



WORKING WITH IST

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OUTLINE

- My background
- What is an “IST”
- Purpose/Function of an IST
- Working as a [Integrated] team
- Questions

INTEGRATED

SERVICE

TTEAM

WHO DOES IST SERVICE

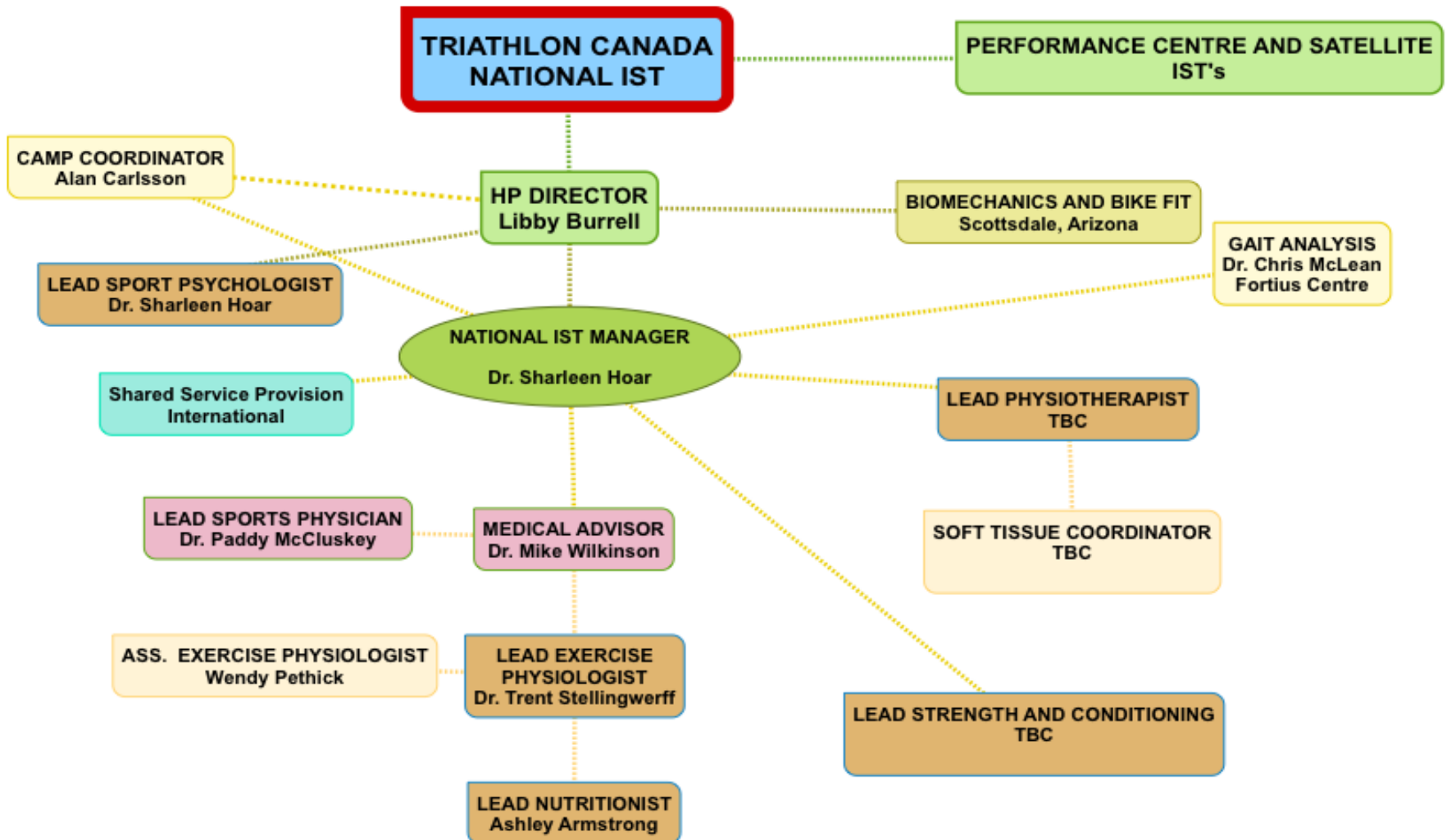
SPORT SCIENCE STAFF

- Physiologist
- MPC/Sport Psychologist
- Nutritionist
- S & C expert
- Biomechanist/Performance Analysis
- Other technical experts as appropriate (e.g., Bike Mechanic)

