

**Judo Saskatchewan
High Performance Plan
2020-2024**



April 18, 2020

Background:

Judo Saskatchewan would benefit from a technical framework with specific technical expectations in relation to athlete's age/performance level. I.e. a LTAD Model for technical competencies. It would be beneficial for the High Performance Coach to set up a working group with the coaches committee to implement such a project and then distribute to all clubs in the province. Below is an example of British Judos Technical Philosophy "Trademarks. For the Judo Saskatchewan High Performance program to move forward it is integral that the vision is aligned with Sask Sports desired outcomes and also that the High Performance Coaches vision is supported in order to give the athletes the best chance of success on the National and International stage. The primary areas of focus will be athlete development and coach development. It is important to remember the High Performance Program is focused on improvement, winning and excellence. To that end the High Performance program will be geared towards improvement of our win/loss record at the National Championships and place in the top 4 at the Canada Winter Games 2023.

Sask Sport Desired Outcomes:

1. Increase the number of Saskatchewan Athletes achieving success at Regional, National and International Events
2. Enhance Technical Expertise and High Performance coaching leadership in Saskatchewan
3. Support National Team Program Opportunities for Saskatchewan Coaches
4. Support development and mentorship of other coaches
5. Support development of specific High Performance Plan leading to desired competition outcomes
6. Ensure Hired Coaches engage in Ongoing Professional Development.

1. Increase the number of Saskatchewan Athletes achieving success at Regional, National and International Events:

a) National Championships medal count increase by 2021:

The High Performance Program will continue to compete on the National Circuit and strive to best prepare athletes for success at the National Championships and Elite 8 National Championships each year. In order to best prepare athletes, the High Performance Program will hold various preparation camps and minimal checkpoints athletes must meet in order to be selected. The selection criteria distributed in Sept 2019 is a work in progress and a more robust policy will be developed prior to April 18, 2020 and submitted for approval.

b) Increase the number of Elite 8 National Championship Saskatchewan Selected Athletes.

The Elite 8 National Championships is a prestigious closed invitation event held by Judo Canada where only the top 8 athletes in each division area selected. The tournament is held in a small venue with only two mat areas so that the coaching leadership of Judo Canada can witness the best in the country fight off for standards that will allow athletes a gateway to compete for Canada at the international level.

2. Enhance Technical Expertise and High Performance Coaching Leadership in Saskatchewan:

The High Performance Coach is working with a small group of provincial coaches who attend all National Circuit events, provincial squad trainings and camps. These coaches are following the technical philosophy and vision for the program and have been implementing the skills and technical block goals at their clubs. The next step is reaching more coaches and making sure they also follow the technical philosophy and vision.

Coach Gathering:

The High Performance Coach will organise two “gatherings” a year for judo coaching seminars running over some drills, fundamentals to give coaches the opportunity for technical experimentation, and development followed by a coach’s meal. This could be an effective way to develop a strong coaching community/cohort. This, in addition to the once a year Coach Retreat, would be a good coach development tool and at the same time hit Sask Sports Strategy “**4. Enhanced Interaction**” *4b. Enhance collaboration and alignment amongst stakeholders.*

Refer to: Sask Sport **Sport Development Strategy Map**

Technical Vision:

There will be increased collaboration with club coaches ensuring technical goals/ skills and fundamentals are being delivered at the club level. Provincial squad training, coach gatherings , coach retreat, and club visits are all ways in which to make this happen.

Technical Framework:

Judo Saskatchewan would benefit from a technical framework with specific technical expectations in relation to athlete’s age/performance level. I.e. a LTAD Model for technical competencies. The High Performance Coach will set up a working group with the coaches committee to implement such a project and then distribute to all clubs in the province. Below is an example of British Judos Technical Philosophy “Trademarks”.

