

B.C. DIVING



HIGH PERFORMANCE STRATEGIC PLAN

2018-2021

Update

The high performance plan that BC Diving adopted in 2015 outlined the strategies and procedures that we have been pursuing for the past year. The overarching goals as stated in the plan remain the same:

- *BC based athletes represent Canada and are in medal contention at all major international competitions, junior and senior, within 10 years*

In addition to the overarching goal, we have identified the long-term goals:

- *BC divers win medals in every event at the junior national championships by 2020*
- *BC divers win medals in every individual event at the senior national championships by 2021*
- *BC divers are medal contenders at the 2024 Olympic Games*

We at BC Diving have aggressively set out to align High Performance programming in the lower mainland and Victoria that will result in the sustained production of international podium capable athletes. With committed investment from Diving Plongeon Canada (DPC) in undertaking these structural and programming changes, BC Diving is seeking further ViaSport Excellence funding to enhance coaching, technical leadership facility access and the acquisition of dryland training equipment.

BC Diving, with support from Diving Canada and the Excellence Funding is undertaking a detailed overhaul of high performance development programming in the province.

This document illustrates and describes in detail the high performance athlete development framework for the province. As you will read, this structure aligns with the DPC High Performance Athlete Development Networks in Montreal and Toronto, but is unique to the province of BC.

BC Diving, DPC, and local club programs already investing heavily in diver development in BC are benefiting from this further injection of funds in a variety of ways, including but not limited to:

- Increased technical oversight and guidance
- National athlete assessment and monitoring systems
- New coaches at the high performance athlete development level
- Increased access to better equipped facilities

This document further outlines the DPC Gold Medal Profile which has been adopted to ensure the essential alignment of BC programming with the national structure designed to lead athletes through the pathway to international podium success.

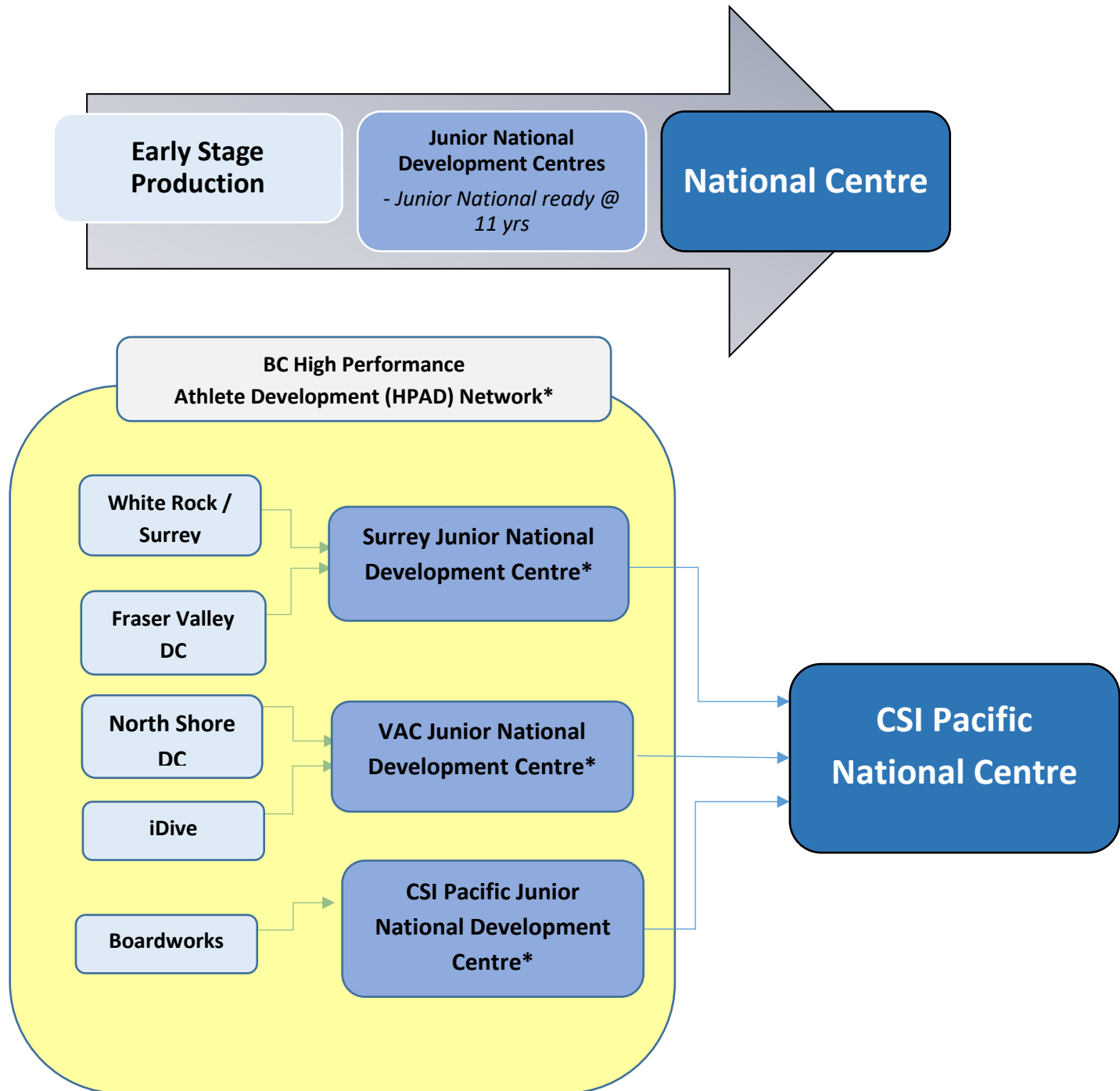
Through the interpretation of the BC Diving Performance Gap Analysis using data from the 2015 competitive season it became apparent that BC must increase the depth of the junior level while continuing to refine its senior level programming. This spoke to a need for an enhanced athlete development pathway which required additional coaching and technical leadership resources.

