

# **NBCA PODIUM PATHWAY PROGRAM - HIGH PERFORMANCE (P3HP)**

## **Foundational Document**

**Dated June 20, 2024**

### **Mission Statement**

Provide opportunities for high performance athletes and coaches in New Brunswick to develop the competitive skills to win at the provincial, national, and international levels of competition.

### **Vision Statement**

The NBCA High Performance Program is dedicated to cultivating excellence in both curlers and coaches. Grounded in the principles of the Long-Term Curler Development Guide and inspired by Curling Canada's NextGen program, we are committed to leveraging on-ice training, classroom instruction, and innovative technology to elevate the competitive performance of New Brunswick curlers across all levels of play.

### **General**

As we continue to strive for excellence in competitive curling, it is evident that there is an opportunity to enhance the outcomes for NB teams competing in national competitions. While we have seen moments of brilliance, we believe it is time to elevate our standards and consistently aim for the top.

With a focus on strategic training, skill development, and comprehensive support, the NBCA High Performance Program aims to position our top athletes to become contenders on the national stage. Through dedicated coaching, tailored resources, and a collaborative environment, we are committed to nurturing talent and fostering a culture of excellence.

### **Funding**

The program has come about from an initial application to the Canadian Sport Institute Atlantic (CSI-A) in the fall of 2023 for funding. Late in the fall of 2023 we received funding for two years of 15k which was divided into 7.5k for each season 2023-2024 and 2024-2025.

Marg Maranda, Arnold Mallais, Brian Rice, and John Corbin formed the committee that brought about this opportunity.

We will also in June of 2024 be applying for funding through the MA LTCD NextGen Funding application.

### **Athlete - Brief Program Outline**

The creation of the NBCA Podium Pathway Program- HP (P3HP) comes at the perfect time as we are in the 2027 Canada Winter Games cycle. The funding application to the CSI-A targeted the U18 age group and this is the age group of the CWGs. These curlers will be the next U21 cohort.

The U21 to U27 age groups that show the commitment and potential to succeed at the provincial and national level will have access to the program resources.

The program will focus on the LTCD headings of Technical, Tactical, Physical, Mental and Social development of curlers.

## **Coaches – Brief Program Outline**

Coaches are also an important part of high-performance development. By prioritizing their growth in tandem with that of their athletes, we can foster a more robust coaching community.

Our program aims to address this gap in coaching support by providing coaches with enhanced access to both provincial and national development avenues. These resources will come from various organizations including Canadian Sport Institute Atlantic, Coach NB, NCCP, and Curling Canada, ensuring comprehensive support for their professional advancement.

## **Athlete and Coach Commitment**

This program will provide support but will also require commitment from participants.

Participants will:

- Follow the LTCD Guidelines.
- Use designated technology such as Curling Canada's Singles app and TeamLinkt.
- Produce a training plan that covers Off-season and the three stages of the season, Early/Middle/Late.

## **Canadian Sport Institute Atlantic**

This institution located in the Currie Centre of UNB will also be a key player in our success as it is where the initial program funding originated. It also provides access to well established nutritional, physical, and mental training resources.

## **High Performance Coach**

The program will have a High-Performance Coach. The person filling this position will not be full-time. Their involvement with the program will be dependent on their hours of availability and the funding that is available.

The person in this role will work with the Technical Director to ensure the program is executed to meet the goals and needs of NBCA High Performance Curlers and Coaches.

## **Summary**

This marks a significant milestone for curling in New Brunswick as we introduce our inaugural High-Performance Program. While we do not expect instant championship wins, this initiative is poised to steadily elevate the development of competitive curlers and coaches over time. By focusing on this foundational phase, we aim to see improved outcomes at national competitions and greater representation of NB curlers at the international level.