



ALBERTA JUNIOR TEAM AND DEVELOPMENT PROGRAM

Each season, the Water Ski & Wake Alberta Water Ski Team Committee (STC) will name Athletes to the Alberta Junior Team (AJT) and the Alberta Development Program (ADP).

ALBERTA JUNIOR TEAM

The objective of the AJT is to support the ongoing development of Alberta's most promising competitive Athletes, to aid their participation at Provincials, Westerns, and Nationals, as well as to prepare these Athletes for the potential of being chosen to ski for Canada at international tournaments, such as the CanAm Challenge, PanAmerican Championships, and Jr. Worlds.

Selection to the AJT is a natural progression from participation on the ADP, although participation on the ADP is not a prerequisite. Members of the AJT will generally, but not always, already have established coaching relationships and will already be somewhat familiar with the training required to compete Provincially, Nationally, and Internationally. One of the goals of the Junior Team is to facilitate access to a holistic approach to training.

ALBERTA DEVELOPMENT PROGRAM

The objective of the ADP is to provide a fun and developmental training framework for Alberta Athletes that have the skill, drive, potential, and aspiration to compete in sanctioned tournaments in Alberta. The ADP is intended to be the next step in the progression following participation in Rip 'N Ride or similar programs. One of the main purposes of the ADP is to introduce Alberta Athletes to a formal, structured training and give them further exposure to tournament water skiing.

TEAM SELECTION PROCESS, CRITERIA AND EXPECTATIONS

Team selection for both the ADP and AJT will be made by assessing the previous seasons tournament scores, demonstrated engagement in the previous season program and the underlying potential of Alberta Athletes (U18 as of January 1), who meet the criteria as outlined below. The STC is not obligated to fill all available spots and the final size of the AJT and ADP is at the discretion of the STC.

Age

- AJT – must be U18 as of January 1 of the selection year and minimally competing in the U14 category. Exceptions can be made at the discretion of the STC for high performing athletes in the U12 category
- ADT – must be U18 as of January 1 of the selection year



Residency

- 1) Athlete must be a Canadian citizen or permanent resident
- 2) Athletes must be living in and continuing to train in Alberta from May to September of the competition season.
- 3) Athletes for who as a result of extenuating circumstances are not able to meet the residency requirements as per item 2 (e.g COVID-19 travel restrictions or relocating to pursue waterskiing at an elite level) who have a longstanding history of representing Alberta, commit to continuing to represent Alberta, and there is evidence of connectivity to the province through maintenance of a secondary residence, and/or family engagement in the sport as volunteers in Alberta and/or development of the sport as builders in Alberta, may be deemed able to be part of the AJT or ADT at the discretion of the STC.

Gender

- The AJT and ADP will be comprised of minimally 1/3 of any given gender.

Athlete Ranking

Water Ski and Wakeboard Canada's National rankings will be used to determine the national benchmark score for each division. The past 3 years of scores for each division for each event will be averaged and will form the 3 Year National Benchmark Score Average. These division specific benchmarks will serve as the reference against which each Athletes score will be compared.

An Athlete's Best 2 Score Average for each event will be divided by the 3 Year National Benchmark Score Average for each event. For the 2022 season, scores were considered from 2019 and 2020 as a result of the 2020 season being dramatically impacted by COVID-19. For the 2020 season, scores from the same tournament may count towards the two best scores. This is as a result of mobility being severely restricted due to COVID-19. For the 2019 season, scores must be from separate tournaments. In the event of a tie, consideration will be given to the athlete with scores from 2 separate sites. The Athlete's scores from Slalom, Trick and Jump will be combined to give an Overall Calculated Score. The Athlete's Overall Calculated Score will be used as part of the criteria for team selection.

In the event where a benchmark score for a given event in a category is a significant departure from the others, the STC can at its discretion, establish the benchmark for that event by excluding the out of range score with the intent of normalizing the comparison of athletes across categories.

ALBERTA JUNIOR TEAM

COMPOSITION



AJT Size target is 10 Athletes, in which two can be allocated as Wild Card spots. Final team size is at the discretion of the STC.

Wild Card spots may be allocated at the discretion of the STC after giving consideration to a skier's performance in 1 or 2 events relative to the 3 Year National Benchmark Score Average in those events.

For the 2022 season the AJT will consist of an A and B stream. To be considered for the A stream, athletes must be ranked within the top 5 on the AJT ranking matrix and be ranked in the top 3 in any single event in their category in Canada.

AJT - PROGRAM DESCRIPTION, COST AND BENEFITS:

Participation in the AJT A Team stream will provide:

- Team uniform – hoodie/jacket, pants, T-shirt
- Fully subsidised fitness testing
- 8 fully subsidised one on one sport psychology sessions with Dr. Matteo Luzzeri
- 12 fully subsidised virtual coaching sessions with elite coaches Cole Grant and Trent Finlayson (8 each)
- 8 technical seminars from elite coaches Cole Grant and Trent Finlayson
- Access to on water training with local WSWA coaches
- Potential merit based reimbursement for tournament entry fees at Provincials, Westerns, Nationals and any Team Canada events for which the Athlete is chosen while on the AJT (e.g. CanAms, PanAms, Jr. Worlds).