Throw for Ippon	Win in Newaza	Dominate Kumikata	Contest Management	Fight without Fear
<ul style="list-style-type: none"> • Players possess a technique range with the ability to throw for Ippon. • Players are feared and well known for their ability to throw and when chasing the contest, they always have the ability to win. 	<ul style="list-style-type: none"> • Players have at least one scoring technique in Newaza that is formidable in any given situation • Players have the ability to quickly transition and attack in Newaza and score, whether from Tachiwaza attack or defence. 	<ul style="list-style-type: none"> • The ability to dominate and control the gripping exchanges is fundamental to winning a contest. • Players win and controls the gripping exchange in order to lead the fight against any style of opponent. 	<ul style="list-style-type: none"> • The ability to manage a contest from defending a lead to chasing the contest when in a losing position is fundamental. • Player can read the scoreboard, what decision needs to be made and has the technical ability to physically implement the decision in the pressurised environment. 	<ul style="list-style-type: none"> • Players have an attitude that they are hard to beat and will do what it takes to WIN. • players are feared by their opponents as they have a reputation that they are never beaten and will never give up. • Players who know no fear are dangerous to compete against.

-British Judo Performance Pathway Trademarks

3. To Support National Team Program Opportunities for Saskatchewan Coaches:

Judo Saskatchewan will continue to select provincial coaches to attend National Training Camps with the team. This provides opportunities to learn from World Class Coaches, (.) Examples of this would be the National camps held at the National Training Centre (INS) in Montreal, training camps following the Edmonton International Tournament, Open National Championships and the Canmore Interprovincial Camp.

4. To Support the development and mentorship of other coaches in the province including succession planning:

Transitioning Coach Program:

The High Performance Coach is in the very early stages of mentoring young coaches who are making the transition from athlete to coach. The High Performance Coach is observing sessions, sharing methodologies, technical philosophy etc. with coaches.

Over time this could be a more official program aimed at progressing club coaches to provincial/national level coaches. (3 year accelerated learning program.)

The High Performance Coach after completing 2 accelerated learning programs during his employment as a Judo Scotland National Coach is aspiring to use a similar framework to mentor and develop coaches in Saskatchewan: The programs were.

Coaching Futures: Sport Scotland 3 Year Program

Athlete to Coach: UK Sport 1 Year Program

NCCP Certification:

- 2 Saskatchewan coaches are close to obtaining level 3 NCCP Competition and Development
- 2 female coaches have expressed an interest in working towards level 3 NCCP through CAS (2 x intensive weekends to complete all modules in Saskatchewan)
- We have several “Transitioning Coaches” who we need to upskill and get certified in preparation for work towards NCCP level 3.

5. Support the development and implementation of a Sport Specific High Performance Plan leading to desired competition outcomes:

Factors conducive to Athlete Development:

Talent ID:

Provincial Tournaments provide opportunities for the High Performance Coach and selection committee to have visibility of talented athletes. Club Visits also provide an opportunity for Talent ID.

Transition Squad U12s: Feeder System into the U14 High Performance Squad.

Selection:

Athletes need to meet minimum checkpoints to be considered for selection:

Daily Training Environment:

Training Culture, developing winning behaviors.

Competition:

Where appropriate athletes will continue to compete in 2 (two) age categories in order to get the most value from the competition. This means they have a minimum of 4 (four) contests at each tournament which is conducive for LTAD and provides valuable experience.

Sport Medicine and Science:

The Judo Saskatchewan High Performance Program will continue to work closely with Sport Medicine & Science Council of Saskatchewan to provide services to our competitive athletes.

Strength and Conditioning:

The High Performance Coach in conjunction with the Manager of Sport Science Programming Services developed a service plan. Due to the sparsity of High Performance athletes training in locations outside of Regina or Saskatoon it was decided to attempt to centralise S&C programs out of locations hosting the most High Performance athletes.

We have athletes training out of Level 10 Fitness Regina on Saturday Mornings prior to High Performance Regional Training South. During the summer we had an 8-week strength block where the Training Group did strength 2 x per week. Due to the athletes starting back at school and being spread out geographically it was decided after consultation with the parents that a Saturday morning S&C

session was the most logistically viable option. In the North we have athlete's strength training at Craven Sport, Saskatoon on a Wednesday prior to High Performance Regional Training North.

