

## High Performance Stream Outline

The High-Performance Stream is part of an overall Stream-Based Model within the Saskatchewan Soccer Association. Centred around the participant self-selecting their own pathway within the game, High-Performance Stream sanctioned programs meet specific High-Performance standards. These standards are designed to be stringent and to focus on the essential intricacies athletes and coaches need to reach their dreams and goals.

Made up of seven athlete and coach development and competition programs, the High-Performance Stream structure and framework focusses mainly on individualized athlete and sport specific development, while also providing team based programming for Multi-Sport Games events. Following is a brief outline of each High-Performance Stream Program.

- **High-Performance Development Centre (HPDC)** – The HPDC the umbrella program outlining the Saskatchewan Soccer Association’s High-Performance female and male development pathway. Specifically focussing on the individual, athletes are identified and recruited from throughout the province and provided year-round periodized programming. Identified female athletes are recruited to the SSA’s Regional Excel Centre (REX) and identified male athletes are recruited to the Whitecaps Residency Prospects program. Both programs are centred in Saskatoon and provide programming that meets Canada Soccer and Vancouver Whitecaps standards and criteria respectively.
  - Female HPDC Programs
    - SSA Regional Excel (REX)
    - SSA Pre-Regional Excel
  - Male HPDC Programs
    - Whitecaps Residency Prospects
    - Whitecaps Reserve Prospects
    - Whitecaps Pre-Prospects (8-12)
- **Centre of Coach Excellence** – The CCE program consists of the C-License and the Provincial B Part-One courses. The C-License is the entry course to the High-Performance Stream. The Provincial B Part-One builds on the concepts presented in the C-License and prepares coaches for the National coaching certification pathway.
- **Centre of Goalkeeper Excellence** - The CGE program is centred around a specialized position. Based out of Saskatoon and potentially expanding to other areas of the province, CGE Goalkeepers are provided specialized weekly training sessions with certified Goalkeeping coaches during certain periods of the year.
- **High-Performance Training Centre/Dedicated Player’s Program** – Members from throughout the province can apply to the SSA for HPTC and DPP status. Requiring that specific standards are met, member entities meeting the Technical and Administrative criteria are subsequently granted access to High-Performance Stream programs. With new programs soon to be released by Canada Soccer however, the HPTC and DPP programs are currently being reviewed and re-evaluated.

- **11v11 Showcase Series** – The Showcase Series is an event designed to provide SSA High-Performance Stream athletes, coaches, and officials with 11v11 soccer year-round. This event occurs 4-5 times yearly and allows participants to focus strictly on game development, as no standings or match results are recorded. With new programs soon to be released by Canada Soccer, the Showcase Series has been made available to all High-Performance and Competitive Stream participants in 2018.
- **Multi-Sport Games** – The Team Sask program identifies athletes from throughout the province for Multi-Sport Games events. The Canada Summer Games (CSG) and the Western Canada Games (WCSG) each take place every four years, while alternating every two years. The next WCSG event is scheduled for August 2019, in Swift Current Saskatchewan, while the next CSG is set for the Niagara region of Ontario in August, 2021.

If you would like further information or have any questions, please feel free to email or call our High Performance Technical Staff:

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