



High Performance Program 2026-2027

Vision: The CURLSASK High Performance Program will strive to create an environment conducive to guiding present and future athletes/teams toward podium results at National and International competitions

Mission: CURLSASK will help provide the necessary programming to increase the level of achievement and performance of our Developmental and Podium teams/athletes and coaches through ongoing training opportunities, consulting services and resources to allow for continuous growth and development both inside and outside the sport of curling

The goal of the Curlsask HP Program and it's participants is to create a 'Culture' built on the standards and norms essential in training and preparation for competition – hard work, commitment to yourself as an athlete or coach AND the team, support, accountability, and more hard work – the Saskatchewan way!

*Teams successfully included in the HP program can expect mandatory physical fitness testing in June (start of off-season) and September (prior to competition) with standards and improvement needed, compulsory technical accountability checks both at the Curlsask Early Ice Training Centre and at the Regional Performance Centre in season, regular 'Success Factor' coach communication with the Director of HP, and other mandatory training sessions to be announced, in addition to regular information gathering, team competition schedules, and other updates (some of these expectations may not apply to first year U18 teams).

**In addition, it is the expectation that the teams applying under the Podium category, specifically U20, all have a realistic chance of a podium finish at the Curlsask U20 Provincial Championships.

CURLSASK HP PROGRAM - Team - 4 Person and Doubles

DEVELOPMENTAL (U18 Eligible)

- \$600 entry / \$300 MD's
- 6 provincial consultant sessions available
- 4 sport science sessions available (2 for MD's)
- Free ice - CURLSASK Early Ice Training Center – Martensville – Aug 15 – Sept 30, 2026 & CURLSASK Regional Training Centre -Moose Jaw – Oct 1 2026 – March 27, 2027
- Priority access to CURLSASK training equipment
- Professional development opportunities for coaches free including National Webinar access both live and recorded as well as mentoring / game observation upon request
- Free CURLSASK HP gear
- Priority for age related invitational special events

Program benefits including the above list of Sport Science, U18 Mental Performance Training external, Sport Specific HP Consultants, Early Ice rental, Regional Performance Centre rental (RPC), HP Apparel, Curlsask Equipment usage, National Webinar opportunities = approximate value **\$4170**

PODIUM (U20 Eligible & 25 and Under (Combined age <= 100, <=50 for MD's)

- \$800 entry / \$400 MD's
- 6 provincial consultant sessions available
- 6 sport science sessions available (3 for MD's)
- Free ice - CURLSASK Early Ice Training Center – Martensville – Aug 15 – Sept 30, 2026 & CURLSASK Regional Training Centre -Moose Jaw – Oct 1 2026 – March 27, 2027
- Priority access to CURLSASK equipment

- Professional development opportunities for coaches free including National Webinar access both live and recorded as well as mentoring / game observation upon request
- Free CURLSASK HP gear
- Priority for age related invitational special events

Program benefits including the above list of Sport Science, Sport Specific HP Consultants, Early Ice rental, Regional Performance Centre rental (RPC), HP Apparel, Curlsask Equipment usage, National Webinar opportunities, Full event athlete/coach mentorship (Director of HP) approximate value = **\$5230**

CURLSASK Individual HP – 25 and Under

- \$300 entry
- 2 provincial consultant sessions available
- 2 sport science sessions available
- Free ice - CURLSASK Early Ice Training Center – Martensville – Aug 15 – Sept 30, 2026 & CURLSASK Regional Training Centre -Moose Jaw – Oct 1 2026 – March 27, 2027
- Priority access to CURLSASK equipment
- Free CURLSASK HP gear
- Professional development opportunities for coaches free including National Webinar access both live and recorded as well as mentoring / game observation upon request

Program benefits including the above list of Sport Science, Sport Specific HP Consultants, Early Ice rental, Regional Performance Centre rental (RPC), HP Apparel, Curlsask Equipment usage, National Webinar opportunities, Full event athlete/coach mentorship (Director of HP) approximate value = **\$1743**

Other Program Notes:

***Curlskask's Early Ice Training Centre for 2026-27 will be in Martensville – with Ice available from Aug 15 – Oct 1, 2026. The Regional Performance Centre (in-season) will be in Moose Jaw with ice available Oct 1, 2026 – March 25, 2027. Teams will have mandatory HP technical checks pre-season in Martensville as well as follow-up technical accountability checks in Moose Jaw mid-season. The HP Program runs from June 1, 2026 – April 15, 2027**

****Both Sport Science sessions and Provincial Consultant sessions can commence June 1 and will end on April 15. Please see applicable sport science consultant lists at www.smscs.ca - Programs and Services - Science / Sport Consultant Directory - contact Tyson Brinkworth – edcoordinator@smscs.ca to book. Payment is covered through the HP Program - you should not be paying for service and sending in receipts if the consultant you are working with is a certified Provincial SMSCS Consultant. See attached Provincial consultant request form and videos for both Sport Science usage and Provincial Consultant usage. Teams will be sent information to submit regarding planning of the first half of the SMSCS funding sessions – what it will be used for and why**

***** Teams / coaches - please use Provincial Consultant Request Form (link on the following page) when setting up or inquiring to set up a session with a provincial consultant**

Important Links:

Provincial Consultants List – To be sent out when updated (2026-27 List)

Provincial Consultant Request Form [Copy of Provincial Consultant Request Form \(1\).docx](#)

What To Expect - Sport Science Usage:

<https://drive.google.com/file/d/1IZY2FITy1LobbYeWqKOYsLUpH7Wq7dPr/vi?usp=sharing>

What To Expect - Provincial Consultant Usage:

<https://drive.google.com/file/d/1x0L9Nq7D8gl2ijGDPAaZ3XCIXQ0MiGDn/view?usp=sharing>