The S&C Program is in the early stages, the High Performance Coach has good visibility of the S&C sessions in the South and works closely with the S&C Coaches. The next step is for additional Strength Sessions to be distributed to athletes/coaches to be performed at their judo club or own gym once the S&C coaches are satisfied the athletes can lift competently. (Some of the more experienced athletes do 2 x per week strength + 1 Supervised Strength Session with the service provider)

Coaches Role in Physical Competence:

Physical Competence is generally poor in young athletes; this is highlighted at S&C sessions at U16 age when poor movement mechanics are exposed in the gym. On the World stage at Cadet and Junior Level Judo Canada National coaches have identified a lack of physicality and power as being a limiting factor to performance when Canadian athletes compete abroad.

We encourage club coaches to further develop the athletes physical competence and incorporate into U12 Judo Sessions. If coaches require guidance from the High Performance Coach it is important they attend Provincial training sessions where possible and it would be beneficial if they attended the coaches retreat where the High Performance Coach went into some detail on "building an athlete".

The next step is upskilling coaches so that they are competent at running S&C programmes for their athletes. The High Performance Coach will organize Strength and Conditioning Workshops for coaches and work with Sask Sport to look at options for Coaches to attend and complete some NCCP S&C modules.

Testing and Monitoring:

At present Judo Saskatchewan has been using a judo specific test as well as testing grip strength and upper body strength.

Remote Programming:

As briefly mentioned earlier, further down the line athletes would benefit from 2 x additional sessions to do unsupervised once a level of competence has been reached. There are some athletes who cannot attend the Regina or Saskatoon based training as they live too far away (Lloydminster, La Ronge etc.). Such athletes would benefit from a remote training programme if the High Performance Coach deems the athlete to have the physical/competence to follow an unsupervised program.

Nutrition:

There will be a small amount of funding available for athletes requiring individual nutrition sessions. Such sessions are reserved for our Tier A athletes with National level results (Medals at National Championships and or Canada Cup)

Mental Training:

There will be a small amount of funding available for athletes requiring individual mental training sessions. Again, such sessions are reserved for tier A athletes with National level results (Medals at National Championships and or Canada Cup)

Sports Medicine:

Judo Saskatchewan will benefit from the following workshops delivered at provincial training days/camps:

- Drug Education
- Sleep & Performance
- Injury Prevention
- Concussion workshop (Parents)
- Strength and Conditioning (Coaches)

6. Ensure Hired Coaches engage in Ongoing Professional Development:

Certification:

The High Performance Coach completed his NCCP Level 3 (Competition and Development) certification. The next step will be the **Advanced Coaching Diploma**. The High Performance Coach will apply to be part of the cohort for this in Dec 2020 to begin April 2021.

The High Performance Coach has also expressed an interest in obtaining Strength and Conditioning accreditation. 2020 will be a good opportunity to work towards this before moving on to the ACD.

Technical Development:

Sept 2019, Fort Saskatchewan: Attended a weekend coaching clinic with Jimmy Pedro, Olympic and World Medalist, USA National Team Coach.

Video/Technical Analysis: Ongoing, Coaching apps etc.

It is important the High Performance Coach continues to evolve technically and should spend at least 1 weekend per year at a coaching clinic.

Moving Forward

Judo Saskatchewan High Performance Program Overarching Objectives:

