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Powering Podiums

International Perspective on High Performance Athlete
Development

June 25, 2018



Why are we here?

- What can we learn from other sport-centric nations to better develop our Canadian athletes?
- What are the major similarities and difference between how Canada structures it's sport system compared to other leading nations?



Setting the Scene

- Can we grow bananas in Canada?



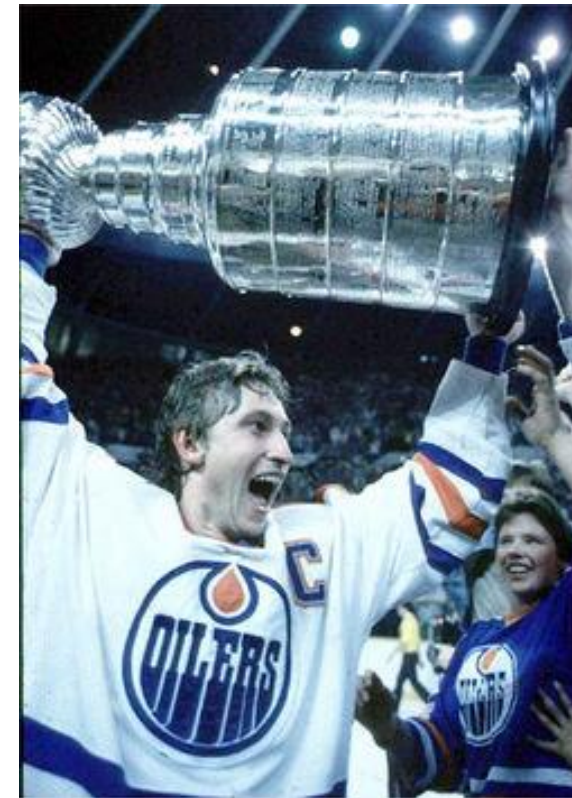


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Seeds = Genetic Potential



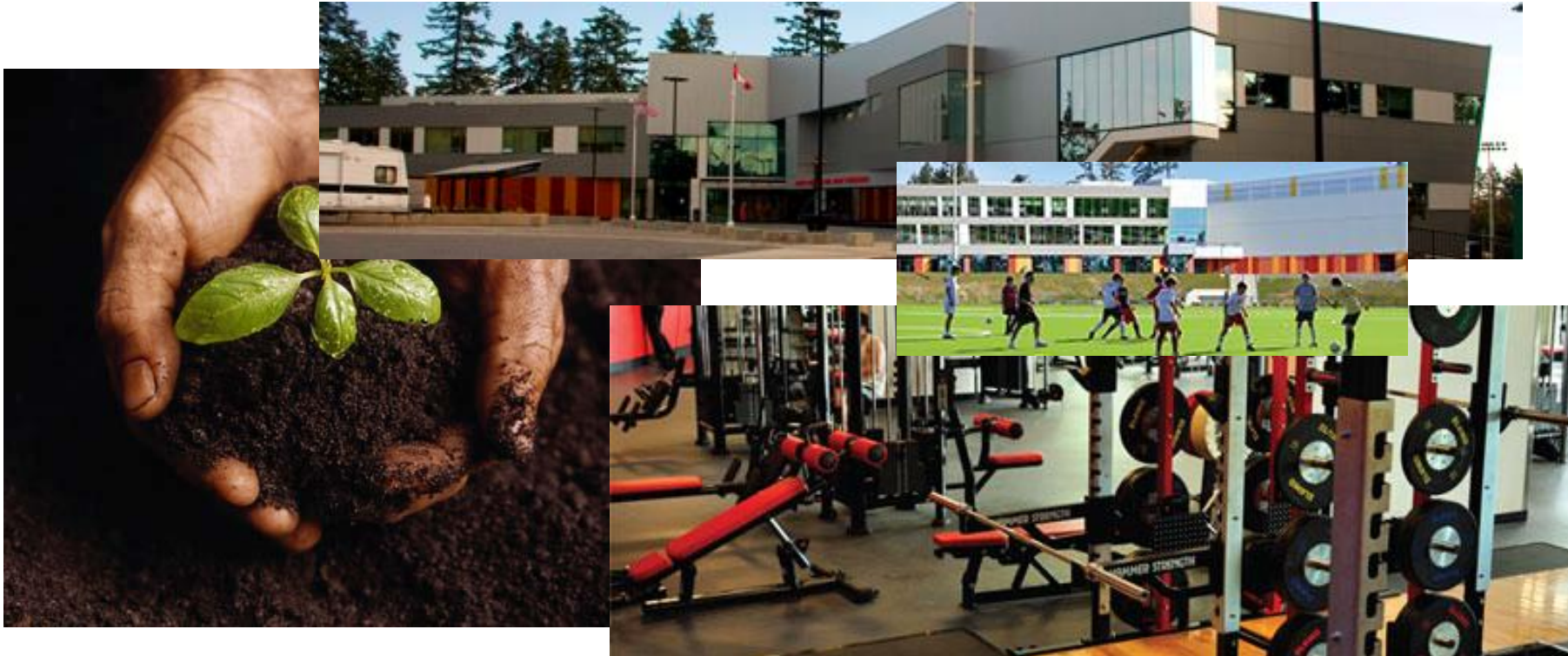


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Soil = Sport System (Nurture versus Trauma)





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Methods = Coaching

Creating Conditions for Deliberate Practice





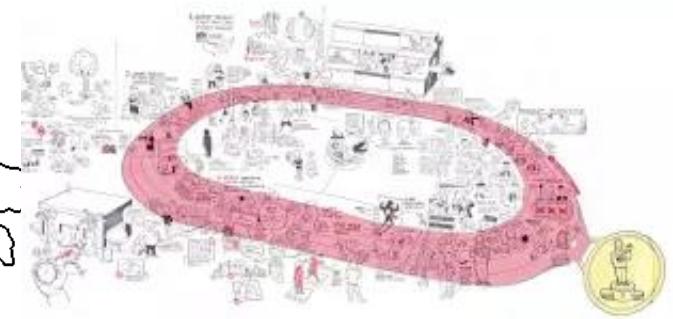
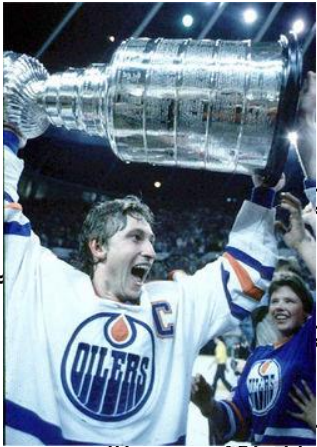
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Climate = Culture

Birthplace Affect or Gold Mine Affect



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Harvest = Investment / Development

De-selection, Transfer, Relative Age Affect or Reversal





Your turn

Consider Seeds, Soil, Methods, Climate or Harvest?

- Where are your sport strengths?
- Where are your sport gaps?
- Where can you learn from international perspectives or opportunities?



Dean Murten

Dean Murten is BC Rugby's Senior Manager, Rugby Growth & Development and leads BC Rugby's High Performance youth programs. Murten has also coached in Canada's U17 program for four years working on skill development and took over as head coach of Canada's U18/19 men's program in 2015 where he continues to work on core skills development. Murten will provide some insight into Ireland's academy structure and what Canadian athletes and coaches can learn from these environments.



BC
ALPINE

Anders Hestdalen

Anders Hestdalen is the General Manager of BC Alpine where he started his role in September 2017. Hestdalen is from Norway and possesses experience as an elite athlete and has worked at the National Sports Organization level in two different sports. Most recently he served as Director of Sports for the Norwegian Wrestling Federation and led the team in achieving a number of significant goals. In the six years prior he was employed by the Norwegian Alpine Ski Federation as a strength and conditioning coach with a special focus on high performance athletes. Hestdalen will share some of his observations of the Norwegian system in comparison to his recent experiences in Canada.



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Wrap Up

- What is your biggest take away?
- What can we do better or keep the same?