



## 2022-2023 Ignite High Performance Program

The 2022-2023 Ignite High Performance Plan will be released soon. As we wait for it to be finalized, we want to share a summary of **‘what to expect’** in relation to high-performance programming for the coming year. The information presented below is subject to change when the final 2022-2023 Selection Process and High Performance Plan are released and there may be other events added to this plan.

Just a reminder that the vision of the **Ignite High Performance Program** focuses on club-supported programming that includes Junior and Senior athlete development and BC Coach collaboration in preparation for the 2025 Canada Summer Games. BCAS will rely on clubs to develop and monitor high-performance athletes in alignment with provincial program goals. The Provincial Program will consist of assessment camps, choreography and development camps, athlete monitoring within the club setting, and other activities as prescribed in the HP Plan. The goal of this three-year plan is to foster the development of strong club programs that foster and develop excellence in BC.

### 2022-2023 Year at a Glance

	When	What	Relevant Criteria	Lead	Where
2022	September	Distribution of technical routine choreography videos, music, & write-up		BCAS	Email
	October	CAS Audition & Development Camp		CAS	Calgary, AB
	November	Targeted Athlete Program Monitoring Data Due	1. Aerobic Power 2. Flexibility	Club Coach	Online
	December	Club Preparation		Club Coach	
2023	January	<b>Selection Event</b> – NS Provincial Qualifier	1. Team Elements* 2. Individual Swim – Tech Team	BCAS	SSLC, Surrey
	February	<b>Selection Event</b> – NS Provincial Championships	1. Team Elements* 2. Individual Swim – Tech Team	BCAS	NAC, Nanaimo
		TAP Monitoring Data Due	1. Aerobic Power 2. Flexibility	Club Coach	Online
	March	National Qualifiers		Club Coach	East
	April	Ignite Prospects Talent ID at PS Provincial Qualifier	11-12 Figure Event	BCAS	Watermania, Richmond
	May	Canadian Championships		CAS	West
		TAP Monitoring Data Due	Team Elements*	Club Coach	Online
		Ignite Prospects Talent ID at PS Provincial Championships	11-12 Figure Event	BCAS	NAC, Nanaimo
	June	<b>Selection Event</b> – Ignite Assessment Camp	1. Aerobic Power 2. Flexibility 3. CAS Height Sequence 4. Team Elements* 5. Individual Swim – Technical Team	BCAS	TBD
July	Ignite High Performance Summer Camp		BCAS	TBD	

*\*Team elements with metronome set at 140 BPM following Team BC Technical Team counts*