In order to achieve BC Diving's short and long-term goals for Athlete Excellence, we have embarked on the following:

BC Diving has filled the coaching and leadership positions in our High Performance Athlete Development Network. This will build depth at the junior levels which will, in time, translate into senior international excellence.

High Performance Athlete Development Network

Diagram 1.



The diagram above illustrates BC Diving's High Performance Athlete Development Pathway. The HP Network structure depicted, which aligns with similar Diving Canada formed structures in Montreal and Toronto, has been customized for the BC diving community and its development needs.

The BC High Performance Athlete Development (HPAD) Network will have internationally renowned leadership and maximize facilities and equipment in five diving facilities and represents a significant change in BC diving. The HPAD Network will form the first two of three development phases for BC Divers leading towards international podium success.

UPDATE

- * BC High Performance Athlete Development (HPAD) Network – 2 positions filled.

Early Childhood development and High Performance Manager positions.

- * Surrey Junior National Development Centre – Coach Hired – Igor Kopecky

- *iDive Vancouver Junior National – Coach – Yan Yang

- * CSI Pacific Junior National Development Centre –Jorge Betancourt to assist Head Coach Tommy McLeod and Asst. Coach Lisa Boog

The BC HPAD Network Head Coach will oversee programming in five Early Stage Production Centres. Ideally, athletes will enter the sport at a very young age (preferably 9 or younger). These divers will be assessed using DPCs Gold Medal Profile and monitored on an ongoing basis. The athletes showing the most promise will be invited to train at one of three Junior National Development Centres (JNDC). Our Network Head Coach has developed a program for divers 5-8 years old and has been working with the Provincial coaches on the implementation. BC Diving has also hired a HP Manager to assist in the implementation of the Early Stage programs with coaches throughout the province. This position has been vital in the education to coaches of young divers.

While athletes will move into the JNDCs at different ages, optimally, athletes at these centres are working towards Junior National qualification by age 11. Athletes training at these centres, while still monitored by the BC HPAD Network Head Coach, will benefit from international caliber coaching and have necessary access to world class diving and dryland facilities and equipment. All regional centres have updated their coaching staff. Surrey has hired a head coach to fulfill the early stage development in this centre. Vancouver is waiting on a coach in 2017, but has a Head Coach in position, and the Victoria program has been able to secure their Assistant Coach position who works with their early stage Development program (Olympic Garden).

Athletes demonstrating international podium potential will be invited to train at the CSI Pacific National Centre, where they will receive world class sport science and sport medical services. Additionally, it is

here that targeted athletes will be exposed to training opportunities in the National HPAD Program along with the very best athletes and coaches from the Montreal and Toronto HPAD Centres.

While this evolved program structure represented significant changes, the changes were reasonable and we have been committed to make the alignment with the DPC programs in other regions.

UPDATE

Facilities

There are now 3 facilities equipped with a full complement of springboards and platforms as well as access to dryland training equipment.

Additional funding will be required to provide enhanced facility access to meet the needs of the elite athletes training at the National development centres mentioned above.

Dryland Training Equipment

The development of world class divers now demands a sophisticated dryland training program. In fact, it is not uncommon for divers to spend 60% of their time working through their dryland regimen. For this, sufficient space is required as well as a full complement of sport specific dryland training equipment.

Currently, all of our proposed BC junior national development centres are under-equipped with respect to sport specific dryland equipment. It is crucial that our Centres meet at least the minimum dryland training standards and as such, BC Diving will undertake to perform an inventory of dryland equipment needs and will work with our sport partners to ensure that our centres are sufficiently equipped.

NSO Alignment

BC Diving is keenly aware that strong conceptual and practical alignment with our NSO, Diving Plongeon Canada, is essential to the success of our plan. We are extremely pleased that Diving Plongeon Canada has eagerly collaborated in the development of our high performance strategy and it is particularly satisfying to know that the NSO's belief in our plan is so strong, that it intends to remain a key funding partner. The involvement of Diving Plongeon Canada has been instrumental in ensuring that the programs we develop at the provincial level operate in complete harmony with those offered at the national level. The following examples give an indication of the almost perfect alignment that exists between PSO and NSO:

- Long and short term performance goals have been established in collaboration with the NSO and formulated to align with the NSO high performance targets
- PSO will utilize the NSO's performance analysis systems to track and monitor athlete performance
- The BC High Performance Structure is designed specifically to align with the NSO's High Performance Athlete Development and Management structure.
- The NSO will be a key financial and performance stakeholder. As such, the NSO will participate in the management, oversight and deployment of our high performance initiatives
- Specific and targeted coach development plans will be formulated in collaboration with NSO and will work in conjunction with the NSO's coaching education programs and high performance coach development initiatives
- The BC HPAD Network Head Coach, funded by DPC, in collaboration with the Provincial Head Coach, and HP Manager will oversee the implementation of the BC High Performance Athlete Development Network.