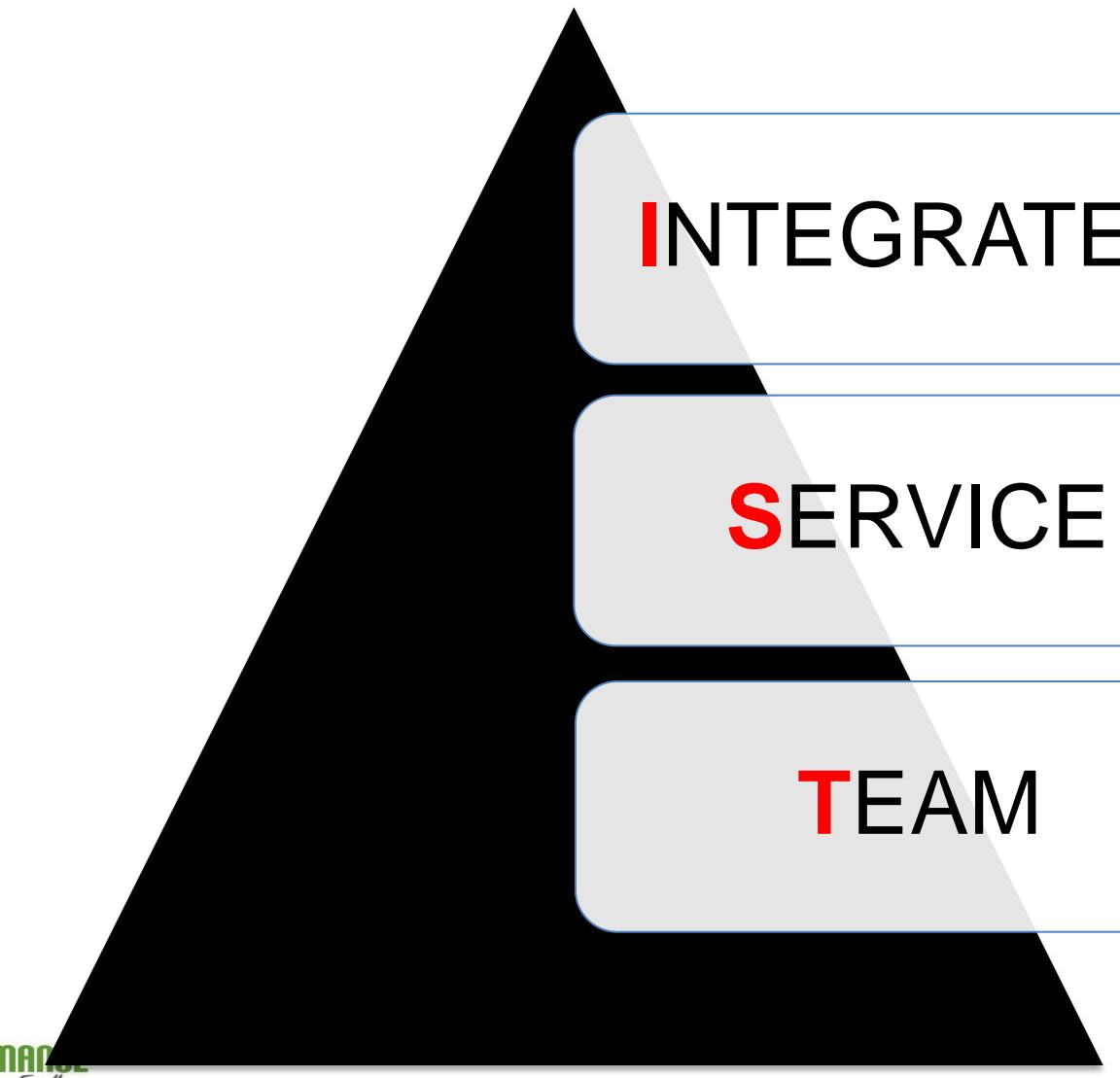


# WORKING WITH IST

Sharleen Hoar, Ph.D.  
Mental Performance Consultant  
TriCanada IST Lead

# OUTLINE

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



**INTEGRATED**

**SERVICE**

**TEAM**

# WHO DOES IST SERVICE

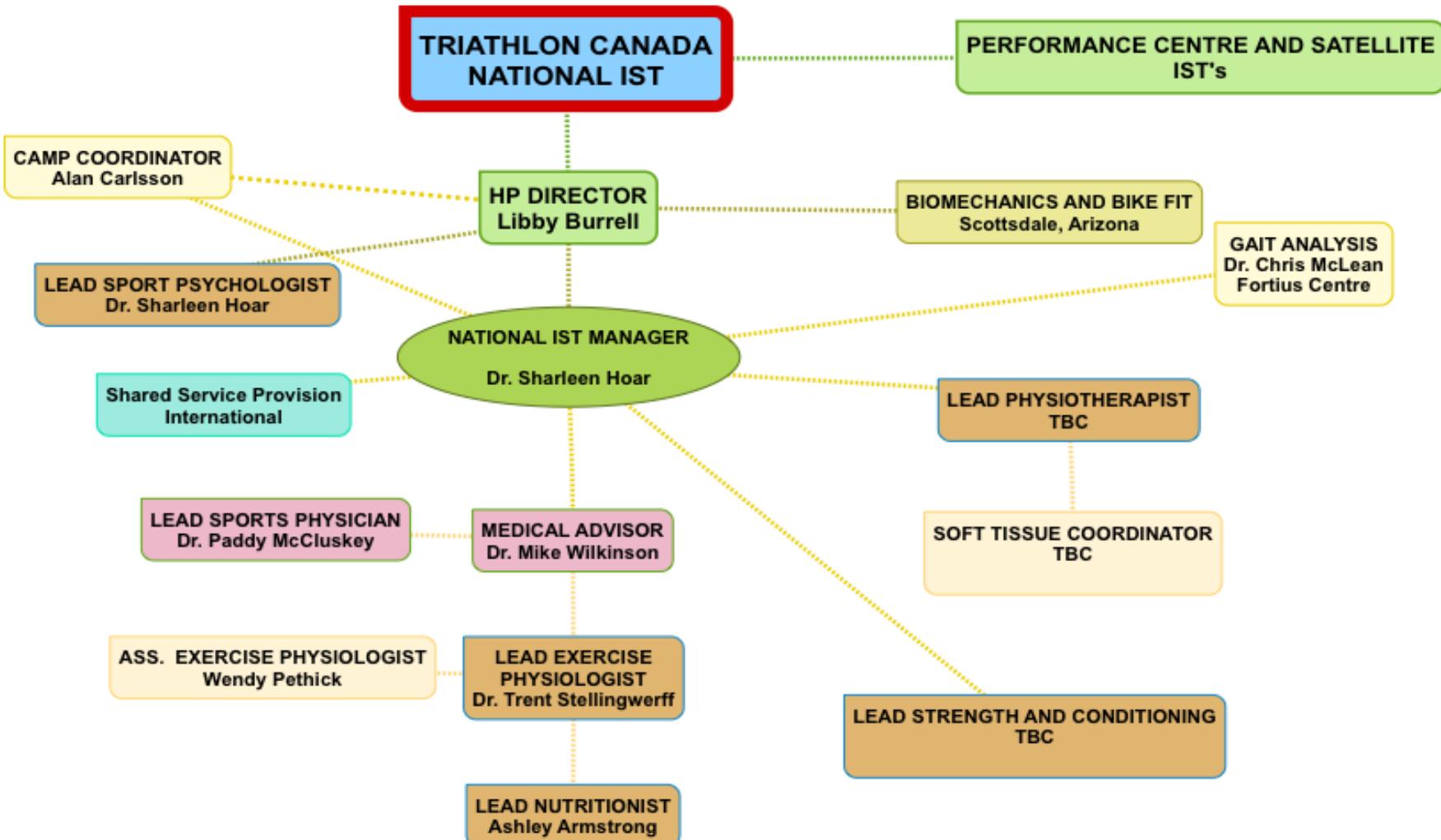
