



Athlete Information

In order for us to evaluate your practice your evaluator requires some information about the athletes you are working with.

Name	Age	Position	Skill Level <small>*See description below</small>

Skill Level*

Please objectively quantify the skill level of your athlete using one of the CCA Definitions of Athletes outlined below.

Canadian Curling Association Definitions of Athletes

Novice

- A beginner in the sport
- Has less than 1 season experience or on ice time
- Has not played in a league for a full season
- Has played less than 20 games
- Has minimal knowledge of all aspects of the game

Aspiring Intermediate/Developing Intermediate/Advanced Club Athlete

- An individual who has participated in some CCA Provincial or Territorial sponsored novice or intermediate clinics
- A individual who may have had some curling lessons by a qualified instructor
- An individual who has played in one or two full seasons in a competitive club league
- Athletes with a basic knowledge of
 - Technical
 - Game plan Preparation
 - Strategy
 - Rules of the game (including scoring)
- Athletes with a general awareness of:
 - Mental and physical preparation
 - Goal setting
 - Team Dynamics
- An athlete who is committed to exploring learning opportunities that foster the development of knowledge, skills and attitudes required to compete at the local, provincial, national and international levels.



Advanced Intermediate/Advanced Club Competitor/Emerging High Performance Athlete

- An individual, who has an interest in competing in playdowns and provincial level events
- An individual who is interested in developing the skill and has demonstrated the ability to play at the next level
- An individual who is interested in training year-round in the areas listed below under the direction of an expert in the field
- Athletes who are willing to play in super/select leagues and cash spiels (or tour events) and has demonstrated success in club/league competitions
- Athletes with a general knowledge base in:
 - Mental preparation
 - Physical preparation
 - Technical
 - Game plan Preparation
 - Goal setting/Season Planning
 - Strategy
 - Team Dynamics
 - Nutrition
- An athlete who is committed to exploring learning opportunities that foster the development of knowledge, skills and attitudes required to compete at the Provincial, national and international levels.

High Performance Athlete

- An individual, identified through competitive achievement, as having the potential skill, ability and interest in competing at the national and international level
- An individual who has competed in playdowns (annually) and who is striving to compete at provincial and national levels
- An individual who has demonstrated a commitment to training year-round
- An individual who has demonstrated success in super leagues or who has demonstrated the potential skill and ability to compete in curling tour events
- Athletes have an above-average knowledge in:
 - Mental preparation
 - Physical preparation
 - Technical
 - Game plan preparation
 - Goal setting/Season Planning
 - Strategy
 - Team Dynamics
 - Nutrition
- An athlete who is committed to exploring learning opportunities that foster the development of knowledge, skills and attitudes required to compete at the national and international levels.



High Performance Elite Athlete

- An individual, identified through competitive achievement, as having the potential skill, ability and interest in competing at the national and international level
- An individual who is identified through sustained or repetitive competitive achievement at the Olympic, international, national levels or as identified by CTRS or WCT ranking systems.
- An individual who intensively trains year-round
- Athletes who utilize the expertise of sport sciences to continuously improve their knowledge and application of:
 - Mental Preparation
 - Physical Preparation
 - Team Dynamics
 - Nutrition
- Athletes with an extreme amount of knowledge in:
 - Mental preparation
 - Physical preparation
 - Technical
 - Game plan Preparation
 - Goal setting/Season Planning
 - Strategy
 - Team Dynamics
 - Nutrition