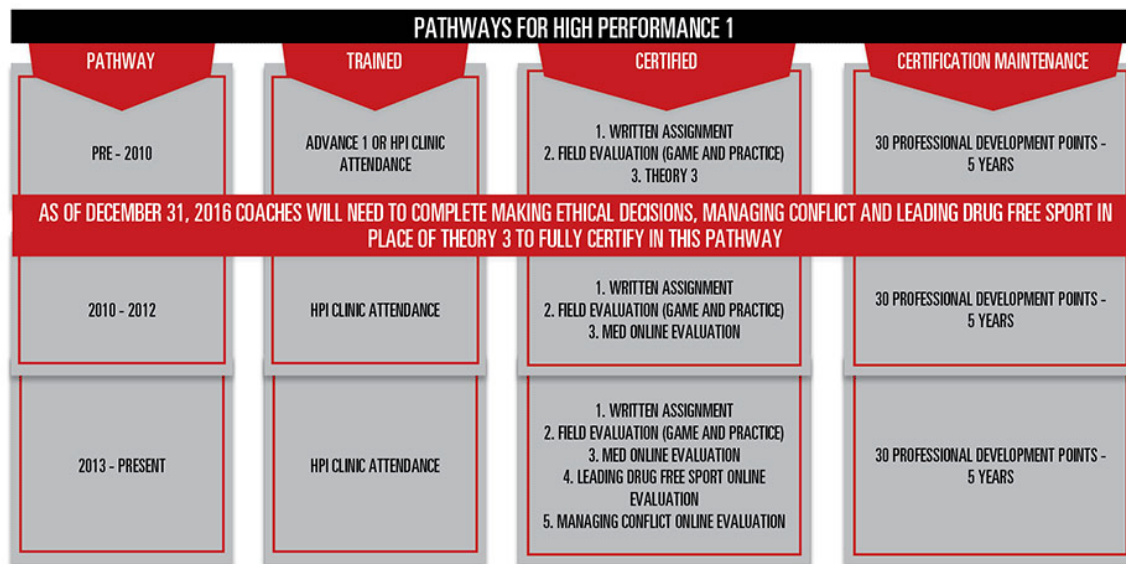


All head coaches in Hockey Saskatchewan coaching U15 AA, U18 AAA, sport academies U15-U16-U17-U18 and Junior A teams that compete in interprovincial or national championships, or the highest level as determined by the Member, must be High Performance 1 Certified. It is recommended that all assistant coaches be, at minimum, Development 1 Trained.

## COMPETITION DEVELOPMENT STREAM: HIGH PERFORMANCE 1



### Overview

The High Performance 1 stream is for those who are coaching players in the U15 AA, Minor U18 AAA, U18 AAA and Junior A age categories and who aspire to coach at national and international competitions. Players in these age divisions are 13 to 21 years old, and they have shown the skills needed to be considered emerging players.

The High Performance 1 seminar is delivered using a combination of virtual, recorded & in-person sessions. Coaches attending High Performance 1 seminars will get an opportunity to work in group and individual settings in areas such as:

- Ethics and leadership in coaching
- Teaching and leading techniques
- Physical preparation
- Power-play and penalty-killing instruction.
- Advanced skill analysis
- Leading drug-free sport
- Conflict management

## **Certification**

The High Performance 1 course has six training steps:

1. Pass the HP1 written assignment
2. Complete 5 Recorded module tasks
3. Complete Online Evaluations Make Ethical Decisions
4. Complete Online Evaluation Managing Conflict
5. Complete Online Evaluation Leading Drug Free Sport
6. Field Evaluation of game & practice

## **HP1 Compliance**

Head Coaches must maintain HP1 compliance through the two years to finish the certification.

Coach is compliant during year one:

- Complete 5 Recorded module tasks
- Complete Online Evaluations Make Ethical Decisions
- Complete Online Evaluation Managing Conflict
- Complete Online Evaluation Leading Drug Free Sport
- Pass the written assignment

Coach is compliant during Year Two:

- Field evaluation of game & practice