

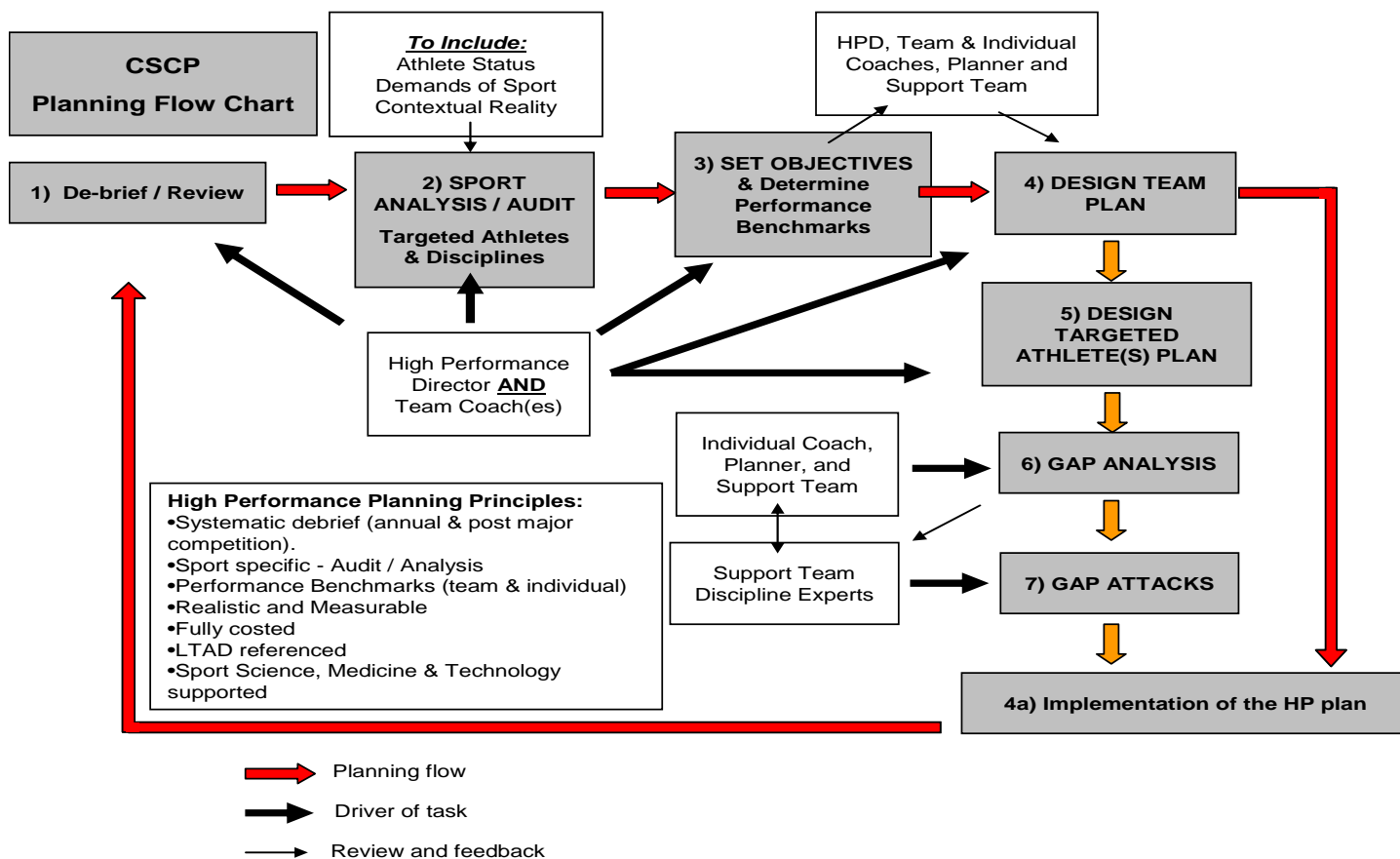
by Kurt Innes, Performance Planner, Canadian Sport Centre Pacific

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The success of any sport is, first and foremost, the result of its planning and programming. Stated simply, the more effective the planning and programming, the better the performance results will be.