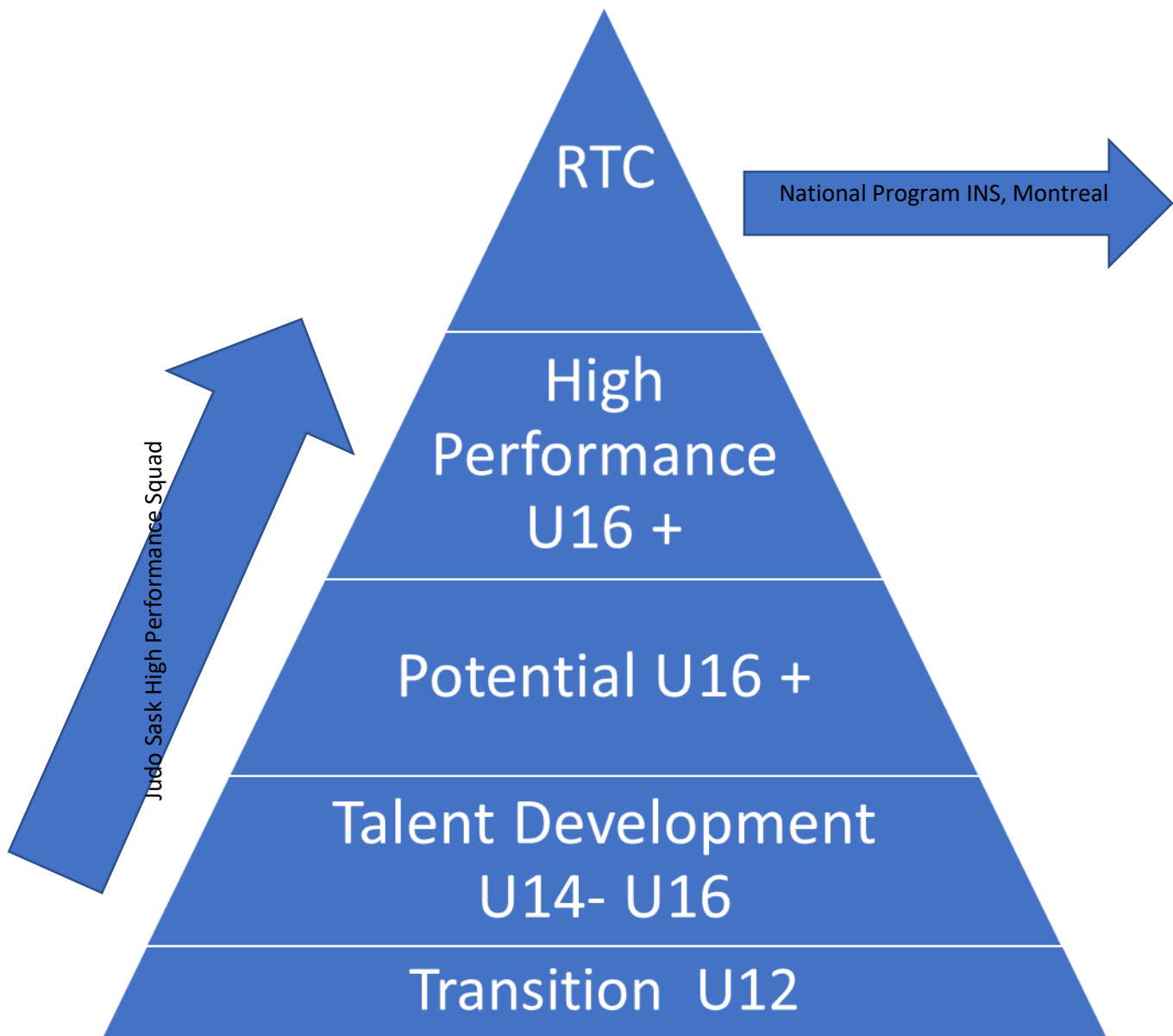
1. Develop, implement and distribute a Judo Saskatchewan Performance Pathway prior to the end of Summer Camp 2020
2. Develop a tiered funding model that reflects athletes' level of performance and submit for approval in July 2020
3. Provide U12 Athletes (Transition Squad) with training opportunities which will prepare such athletes to be fed into the High-Performance System at U14 (Talent Development Level)
4. Develop and prepare a strong Team for the Canada Winter Games 2023, with emphasis on the current U14/U16 Athletes
5. Provide International training opportunities/preparation camps for the 2023 CWG Team (Global randori program)
6. Increase medal count and improve win/loss records at the Open National Championships by 2021
7. Increase the number of athletes qualifying for the Elite 8 National Championships
8. Feed athletes into the Lethbridge RTC and Montreal NTC
9. Develop coaches technically so that they can deliver technical blocks and achieve technical and physical goals as set out by High Performance Coach
 - 9a) Transitioning Coach Program. Mentoring Program for High Performance Athletes transitioning into coaching (accelerated learning program)
 - 9b) Physical Competence; club coaches to take action.
10. Utilization of Sports Medicine and Science Services

Work closely with Sport Medicine & Science Council of Saskatchewan to provide services to our competitive athletes.

Performance Pathway: (Objectives 1-3)

Judo Saskatchewan will initiate a clear performance pathway setting out athlete expectations with differentiation between different tiers of performance. The performance pathway is integral in order to have a strong selection criteria and funding model to reflect the athlete's performance level.