SPORTS MEDICINE STAFF

- Sports Medicine Physician
- Physiotherapist/Athletic Therapist
- Massage Therapist
- Chiropractor
- Psychiatrist
- Other medical providers as appropriate





FACTORS TO CONSIDER

SIZE and COMPOSITION of IST will be based on:

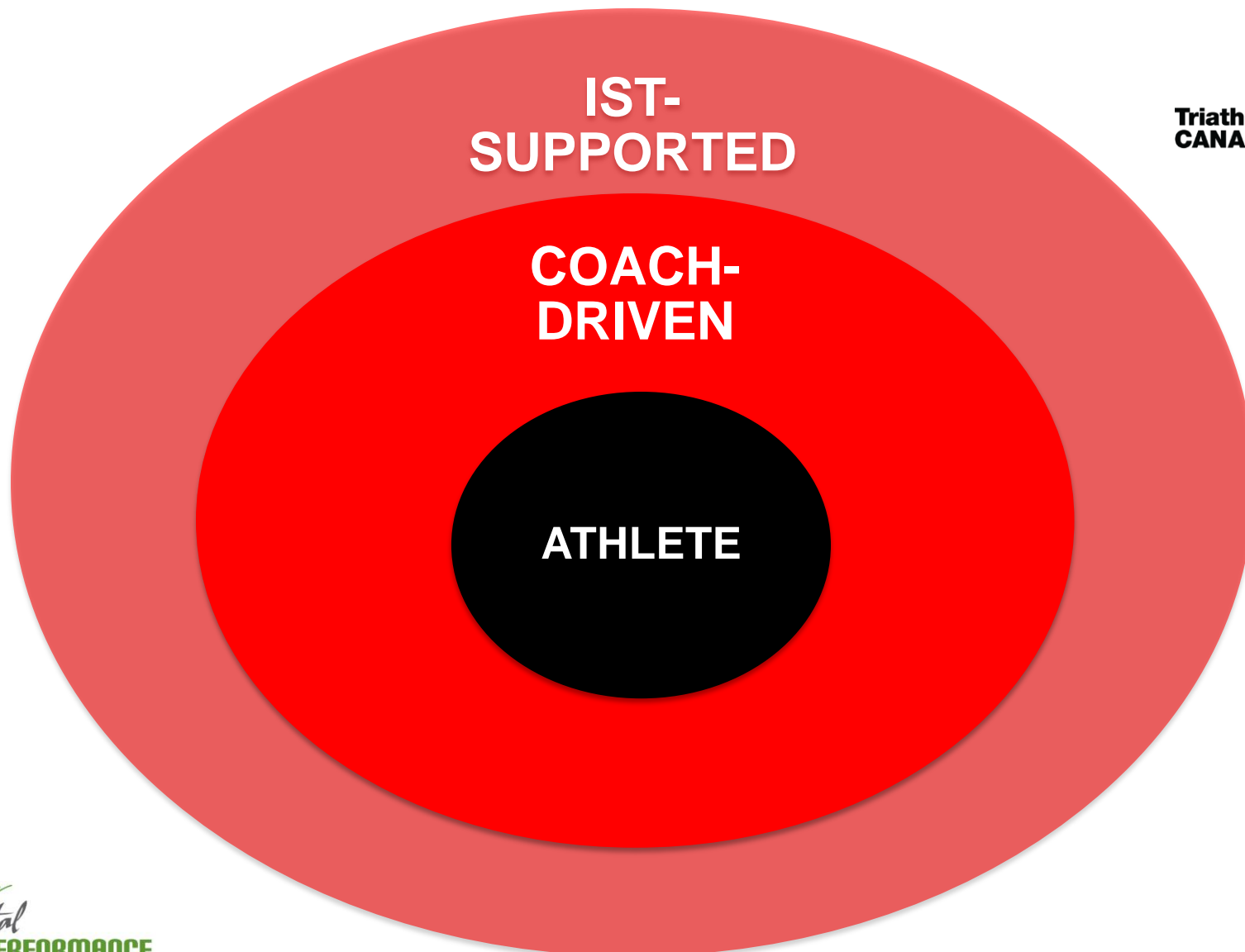


- Location of your training group
- Relationship to the coach/coaching staff
- Identified gaps
- Budget
- Availability of recognized experts

