4. 2015-16 Calendar
  - Camps, team trips etc. Tabled to next meeting.
5. Spring Camp
  - Collaborate with DN's technique camp May 30-31, 2015, maybe 4 days, depends on Tim Wintoniw's schedule
6. Definition of HPP Committee – who/what/why etc., we need a Terms of Reference. Would like help from an expert. Sport MB?
  - Athletes have requested that the Athlete rep be a current athlete
  - **Karin** to ask Carolyn Trono to meet with us
  - **Megan** to send out doodle poll (Karin will research Carolyn's availability)
7. University Skiing
  - Richard talked about CCC initiatives.
  - Seems more urgent now with Levi W, Alex L staying in Wpg and wanting to ski.
  - Possible collaboration with DN for these athletes.
  - Need to look at good examples in country (Concordia, Lakehead). Subcommittee? Mary M would like to work with Chris on this subject.
  - **Karin** to send Mary a copy of the recent email from CCC re: University ski programming

Next meeting: May TBD

Adjourned 4:40pm

High Performance Committee meeting  
 Fri Dec 18, 2015  
 18:45 Sport For Life Centre

Present: Karin McSherry (minutes), Megan Carter, Steve Scoles, Pauline Nadlersmith, Conor McGovern, Jamie Giasson, Betsy Lockhart (phone), Lorne Warkentine (phone), Tamara Howard-Bachinsky (phone)  
 Regrets: Richard Huybers,

1. Welcome to Tamara (new Para Nordic rep). Congratulations to Conor and all the MBs racing these past two weekends out west.
2. Approve Oct minutes – all in favour. **ACTION:** Add Tamara to Dropbox (check all members have access)
3. Selection Committee – 3<sup>rd</sup> committee member almost confirmed. Much discussion on selection process in general.
4. Early Snow (Canmore) Camp review. **ACTION:** At end of this season, create improved criteria for 2016 Early Snow Camp based on lessons learned this year. Add to May or June agenda.
5. HPP Snow Camp Dec 20-21, 2015
  - Registration now live on Zone4
  - A lot of details to
6. Sport Performance Plan
7. MB Team wear
  - Manitoba crests – **ACTION:** Jamie will take over crest distribution and receive payments. Pauline to order 120.
8. Team selection announcement format
  - Discussion around how to better explain final selection decisions / how team athletes are selected.
  - **ACTION:** Pauline & Karin to work on % behind winner spreadsheet. Will make public (Google drive link) asap.

**ACTION ITEMS:**

DATE	ACTION	WHO	COMPLETED	NOTES
OCT 2015	Meet & create draft Sport Performance Plan 2015-2019 for CWG funding	MEGAN / KARIN	ALMOST	50% complete & ready for submission
OCT 2015	Increase team trip wax tax to \$15/race	n/a	YES	Published in 2015-16 HPP document
DEC 2015	Add Tamara to Dropbox (check all members have access)	KARIN		
DEC 2015	At end of this season, create improved criteria for 2016 Early Snow Camp based on	HPC		

	lessons learned this year. Add to May or June agenda.			
DEC 2015	Jamie will take over crest distribution and receive payments. Pauline to order 120.	JAMIE & PAULINE		
DEC 2015	Pauline & Karin to work on % behind winner spreadsheet. Will make public (Google drive link) asap.	PAULINE & KARIN		

Next meeting: TBD

Adjourned 20:36

High Performance Committee meeting  
 Mon Feb 22, 2016  
 18:45 Sport For Life Centre

Present: Karin McSherry (minutes), Megan Carter, Pauline Nadlersmith, Conor McGovern, Jamie Giasson, Lorne Warkentine (phone),  
 Regrets: Richard Huybers, Steve Scoles, Betsy Lockhart, Tamara Howard-Bachinsky

