



Ignite Program



Looking ahead

- In 2021, we created a high performance plan in consultation with our NS coaches and Biz Price that would take us to the end of 2025
- Room for annual review and changes
- The broad concept is still the same but changes have been made and will continue to be made as we evolve and our sport evolves - we are looking beyond 2025.
- Summer is the time for review and preparation for the upcoming season(s)
- Input from our Team BC coaches as well as feedback from our Ignite Coaching Team will guide the process for what Team BC, Next Gen and Prospects looks like for the coming year(s)
- Looking at broadening the programs – How do we include senior athletes in a meaningful way? What does the Prospects program evolution look like?

Transitioning to High Performance:

Where do I begin?

- **Assessment Camp**

- Any athlete interested in the high performance pathway is welcome to attend the assessment camp.
- We encourage athletes to discuss their personal goals and the skills required for the Ignite Provincial Program with their Club Head Coach.
- BCAS knows that the coach is the best person to advise if it is the right time for the athlete to begin their journey on the high performance pathway
- This camp allow athletes to experience the high performance training environment and provide the opportunity to work with the top athletes in BC.
- These camps expose athletes to ***what it takes to win*** and build the training habits and skills that will lead to podium performances and national team opportunities