Performance Pathway:



Transition:

The Transition Squad is a feeder system for the Talent Development Squad which is an introduction to performance training. The Transition Squad is aimed at U12 Judoka, with a focus on 10-11-year-old athletes. The sessions will focus on physical literacy, technical competencies such as directional uchikomi, judo 360, fundamentals, newaza, etc. with some randori. The sessions over time will also develop training behaviours that are required to be a successful athlete.

Another purpose of the Transition Squad is to give the High Performance Coach and other coaches within the province visibility of Judo Saskatchewan's younger judoka.

Expectations:

It is expected that Transition Athletes attend Provincial Tournaments and participate in the Transition Squad Session the following day. Second year U12 athletes should also be competing in U14. It would also be very beneficial if such athletes could attend Summer Camp, Winter Camp, Good Will Camp and another Judo Sask camp TBC.

Talent Development:

The Talent Development Squad is an introductory tier to the High Performance Program. It is aimed at developing the talents of U14 athletes and some U16 athletes to prepare them for competition and progress into the Potential tier.

Expectations:

TD athletes are expected to do at least 3 x judo sessions per week, as well as attending the “checkpoint” events as stated in the Selection Criteria document. It is recommended in Judo Canada’s LTAD model that U14 athletes compete 6-8 times per year. It is recommended that these athletes are doing some basic strength work.

Potential:

The Potential Squad is for athletes showing Potential and commitment, i.e. consistently winning fights at National Circuit events and committing to Judo Saskatchewan’s High-Performance Program. Athletes in this Squad have the option to progress to the High-Performance Tier once they begin to consistently get results on the National Circuit.

Expectations:

Potential Athletes as well as attending all the “checkpoint” events should be following a Strength and Conditioning program in order to progress to the next level. Athletes in U16/U18 categories can have significant success as a result of having improvements in their physicality and condition. Potential athletes should be doing 4-5 x judo sessions per week where possible and/or have an agreed program with the High-Performance Coach and Personal Coach.

High-Performance:

This will be a small tier of committed athletes who are medalling at the Open Nationals and Canada Cup level of events. High Performance athletes will be pursuing points to qualify for the Elite 8 Championships with aspirations to represent the National Team. It is worth noting that a gold medal at the U18 Elite 8 Championships or top 6 at the Junior Canada Cup would make the athlete eligible for Selection to represent Canada at International events. It may be beneficial for Parents, Coaches and Athletes to be familiar with the Judo Canada Athlete Handbook.

<https://www.judocanada.org/high-performance/hanbook/>

Expectations:

It is expected High-Performance athletes are doing Judo 4-5 x per week as well as at least 2 x strength and 2 x conditioning per week. The training program will be agreed upon with the athlete, club coach

and High-Performance Coach. Such athletes will have a more individualised training program which they are expected to follow.

2. Funding Model

Judo Saskatchewan needs a funding model to reflect athletes' level of performance. Currently there is no differentiation between a National medalist and an athlete who has not yet broken through on the National circuit. For example, the funding model could look like this:

High Performance Tier: Heavily funded

Potential: Small amount of funding

Talent Development: Predominantly Self fund

3. Transition Squad U12

The Transition Squad is a feeder system for the Talent Development Squad which is an introduction to performance training. The Transition Squad is aimed at U12 Judoka, with a focus on 10-11-year-old athletes. The sessions will focus on physical literacy, technical competencies such as directional uchikomi, judo 360, fundamentals, newaza, etc. with some randori. The sessions over time will also develop training behaviours that are required to be a successful athlete.

Another purpose of the Transition Squad is to give the High-Performance Coach and other coaches within the province visibility of Judo Saskatchewan's younger judoka.

Ultimately the Transition Squad will build some much-needed depth in our High-Performance Program, particularly in the U14 (TD) Tier.

4. 2023 Canada Winter Games Team:

The High Performance Coach along with the selection committee needs to identify potential CWG athletes and communicate selection criteria, expectations and recommended training program

5. International training opportunities/preparation camps for the 2023 CWG Team:

The High Performance Coach has many contacts around Europe for high value international competitions and training camps e.g.