Participation in the AJT B Team stream will provide:

- Team uniform – hoodie/jacket
- Fully subsidised fitness testing
- 7 fully subsidised group sport psychology sessions with Dr. Matteo Luzzeri
- 12 fully subsidised virtual coaching sessions with elite coaches Cole Grant and Trent Finlayson (8 each)
- 8 technical seminars from elite coaches Cole Grant and Trent Finlayson
- Access to on water training with local WSWA coaches

Membership with Water Ski & Wake Alberta (WSWA)

AJT athletes must be registered members in good standing of WSWA and agree to represent Alberta in all National and International competitions.

Training Camps



Training camps may or may not be conducted as part of the Alberta Junior team training program. This is due to potential restrictions imposed as a result of COVID 19. The intent for the 2022 season is to conduct training camps if possible. If a camp or multiple camps are made possible, they will be self-funded.

On Water Training

Training opportunities with subsidized coaching, will be provided to members of the AJT at Alberta-based Ski Clubs and Ski Schools. The details of these programs are at the discretion of the respective Clubs / Schools with a potential cost per set. The expectation is that members of the AJT commit to participate in these training opportunities on a regular basis.

Physical Testing

Physical fitness testing will be conducted to assess AJT Athletes for establishment of a database of physical fitness metrics and to promote physical fitness and physical preparedness. AJT athletes will:

- 1) Attend / perform pre and post season physical fitness testing

Sports Psychology Services

Sports Psychology Services will be provided to all AJT athletes by Dr. Matteo Luzzeri. Matteo holds a PhD in sports psychology as well as being a pro water skier.

- 1) AJT athletes ranked in the top 3 of any one discipline per the Jan 2022 WSWC rankings list will be eligible to receive one on one sports psychology services
- 2) AJT athletes not currently ranked in the top 3 of any one discipline per the Jan 2022 WSWC rankings list will be eligible to receive group sports psychology services

2022 Tournaments

AJT Athletes must compete in at least three WSWA sanctioned (C1, RC, WRL) tournaments. One of these tournaments must include Provincials as well as either Westerns or Nationals. Westerns and Nationals apply towards WSWA tournament totals regardless of organizing PSO. The intent of these requirements is to set a minimum expectation in terms of tournament participation. It is not meant to limit participation in tournaments as part of WSWC teams (e.g. CanAms, PanAms, Jr. Worlds). In the circumstance where there is a conflict, exemptions are allowed.

Volunteering

AJT members are required to volunteer at WSWA sanctioned events, tournaments and programs. An example is serving as dock starters, concessions and coaching Little Rippers.

Officiating



AJT athletes are required to officiate at Alberta based tournaments. Becoming an official is an excellent opportunity for AJT athletes to learn the rules of waterskiing as well as what is required to host a tournament.

Training Journal

AJT athletes are expected to maintain a record of daily training in a journal format.

Cost

The cost to participate on the AJT will be \$1000.00 payable concurrent with acceptance. In general, there will be no refunds to the team fee except in the event of exceptional circumstances, the determination of which is at the discretion of the STC.

ALBERTA DEVELOPMENT PROGRAM

COMPOSITION

The ADP will be comprised of Athletes who have competed in the previous season and who have demonstrated a desire to pursue competitive water skiing through active participation in WSWA or other events (example Hot Summer Nights). Athletes will be selected based on their previous season scores as indicated in the "Athlete Ranking section above.

ADP - PROGRAM DESCRIPTION, COST AND BENEFITS:

Participation on the ADP will provide:

- Ability to purchase an Alberta Development Program uniform
- Access to on water training with local WSWA coaches
- Opportunity to participate in AJT training events based on merit and availability of training times

Membership with Water Ski & Wake Alberta (WSWA)

ADT athletes must be registered members in good standing of WSWA and agree to represent Alberta in all National and International competitions.

On Water Training

Training opportunities with subsidized coaching, will be provided to members of the ADT at Alberta-based Ski Clubs and Ski Schools. The details of these programs are at the discretion of the respective Clubs / Schools with a potential cost per set. The expectation is that members of the ADT commit to participate in these training opportunities on a regular basis.



ADP members will be offered to attend camps depending on availability within the camp and at the discretion of the STC. Cost for the camp for ADP members will be determined based on a proration

2022 Tournaments

ADP Athletes are strongly encouraged to compete in as many WSWA sanctioned (C1, RC, WRL) tournaments as possible. Participation in these tournaments will not only improve the Athlete's skiing but will also contribute to the potential of being selected to the AJT for the subsequent season. Attendance at Provincials is not mandatory though strongly encouraged.

Volunteering

ADP members are required to volunteer at WSWA sanctioned events, tournaments and programs. Examples include serving as dock starters, concessions and coaching Little Rippers.

Training Journal

ADP athletes are not required but are strongly encouraged to maintain a record of daily training in a journal format. The Athletes journal can be reviewed with a representative of the AJT coaching team if desired.

Cost

There is no cost to participate in the ADP.