- Exceptional technical expertise
 - Practical experience and success as a service provider
 - Professional accreditation or registration in discipline
- Ability to work within a high performance team
- Ability to communicate and integrate with coaches, and other IST personnel



IST PURPOSE AND FUNCTION



IST PURPOSE AND FUNCTION

UNDER
PERFORMANCE

PERFORMANCE

EXCEPTIONAL
PERFORMANCE

ILL- HEALTH

HEALTH

EXCEPTIONAL
HEALTH

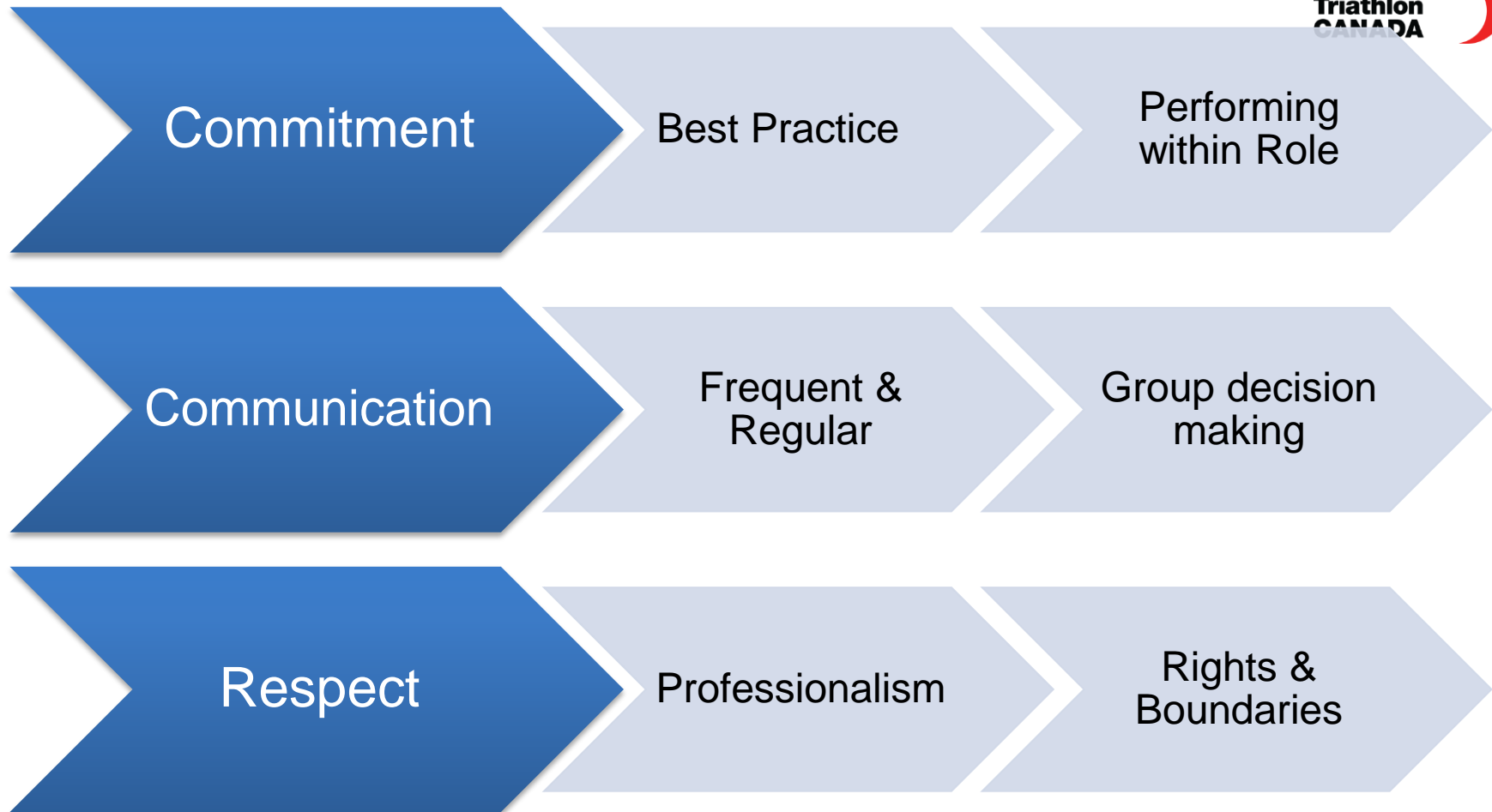
NT IST OPERATION & MANAGEMENT STRATEGY

- Education Session
 - NT & DT IST requirements and accountabilities
 - Role and function of IST; Chair and Discipline leads; Clarity in scope of practice; Agreed meeting management framework
- Regular contact between IST, Coaches, and Athletes in DPE and Competition
 - Expectations for communication
 - CAMP (database)
- IPP forms (athlete details)
 - Expectations for deliverables to athletes and coaches
 - Clarity in mandate for IST
- YTP - monitoring, meetings, and performance review