Scotland

England

Germany

Denmark

Sweden

The purpose of such trips would be for the Saskatchewan athletes to experience a higher intensity and physicality of training/competition to give Saskatchewan an edge over the other provinces at the 2023 CWG. Many successful countries utilise contacts and friendships abroad to create a 'Global Randori (sparring) Program' to continually evolve performance judo.

6. National Championships Medal Count increase by 2021 again in 2022 7. Elite 8 Qualification:

Refer back to Sask Sport Desired Outcomes: 1. Increase the number of Saskatchewan Athletes achieving success at Regional, National and International Events:

a) National Championships Medal Count increase by 2021

8. Feed athletes into the Lethbridge Regional Training Center and Montreal National Training Center (INS):

Saskatchewan has strong links with the Alberta RTC High Performance Coach. Judo Saskatchewan will continue to support Lethbridge training camps to familiarise athletes with the RTC performance environment and encourage athletes to transition to the RTC from 16 years + or whenever they are ready. The natural progression after Lethbridge RTC is the National Program at the INS Montreal.

9. Coach Development: Develop coaches technically so that they can deliver technical blocks and achieve technical and physical goals as set out by High Performance Coach:

Refer to: *2. Enhance Technical Expertise and High Performance Coaching Leadership in Saskatchewan Pages 1-3*

The High-Performance Coach will communicate training block goals to coaches in Saskatchewan and continue to work closely with the coaches who attend the National Circuit events. The High-Performance Coach will co-ordinate 2 additional Coach Gathering events.

9a) Transitioning Coach Program. Mentoring Program for High Performance Athletes transitioning into coaching (accelerated learning program)

Refer to: Transitioning Coach Program Pages 2-3

The High-Performance Coach will continue to mentor transitioning coaches, observe sessions and provide coaching opportunities and or/invite coaches to attend Squad Training, Training Camps etc. to observe technical delivery etc.

9b) Physical Competence; club coaches to take action.

Refer to: *Strength and Conditioning Page 4-5*

The High-Performance Coach will collaborate with Sask Sport and Club Coaches to provide coaches with an opportunities to upskill their S&C knowledge and implement effective programs for athletes. This will be put into effect via Sask Sport workshops, Personal Development Opportunities and/or NCCP S&C modules.

10. Utilization of Sports Medicine and Science Services

The Judo Saskatchewan High Performance Program will continue to work closely with Sport Medicine & Science Council of Saskatchewan and utilize the expertise offered in the various fields. The High-Performance Coach will organise workshops to be delivered at various Provincial training camps-

Other Considerations- Gap Analysis

GAP Analysis:

The current High Performance Coach, after researching the Gaps from the 2013-2018 High Performance plan, would concur that Saskatchewan is facing many of the same issues which need to be addressed.

Number	GAPS	Contributing Factors
1.	Lack of athletes training Volume	<ul style="list-style-type: none">- Limitations of access to judo training during the week- importance of competitive program by club or coach- Lack of coaches- Lack of athletes interest
2.	Lack of quality meaningful matches	<ul style="list-style-type: none">- Lack of participation at provincial level- Lack of athletes in youth age divisions- Lack of senior athletes- Travel distance to other provinces & countries
3.	Lack of Fundamental Skills	<ul style="list-style-type: none">- Coach education and development- Club Coach Experience
4.	Lack of Judo Base	<ul style="list-style-type: none">- Number of Judo Clubs- Number of judoka per club- Lack of marketing plan development
5.	Lack of Active NCCP 3 Coaches	<ul style="list-style-type: none">- Lack of interest- Lack of coaches working with High Performance athletes

Lack of athlete Training Volume:

- From May onwards many clubs slow down or shut down completely over summer. This is detrimental to the athletes as they regress and lose their skill sets and condition.
- Over Summer, Early August Onwards the High Performance Coach will run weekly Regional Squad Sessions as usual (South Pense, North Saskatoon) this will allow athletes to maintain a training level instead of starting from scratch when the season starts.
- Athletes during the Summer will use this as an opportunity to develop strength. 3 x per week. 1 x supervised 2 x own time. (athletes should be competent at core lifts by then).