1. Approve Dec minutes – all in favour. Approved.
2. Easterns Debrief
  - Reconsider maximum team size
  - Consider waxing protocol esp. pertaining to use of expensive HFs
  - Increase wax tax per race
  - Revisit sending a team to a Midget Championship event in future. Relieve pressure on High Performance team by separating “development” trips from “competitive” trips.
  - **ACTION:** Pauline to review Yukon’s point system (for ranking/seeding athletes)
  - **ACTION:** Megan to develop a post event report template for team trips
3. Selection Committee Communication
  - **ACTION:** Add to HP document a process for communicating concerns/questions from members to the HPC
4. Behaviour Policy
  - **ACTION:** HPC to work with CCSAM Board on redevelopment of Policies related to Conduct, Athlete Sanctioning, Membership
5. Revisit “Core” athlete group concept.
  - Tabled to next mtg
6. Medal Bonus clarification
  - Need to clarify YOB vs overall category vs however the event LOC decides to award medals.
7. Midgets travelling to more than 1 event per season – should they?
8. Jamie has retired as Parent Rep. Ron Pelletier is interested. RRN is still represented on this committee (Megan). **ACTION:** Refer to TOR for guidance/process for appointing a new Parent Rep.

**ACTION ITEMS:**

DATE	ACTION	WHO	COMPLETED	NOTES
OCT 2015	Meet & create draft Sport Performance Plan 2015-2019 for CWG funding	MEGAN / KARIN	YES	Meeting with Adam Decker week of Feb 22, 2016
DEC 2015	At end of this season, create improved criteria for 2016 Early Snow Camp based on lessons learned this year. Add to May or June agenda.	HPC		

DEC 2015	Jamie will take over crest distribution and receive payments. Pauline to order 120.	JAMIE & PAULINE	NO	Crests have not been ordered yet. Jamie now retired from Committee.
DEC 2015	Pauline & Karin to work on % behind winner spreadsheet. Will make public (Google drive link) asap.	PAULINE & KARIN	NO	Need to determine process/rationale for publication. Might be replaced with new point system?
FEB 2016	Review Yukon's point system for ranking/seeding athletes	PAULINE & CONOR		
FEB 2016	Develop team trip post event report template	MEGAN		
FEB 2016	Add Communication Process to HP doc (questions/concerns from members)	KARIN		
FEB 2016	Appoint a Parent Rep	?		Refer to TOC for guidance

Next meeting: TBD

Adjourned 20:35

High Performance Committee meeting  
Thu May 21, 2015  
18:36 Sport For Life Centre

Present: Karin McSherry (minutes), Megan Carter, Steve Scoles, Pauline Nadlersmith (phone), Alex Druwé, Jamie Giasson, Mary Montgomery, Betsy Lockhart (until 20:10)

Regrets: Chris, Lorne, Richard

1. HPP Terms of Reference
  - Draft discussed and revisions made. **Action:** Karin to send revised draft to committee members.
2. Fall Camp 2015
  - Discussion around challenges with safe rollerski terrain around province at suitable camp locations.
  - Possible date – early October
  - Location TBD – **Action:** Betsy to check on Kenora event conflict
3. Early On Snow Camp 2015
  - Time TBD – by end of November. Nice to coordinate with early NorAm race but not essential
  - Important to be in driving distance to avoid canceled flight costs to area with no snow and ability to change location based on snow
  - Traveling team OS camp 2014 (Canmore) was a good size (8-10 athletes)
  - “Early snow” not a priority for most athletes except those few with high performance goals at World Junior Trials etc.
4. Fischer equipment sponsorship programme
  - Megan, Pauline & Karin have communicated with Fischer reps re: the programmes parameters and merit. Details from Fischer are vague, local retailers are not in favour. **Action:** we will not take part as the programme has no compelling advantages.
5. Strength & Conditioning funding
  - CWG are over and that funding has ended – CCSAM can no longer afford to pay for S&C training at Sport For Life. When new funding framework from Sport MB is decided a sub-committee should be struck to determine how High Performance funding can be equally shared. **Action:** Mary has volunteered to lead this sub-committee.
6. 2015-2016 High Performance Manual
  - Edits seem good, just need to update the trips & selection areas
7. June 28<sup>th</sup> Bingo
  - **Action:** Karin to send list of traveling team athletes/parents to **Mary** who will find 4 volunteers
8. Spring 2015 Camp Update
  - nothing to report
  - optional info session with Lisa Patterson 7:30pm Friday May 29<sup>th</sup>, Sport For Life. Topic: High Performance Program best practices, other Division examples.
9. Other Business
  - Informal discussion on cross training with triathlon team Team Windburn (David Lipchen)