OTHER FACTORS TO CONSIDER

- A code of conduct
 - IST including confidentiality requirements
 - conduct of meeting
 - conflict resolution

WORKING AS A TEAM



THANK YOU



NATIONAL SKI TEAM DIRECTION OVERVIEW 2010 & BEYOND



“SKIING TO WIN”

PERFORMANCE SKIERS WINNING AT ALL LEVELS	HPD/COACHES WORLD LEADING DIRECTION	ATHLETES DEDICATED & DETERMINED	SUPPORT STOPPING AT NOTHING
STARTING IN 2010/11 & WITH CONTINUAL ANNUAL IMPROVEMENT: 2010/11 MINIMUMS ... WORLD CHAMPIONSHIPS - 1 MEDAL - TOP 6 RELAY (M) WORLD CUP - 4 MEDALS (3M/1F) - 1 TOP 6 RELAY (M) WORLD CUP TEAM ATHLETES - 2 Top 12 EACH - CONSISTENT WC POINTS U23 WORLD CHAMPIONSHIPS - 1 MEDAL - TOP 8 IN DISTANCE (M/F) - TOP 6 IN SPRINT (M/F) JUNIOR WORLD	‘TOUGH, BUT FAIR’ SYSTEM - PERFORMANCE-BASED - EVIDENCE- BASED, PROFESSIONAL Y-SUPPORTED DECISION MAKING - ‘NO- BLAME’/SWIFT RESOLUTION BEHAVIOUR - CLEAR COMMUNICATION NST COMMUNITY ENVIRONMENT - PERFORMANCE DRIVEN/ OF PURPOSE/ BRAND STRONG NST POSITIVE/ TRAINING ENCOURAGING ENVIRONMENT SUPPORTING ELEMENTS - MANDATORY &	NO EXCUSES - CRITIQUE SELF FIRST TOTAL COMMITMENT - 100% EFFORT - OPEN MINDED APPROACH - ALWAYS PREPARED TO TRAIN & COMPETE - SUPPORTING LIFESTYLE - HONEST & OPEN COMMUNICATIO N - CONTRIBUTE TO IDEAS & INNOVATION - ACCOUNTABLE TO THE NST INDIVIDUAL & COLLECTIVE RESPONSIBILITY - UPHOLD NST BRAND ADVOCACY	PROGRAM COMMITMENT - RESOURCE FOR PROGRAM - ADVOCATES FOR NST - RESPECT FINAL DECISION OF COACHES - CONTRIBUTE IDEAS, INNOVATION, & LIVE NO-STONE- UNTURNED ATTITUDE - UPHOLD NST BRAND ROLES & RESPONSIBILITIES - CONTRIBUTE TO ROLE CLARIFICATION - RESPECT ROLE LIMITS & EXPERTISE OF ‘OTHERS’ - ADHERE TO NST COMMUNICATION & MEETING PROTOCOLS PROFESSIONAL DEVELOPMENT - IDENTIFY & EXECUTE PLAN - PARTICIPATE IN ANNUAL REVIEW OF CONTRIBUTION

FOUNDATION & PHILOSOPHY

“THE NST BRAND IS EVERYONE AND EVERYONE IS THE NST BRAND!”

PERFORMANCE DRIVEN, PASSION FOR SKI RACING & TRAINING, CANADIAN PRIDE, RESPECT, TRUST, HARD WORK YET FUN & ENJOYABLE, ACCOUNTABILITY OF ALL, TOUGH BUT FAIR WITH CLEAR COMMUNICATION, FORWARD THINKING & INNOVATIVE THAT IS BACKED BY SCIENCE & EXPERTISE, THE ‘JACKET’ IS AN HONOUR & A RESPONSIBILITY!

- SEE TOTAL
COMMITMENT!