Performance Planning is ongoing, based on a daily, weekly, monthly, and yearly process initiated by the coach, with the support of key individuals involved in the overall high performance environment surrounding the athlete.

A key outcome of the planning process is the production of a comprehensive tool, called a Yearly Training Plan (YTP). The YTP has many purposes; primarily it should articulate the optimal athlete pathway (LTAD referenced), by highlighting the major focus(es) of the training phases; i.e. how the coach plans to develop the key performance factors over the year. Another purpose the YTP serves is to communicate critical information including key competitions, training camps, and testing / monitoring dates, as well as major prophylactic (recovery) breaks within the year. A minimal expectation is that today's coaches are working with an electronic version of a YTP, enabling electronic communication to athletes and their support team regardless of geographical locations. Different electronic versions of a YTP are currently in use by BC, and Canadian coaches. MS Excel and word based platforms are the most common. As long as it satisfies the two main outcomes noted above, coaches are encouraged to continue using, developing and fine-tuning their own template. Ultimately, coaching success is determined by the ability to implement the plans that are created; so make the plan useful! As many coaches have commented, planning tools and the associated computer based MS Excel programs and widgets, as described here are only beneficial if there's a noticeable / appreciable improvement in the performance outcomes (athlete results) as a result of their use.



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Performance Point

As coaches progress through the National Coaching Certification Program (NCCP) levels, and / or work with athletes who are progressing through the various stages of LTAD (i.e. Train to Train to Train to Compete) the sophistication of the plans should also improve. NCCP Level IV task #12 (Planning and Periodization) is a professional development opportunity that coaches may want to explore if higher level planning / programming is of interest.

Fundamentally, the planning steps are similar, regardless of one's current coaching level, and the level of athlete being coached. Over the past 2 1/2 years, the Canadian Sport Centre Pacific has created helpful tools to assist coaches with the planning process, all with the intent of maximizing athlete and coach performance, and coaching efficacy, leading to more BC athletes and coaches on national teams, prepared and ready to win medals for Canada.

With the above said, there are 5 key tools in use by CSCP Performance Planners and our targeted sports within the Integrated Performance System (IPS). All of these tools assist the coaches in pulling together the critical information required to build a basic yearly training plan.

1. Sport Audit

This tool outlines the key performance factors for high performance sport. By highlighting actual gaps within the individual sport program, the sport audit creates a clear vision of where the priority areas of focus are for coach / athlete attention. Used at key intervals, i.e. the start and end of key training phases, the sport audit supports decision making action by the coach by constantly reminding them of their sport specific key performance factors, and their actual athlete / programming gap(s).

2. Targeted Athlete List

This tool serves to highlight targeted athletes within the provincial sport organization's (PSO's) high performance program. The list tiers athletes, based on sport specific performance criteria, and enables the provision of tiered services to these athletes based on the sport's funding capacity.

3. Camp Tracker

This tool highlights key camp dates, including purpose, location, services required, and outlines costs (budgets).

4. Performance Services Request Tool

As it sounds, this tool identifies the exact Performance Services requirements the coach has within the year. This tool is used by the CSCP Performance Services lead staff to create staff schedules and to complete budgets, ultimately ensuring athletes receive the support they need.

5. Gap Analysis

This is a tool utilized collaboratively by planners, coaches, and Performance Services Staff with individual athletes to identify technical, tactical, physical and mental gaps in preparation that can be addressed to enhance performance in a systematic way. The intervention strategies are called Gap Attacks.

Over the past two year period, TeamBC coaches have become familiar with a standardized version of a YTP template, developed by CSCP performance planners. This basic MS Excel document summarizes the above concepts, and pulls together all of the required information into a two-page document that enables communication, and outlines, clearly, the targeted competitions, camps, and service needs of the sport.

In the next Performance Planning Performance Point, we will discuss **performance benchmarking**, and what factors are critical to measure and monitor.

If you wish to receive further information on Performance Planning, please contact:

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