



Prospect Program

On-Ice Group Structure

What is Changing

The program will continue to operate with three on-ice groups, but the structure of Group 3 will change.

- Groups 1 & 2: Continue with structured sessions with a facilitator.
- Group 3: Will operate in a training environment with facilitators rather than a fully structured session

Why This Change Is Being Made

Group 3 is intended to support pre-competitive skaters who are working toward applying to Team Sask.

The new format allows skaters to:

- Train in a more realistic high-performance environment
- Receive guidance while maintaining independence
- Practice applying technical skills in a training setting

Benefits for Skaters

- Better preparation for high-performance programs
- Development of training habits and independence
- Exposure to the expectations of competitive training environments



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