



Team Sask High Performance Team Criteria

2026/27

The High-Performance Team is comprised of Pre-Novice to Senior level athletes who meet the criteria below. The Athlete Development Committee of Skate Saskatchewan will offer these athletes opportunities and funding to help them continue to develop on the Podium Pathway.

Targeted Athletes

- Pre-Novice to Senior level athletes who have not yet met the Elite Team criteria but are continuing to develop their technical abilities as part of Team Saskatchewan.
- Athletes who have demonstrated an ability to attain the Qualifying Minimum Score but are not yet among the top skaters in Canada. Achieving the QMS does not automatically secure a spot on the HPT.

Singles Criteria

(Technical Element Score from the Free Program, subject to change with updated well balanced program)

Minimum Technical Element Scores:

- Pre-Novice Women **22.00**
- Pre-Novice Men **19.00**
- Novice Women **27.50**
- Novice Men **27.00**
- Junior Women **35.50**
- Junior Men **35.50**
- Senior Women **40.00**
- Senior Men **44.50**

Pairs / Ice Dance Criteria

- Pairs and Ice Dance team considerations evaluated annually compared to the national standard (subject to monitoring, submitted training plan, previous results including both skater's singles)

Opportunities

- Two Team Training Days (TTD)
- High Performance Team Summer Simulations (July)
- High Performance Team gear provided (training shirt, etc...)
- Individual mental skills sessions 3/year
- Individual nutrition sessions 2/year
- Strength & Conditioning at Team Camps and TTD
- Fitness testing at TTDs
- Spring 2026 Strength & Conditioning opportunity (virtual or in person)
- Other Sports Science opportunities offered in conjunction with TTD (injury prevention, concussions, etc...)
- Out of province competitions subsidized (pending selection)
- Out of province training opportunities subsidized (pending selection)