Lack of Quality Meaningful matches:

- Judo Saskatchewan needs to find tournaments for athletes which are a step up from our provincial tournaments, but not as tough as the National Circuit events, as the jump in level can be too steep at times. Out of province provincial-level tournaments would be a good way to build match experience and confidence instead of jumping straight into National events.

Lack of Fundamental Skills:

- Utilizing coaches that have trained in performance environments and understand fundamentals will be a big step forward.
- Continual Technical Development: Coaching retreats, seminars, attending provincial trainings, video technical analysis. Club Visits from High Performance Coach to deliver technical/fundamental concepts which the club coach can then utilize.

Lack of Judo Base:

- At the club level it would be beneficial for each club to have a volunteer who is competent at marketing, promoting the club via social media platforms etc
- At a provincial level the U12 Transition Squad will increase the judo base of the High Performance Program
- Judo Saskatchewan needs to have a change of image, we are currently wearing outdated track suits, using an outdated emblem/logo and the website again is outdated. Judo Saskatchewan needs a much more professional and modern image if we wish to attract more members.

Lack of active NCCP Level 3 coaches:

- High Performance Coach needs to identify coaches who would be good additions to the Judo Sask coaching team and start pushing them towards the certification pathway.

Summary:

Current Activity and Events:

- Weekly High Performance Regional Training North Squad Training, Saskatoon
- Saturday High Performance Regional Training South, Regina (may need to be reviewed as there are periods where sessions are postponed due to High Performance out of province events)
- Periodic preparation camps for High Performance athletes
- Continued attendance at Lethbridge RTC Camps
- Periodic Camps for Participation and Development athletes
- U12 Fun session at Provincial Tournaments
- Attending all Judo Canada major events
- Annual coaches retreat
- S&C Programs based out of Regina and Saskatoon
- Club Visits

Additional Activities/Events:

High Performance Athletes:

- 1 x international event per year (selected)
- Maintain weekly Squad trainings during summer break, August onwards.

Participation and Development/ Transition Squad Athletes:

- 90 min Transition Squad Sessions on the day to follow provincial tournaments. (4 x per year)

Athlete Retention Senior:

- At the 2019 Judo Saskatchewan Summer Camp the **Alumni session** facilitated an opportunity for senior athletes (former performance athletes) to get together. Shortly after the event 3 x athletes returned to the mats, 2 competitively, 1 recreationally. An alumni session each year will gradually build up our Senior Program.

Coach Development:

- Transitioning Coach Program
- Coach "Gatherings" x 2 per year
- Communication of Technical Block goals to more club coaches with High Performance Athletes

Actions Going Forward:

Refer to **Action Plan**

- Performance Pathway implemented and distributed, ensuring athletes, parents and coaches understand the pathway from novice to Olympian.
- Funding Model to reflect performance level of athlete
- Selection Criteria reviewed and improved for 2021
- Periodized Annual Plan 2020,2021,2022,2023. (Distributed end of each year)
- Plan International training opportunities for CWG Team for 2021,2022, 2023.
- High Performance Coach to continue mentoring Transitioning coaches.
- Judo Sask Technical Framework

Key Performance Outcomes:

- 2023 Canada Winter Games Placing 4th or Above
- Open Nationals medal count:

2020: 7 (Developmental Year, many medal hopefuls injured or stepped back from Judo after 2019 Nationals)

2021: 8

2022: 8

2023: 9

- Transition Squad: Increased number of U14 High Performance Athletes with Technical competence and training behaviours by 2021
- Increased number of Athletes fed to Regional Training Centers
- Coach Development: 3 x certified NCCP Level 3 certified Coaches by the end of 2021
- High Performance Coach Development: Advanced Coaching Diploma Certification by 2023
- Transitioning Coach Program: 2 x former performance athletes receiving mentoring from High Performance Coach and on certification pathway by 2021
- Athlete Retention: Alumni Session KPO, Increased number of retired Senior Athletes returning to judo to rebuild our Senior and Veteran programs.

