



# Hockey Canada Gold Medal Pathway



June 23, 2023

## Gold Medal Pathway Program:

Welcome to the Hockey Canada Gold Medal Pathway Pilot program for the 2023 / 24 hockey season. We are excited to get our journey underway in working with our Member Branches and you, our Gold Medal Pathway programs, in a collaborative effort to build the optimal development pathway for emerging high-performance coaches and players. The goal is to maximize both coach and player development so they can reach their potential and provide the greatest chance for as many players as possible, to play at as high of a level as possible, for as long as possible. Through this process, you will have access to exclusive resources and support from Hockey Canada.

### **What is the Gold Medal Pathway?**

Hockey Canada's Gold Medal Pathway (GMP) defines the specific stages and processes that emerging high-performance coaches, technical/non-technical support personnel, and athletes follow to focus and increase rates of development for improved individual results and more podium finishes for Team Canada.

**The vision of the GMP** - *To be the most successful and sustainable high-performance hockey nation in the world.*

**The mission of the GMP** - *To design a national system by which coaches, technical/non-technical support personnel, and (most critically) athletes participate in a consistent and deliberate framework at the highest levels of minor hockey to maximize the potential of emerging high-performers.*

**The core values of the GMP** - *Improved performance, sustained enhancement, and building upon our legacy.*

**The strategy of the GMP** - *(1) to optimally influence the daily training environment of Canada's emerging high performers, and (2) design a methodical approach to evaluation through education.*



## **What mitigating strategies are proposed in the GMP to close identified gaps in our system?**

The Gold Medal Pathway aims to consolidate the performance and development philosophy in Canada for emerging high-performers (EMP); the values, beliefs and curriculum shared among those who have a direct influence over the daily training environment (DTE) of EMP. This is in effort to create consistencies in development across the country to improve the performances of Canadian athletes and teams.

**The Gold Medal Pathway consist of 2(two) options:**

### **1) Gold Medal Pathway – LITE VERSION**

#### **GMP Team Requirements:**

- 1) Accept invite to GMP Team on Hockey Canada Network App
- 2) Complete Monthly Training Plan
- 3) Complete Player Assessment sessions at start of season (3)

#### **Hockey Canada Deliverables:**

- 1) Member Branch / GMP Team introduction webinar
- 2) Hockey Canada App subscription and weekly drills
  - 15 Weekly Practice plans
  - Pond to Podium National Team skill drills (100+)
- 3) National Team Teaching / Coaching resources
  - Over 100 U18 / U20 / WNT practice drills
  - National Team Tech Package
  - U17 Tech Package
  - 10 Skills / Habits / Concepts presentations
- 4) Off Ice Warm Ups / Cool Downs
- 5) Skills Coach Presentation Webinars
  - 13 bi-weekly Skills Coach presentations (October thru March)
  - National Team Coaching Webinars (throughout season)
  - Player / Parent Webinars (monthly)
- 6) Player Assessment Practice plans and tracking sheets
- 7) Monthly training plan template



## 2) Gold Medal Pathway – FULL VERSION

### **GMP Team Requirements:**

- 1) Accept Invite to GMP Team on Hockey Canada Network App
- 2) Complete 3 player assessment plans and submit video of assessment plans (3)
- 3) Submit team assessment tracking sheet (cumulative after 3 assessments are complete )
- 4) Complete and submit monthly training plans
- 5) Submit video of 1 practice per month
- 6) Submit video of 1 game per month

### **Hockey Canada Deliverables:**

- 1) Member Branch / GMP Team Introduction webinar
- 2) Hockey Canada App Subscription and weekly drills
  - 15 Weekly Practice plans
  - Pond to Podium National Team skill drills (100+)
- 3) National Team Teaching / Coaching resources
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  - 10 Skills / Habits / Concepts presentations
- 4) Off Ice Warm Ups / Cool Downs
- 5) Skills Coach Presentation Webinars
  - 13 bi-weekly Skills Coach presentations (October thru March)
  - National Team Coaching Webinars (Throughout season)
  - Player / Parent Webinars (monthly)
- 6) Player assessment practice plans and tracking sheets
- 7) *Provide feedback and support on monthly training plan*
- 8) *Provide feedback and support on practice video submission*
- 9) *Provide feedback and support on game video submission*
- 10) *Exclusive opportunities to attend National Team Camps / Webinars*

Teams who wish to be part of the Gold Medal Pathway - Full Program will complete a “request for participation” to ensure they are fully aware of the commitment and requirements to receive the full package of benefits that come with being part of the Gold Medal Pathway - Full Program. (page 5)



The Gold Medal Pathway will provide a framework on which to devise individual technical skills, team strategy and tactics, as well as other physiological (physical) and psychological (mental) skills criteria. Ultimately, if the purpose of the GMP is to improve individual and team performance internationally, emerging high performance team coaches play a significant role in defining the components that underpin that performance. The Gold Medal Pathway developed by Hockey Canada collaboratively with our Member Branches and Emerging High-Performance Teams will serve as the benchmark for the development of this pathway.

We look forward to working and collaborating with you throughout the season.

Sincerely,



Corey McNabb  
Director, Next Gen Development  
Hockey Canada  
[cmcnabb@hockeycanada.ca](mailto:cmcnabb@hockeycanada.ca)





## Gold Medal Pathway

### Request for Participation in the Gold Medal Pathway Full Program

By completing the fields below you are requesting to be part of the Gold Medal Pathway Full Program. We will work with your Member Branch in determining the successful candidates to ensure clarity on the requirements of being part of the full program in order to fully engage in all aspects of the Gold Medal Pathway.

Team Name: \_\_\_\_\_

Location: \_\_\_\_\_ Province: \_\_\_\_\_

You are not required to have personnel in all of the positions below, but at minimum someone on your staff should be responsible for the specific area.

Team Manager / President: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Skills Coach: \_\_\_\_\_

Goaltending Coach: \_\_\_\_\_

Strength / Conditioning Coach: \_\_\_\_\_

Mental Performance Coach: \_\_\_\_\_

Video Coach: \_\_\_\_\_

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Name of person completing request: \_\_\_\_\_

Role on Team: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_

Completed form can be sent to Corey McNabb, Director, Next Gen Development, Hockey Canada via e-mail to [cmcnabb@hockeycanada.ca](mailto:cmcnabb@hockeycanada.ca)