## SPORT SCIENCE STAFF

- 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

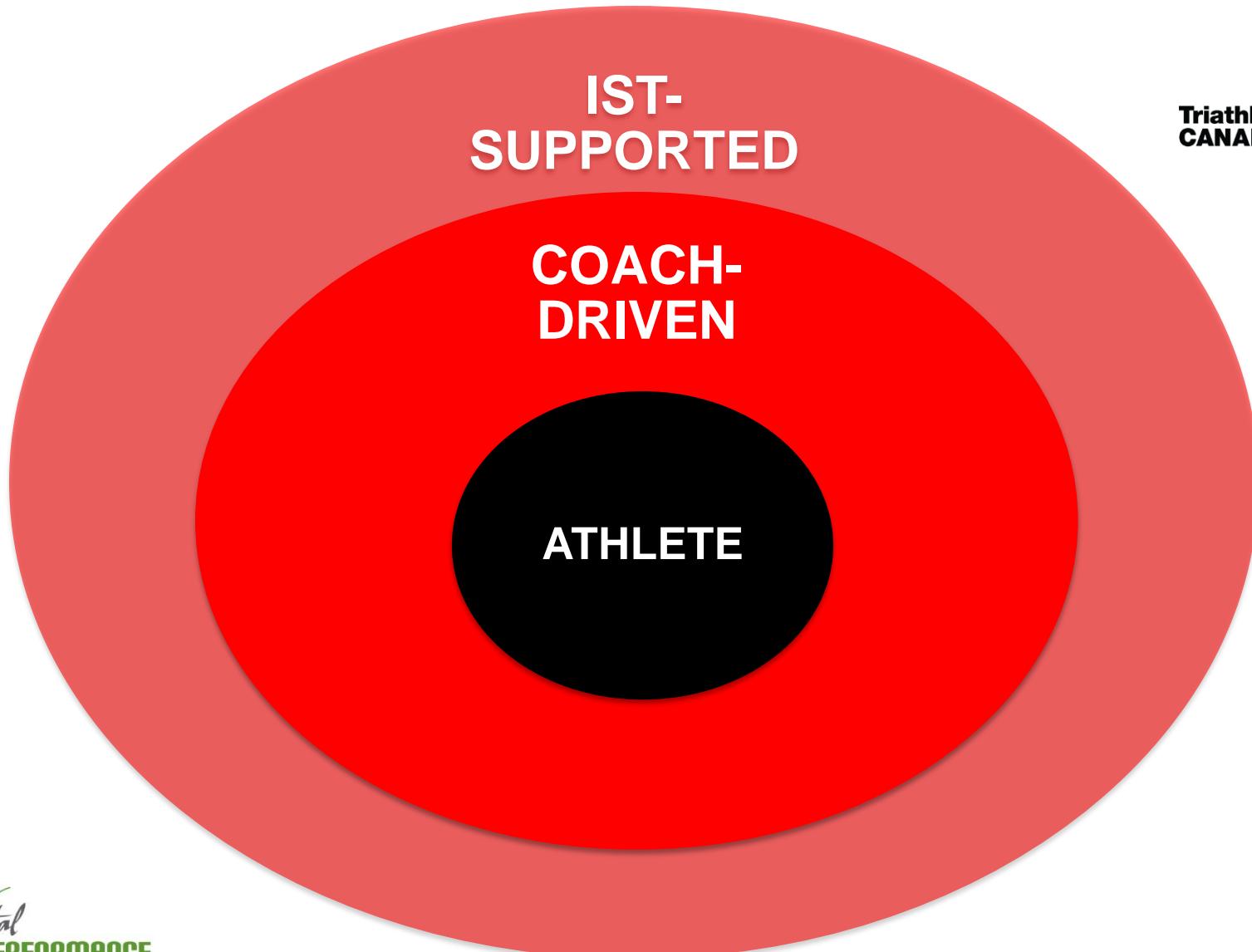


# MENTORIST SKILL SET

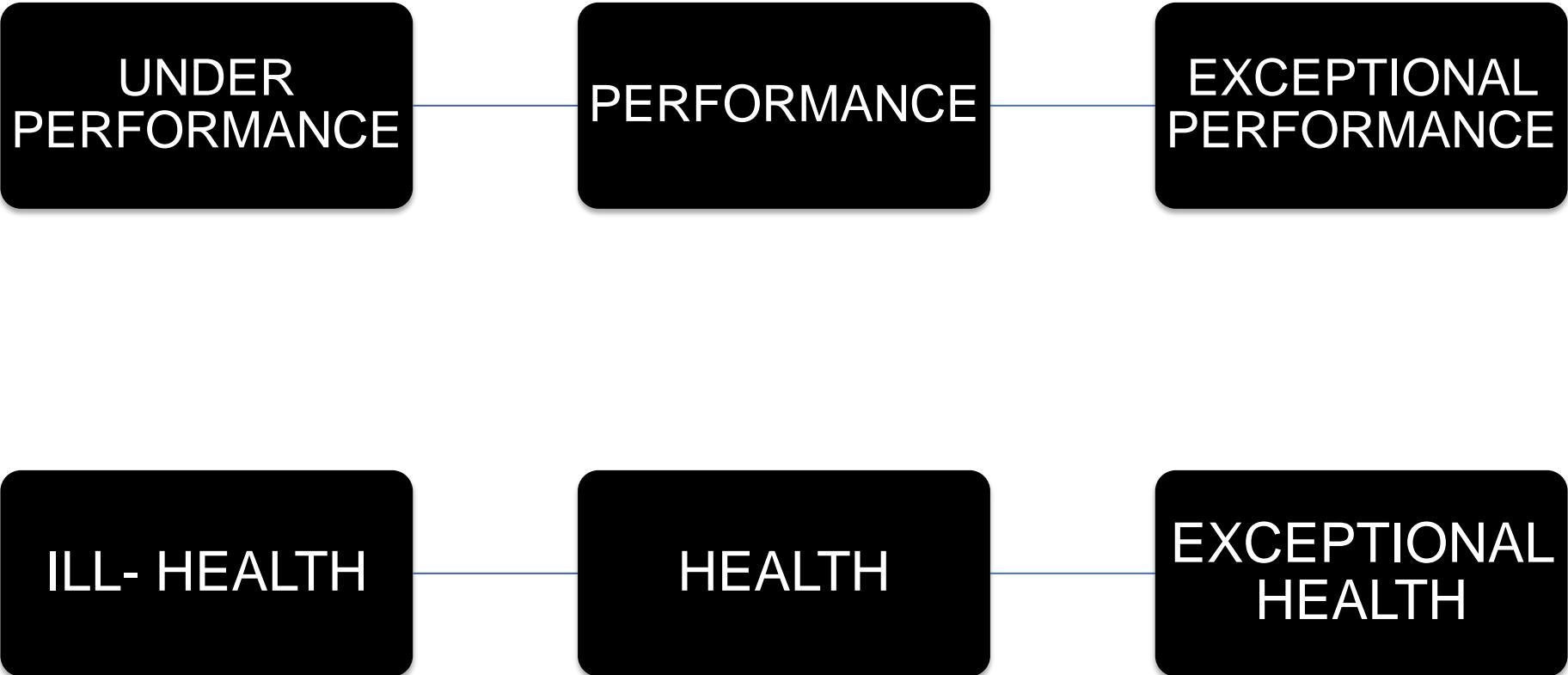


- Exceptional technical expertise
  - Practical experience and success as a service provider
  - Professional accreditation or registration in discipline
- Ability to work within a high performance team
- Ability to communicate and integrate with coaches, and other IST personnel

# IST PURPOSE AND FUNCTION



# IST PURPOSE AND FUNCTION



# 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

Commitment

Best Practice

Performing  
within Role

Communication

Frequent &  
Regular

Group decision  
making

Respect

Professionalism

Rights &  
Boundaries

# THANK YOU

CANADIAN  
SPORT  
INSTITUTE

INSTITUT  
CANADIEN  
DU SPORT

Triathlon  
CANADA



ANY  
QUESTIONS  
?

# “SKIING TO WIN”

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

## 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!