Next meeting: September TBD

Adjourned 21:06

High Performance Committee meeting  
Wed Oct 28, 2015  
18:36 Sport For Life Centre

Present: Karin McSherry (minutes), Megan Carter, Steve Scoles (20:40), Pauline Nadlersmith (phone),  
Conor McGovern, Jamie Giasson, Betsy Lockhart (phone), Lorne Warkentine (phone)  
Regrets: Richard Huybers, Mary Montgomery

1. 2015-16 Selection Races
  - Discussion on Midget eligibility for Thunder Bay (HPP) trip. The trip will have limited athletes (up to 10) and the focus is on older than Midget aged athletes. Selection Committee to decide team.
  - Discussion on trip selection races...
    - Thunder Bay trip – Windsor Park Grand Prix Dec 19<sup>th</sup> + Classic time trial Dec 21<sup>st</sup> (during HPP Snow camp, location TBD (snow dependent)
    - Easterns – two selection races above + Kenora Skiathlon (classic leg ONLY) + Provincial Sprints or O Cup race(s)
    - Nationals – all of the above
2. Sport Performance Plan – review and update to submit to Sport Manitoba for Core & Enrichment Funding for 2019 Games
  - Plan to include testing of certain level athletes (top 10), up to 3 times/year
  - **ACTION:** Megan & Karin to meet and create first draft of plan for discussion
3. Canmore Camp Nov 29 – Dec 7
  - 7 athletes invited and accepted. Pauline & Megan will travel with 2 vehicles. Looking for a 3<sup>rd</sup> driver. To include first 2 AB Cup race weekends.
4. HP Fundraiser idea(s) – no news (Pauline)
5. MB Team wear
  - Manitoba crests – where are they??
  - Need to order headbands for travelling team athletes.
6. Wax box update
  - Current supply needs to be inventoried and supplemented. If anyone would like to help Megan please contact her.
  - **ACTION:** increase wax tax to \$15/race/athlete
7. Para Nordic team
  - Total inclusion with overall HPP is experiencing growing pains. Committee needs Para representation at committee meetings to facilitate communications.

Next meeting: 2<sup>nd</sup> or 3<sup>rd</sup> week of December TBD

Adjourned 21:06

High Performance Committee meeting minutes

Tue Sep 15, 2015

19:36 Sport For Life Centre

Present: Karin McSherry (minutes), Megan Carter, Steve Scoles, Pauline Nadlersmith (phone), Jamie Giasson, Lorne Warkentine (phone), Betsy Lockhart (phone)

Regrets: Richard Huybers, Mary Montgomery

1. HPP Terms of Reference
  - **Action (Karin):** Add maximum term length to *Appointment* section
  - **Action (Karin):** Post TOR on website (along with meeting minutes)
2. Fall Camp 2015
3. On Snow Camp 2015
  - **Action (Karin):** Send invite to select athletes by end of September
4. Race trips 2016
  - O Cup #1/Hayward NorAm/World JrU23 Trials – smaller trip, up to 10 athletes + 4 support
  - Easterns – larger trip up to 15 athletes + 5 support
  - Nationals – up to 8 athletes + 3 support
  - Expression of Interest for support staff needs to get out asap.

Next meeting: October TBD