

Sport Definitions

High Performance is sport at the highest level of competition, where the main emphasis is on performing for the purpose of winning major competitions (Ex. World Championships, Olympic Games, Professional leagues, etc.). It is about accelerating the athletes' rate of effective change faster than the opposition, through year-round training.

Performance is sport at the national level. At the performance level focus, there is still an emphasis on the purpose of winning but there is still focus on the continued to development to advance along the performance pathway. Performance pathways include youth and junior national teams, next gen programs, National competitions, University/College sports etc. At this level there is a focus on athlete development through training year-round training. Athletes can only be in 1-2 sports at this level.

Competitive is sport at the provincial/regional level. Focus at this level is primarily on the development of athletes with some focus on performance outcomes. Competitions at the competitive level would include an Atlantic championship, interprovincial competition, provincial championships, etc. At the competitive level athletes may be involved in 2-3 sports but training is seasonal – yearly.

Developmental is sport at the local/provincial level. Focus on this level is based around development of athletes overall. Competitions at this level would include provincial championships, provincial and local play. At this level sport specific training is seasonal and athletes may be involved in many different sports.

Foundational is sport at the local level. Focus at this level is on participation and athlete development. Competition at this level would focus on primarily local play with some potential for provincial play. At this level of the sport specific training is seasonal and athletes may be involved in many sports.

Coaching Definitions

High performance coaching is a strategic and athlete-centred process that leverages advanced training methodologies, data-driven performance analysis, and multidisciplinary support to prepare athletes for sustained success in major international events (Ex. Olympics/Paralympics, Senior World Championships) or coaching in a professional league. High performance coaching involves optimizing all aspects of performance while promoting athlete wellbeing.

Performance coaching is where a coach works with an individual or team to set and achieve goals by developing skills, improving mindset, and enhancing overall effectiveness. It involves a formal relationship with clear agendas and action plans, aiming to bridge the gap between an athlete's current state and their desired future potential. The aim is to elevate an athlete's potential, helping them go from "good to great" in their sport. Coaches help individuals identify and strengthen existing skills and learn new ones to improve performance.

Additional Definitions

Athlete Health and Performance (AHP) the AHP team works to support athletes and teams reach their potential in sport through the support of professionals in various fields including nutrition, mental performance, physiotherapy, chiropractic, strength and conditioning and sports science.

Integrated Support Team (IST) works to support the coaches, athletes and team before, during and after competition to ensure that the team/athletes are ready for optimal performance. IST can refer to many different positions including medical support, sport science and team management.

Individual Performance Plan (IPP): developed from an individual athlete's gap analysis and is used to ensure optimal performance planning, relevant sport science and sports medicine services, and monitoring processes to mitigate the identified gaps.

Podium Pathway: describes the sport-defined excellence stages of Long-Term Athlete Development and specifically applies to athletes on a trajectory toward podium results at the highest level of their sport. Podium Pathway encompasses both the Podium Results Track (PRT) and the Gold Medal Profile (GMP).

Podium Potential Athletes: athletes with evidence of medal potential for the upcoming and/or subsequent Olympic or Paralympic Games as demonstrated by meeting established performance benchmarks and Gold Medal Profile (GMP) indicators that have been validated by OTP and the NSO.

Values-Based Sport: Is an approach to sport that is intentionally based on, and driven by, a shared set of values and principles identified in the Canadian Sport Policy. Sport policies, programs and practices will explicitly identify, promote, reinforce and require that these shared set of values are always present in the sport experience in the right balance and proportion respecting the stage of the athlete's development in the sport's LTAD stages.

Yearly Training Program (YTP): A systemic approach of periodized training phases with an objective of producing optimal performances at specified competitions. The individual athlete gap analysis informs the YTP and focuses on timing, peaking and workload distribution of daily training requirements and competition strategies.

Gap Analysis: A method for comparing an athlete's or team's current performance to the desired performance to identify the gaps or differences separating them from this improved performance.