Action Plan: Judo Saskatchewan High Performance Plan

Objective:	KPI/KPO:	How:	Date:	Review:
Performance Pathway Distribution	Clarity for athletes, parents and coaches of Progression through performance tiers, expectations, potential funding model, introduction of Transition Squad Feeder System.	Flyers distributed, Presentation to athletes, parents and coaches at Squad training from High Performance Coach. Explain importance of Performance Pathways.	Summer Camp 2020	2020 Sept
Provide U12 Training Opportunities	Increase in Number of U12 Athletes Fed into High Performance Squad and Part of High Performance Program with appropriate technical competencies and Training behaviours.	Continue with 90min U12 Transition Session following day after provincial tournaments.	Nov 2019- Ongoing (4 x per year)	2021 Feb
CWG Team Prep- INT exposure	CWG Team experiences intensive training abroad to spar with higher level of opposition and have an overload effect and give Sask an edge over opposition provinces. US Open could be a start point and hopefully Europe the following Year	2020 explore options, perhaps send a select number of athletes to US Open if it is of value in 2021 open up to full potential CWG Team. Get athletes used to traveling and competing outside of Canada.	US Open July 2020 or 2021 Europe 2022	Annually
Increase Medal Count at National Championships	Increase in Medal Count and improvement in win loss records. Increase Medal Count in 2021 (2 x major injuries this year, 2 x retired athletes who consistently medal at this event)	Improved selection criteria, robust check points for athlete readiness, Specific Criteria for Nationals selection, preparation camps etc.	May-2021	2021 May, Annually

Transition athletes to Lethbridge RTC and INS Montreal	Increase in no. of athletes transitioning to RTC. Aim for 1-2 athletes transitioning there by 2022	Increase awareness/ performance pathway understanding. Continue regular attendance at training camps in Lethbridge to ease the transition and allow the RTC coaches to have visibility and build rapport with the Sask athletes.	Ongoing	2022 Sept
Athlete Retention Senior	Increase in number of Senior Athletes involved at the club level and High Performance Program	Work closely with Head of Participation and Development to ensure an Annual Alumni Judo Session and meal for seniors at each Summer Camp.	Aug-2020	2020 Sept
Utilization of Sports Medicine and Science Services:	Increase in No. SSM of workshops delivered annually to develop coaches. Focus on Strength and Conditioning increase in no. of Club Coaches competent at delivering S&C Programs to their athletes. Increase in No. of athletes improving fitness testing scores	NCCP S&C Module? S&C Coach runs a workshop for coaches at a Provincial Squad Training/ Camp. Utilize Sask Sport Workshops, Mental Training, and Nutrition etc. at training camps.	Aug 2020 (Summer Camp)	2020 Sept
Increase Athlete Training Volume over Summer Period	At least 1 x opportunity for athletes to train weekly if personal Dojo is closed	Utilize one of the purpose built facilities out of Pense or Moosejaw for maintenance sessions in the south. Use Saskatoon Y or SCP Dojo in the North	July-Sept 2020	2020 Sept
Increase Number of Meaningful Matches	Attendance at Rocky Mountain Tournament Alberta: Increase in number of quality contests per year.	Work on Logistics November 2020	Jan-21	2021 Feb
Saskatchewan Coach Development	Increase No. of NCCP Coaches, 2 x Comp Development coaches by 2021. Increase the number of opportunities for	NCCP: Work closely with Sask Sport and CAS to stay up to date with Personal Development opportunities and options to efficiently get coaches	Ongoing	2021 Jan

	coaches to develop technical expertise aligned with High Performance Coach Technical Vision. Increase no. of PD Opportunities "Jacked Up", "Lunch and Learn etc."	NCCP Level 3 certified. Technical Development: Hold 2 x informal Coach Gatherings per year and or hold short coaches sessions after provincial squad training to "coach the coaches". Mentoring of Transitioning Coaches.		
High Performance Coach Development	1 x Technical Development weekend per year out of province, Attend Sask Sport PD Opportunities. Completion of Advanced Coaching Diploma by 2023	Apply for Advanced Coaching Diploma December 2020 to begin April 2021	Ongoing PD, ACD: Dec 2020	2023 April
Technical Framework	Distribution of Technical Framework: Framework outlining technical expectations/competencies in relation to performance pathway tier	Work Closely with coaches committee to develop a solid technical framework and manage the project. Discuss at first coaches committee meeting. Feb/March 2020	Ongoing Project post coaches committee meeting Feb/March 2020	2022 April