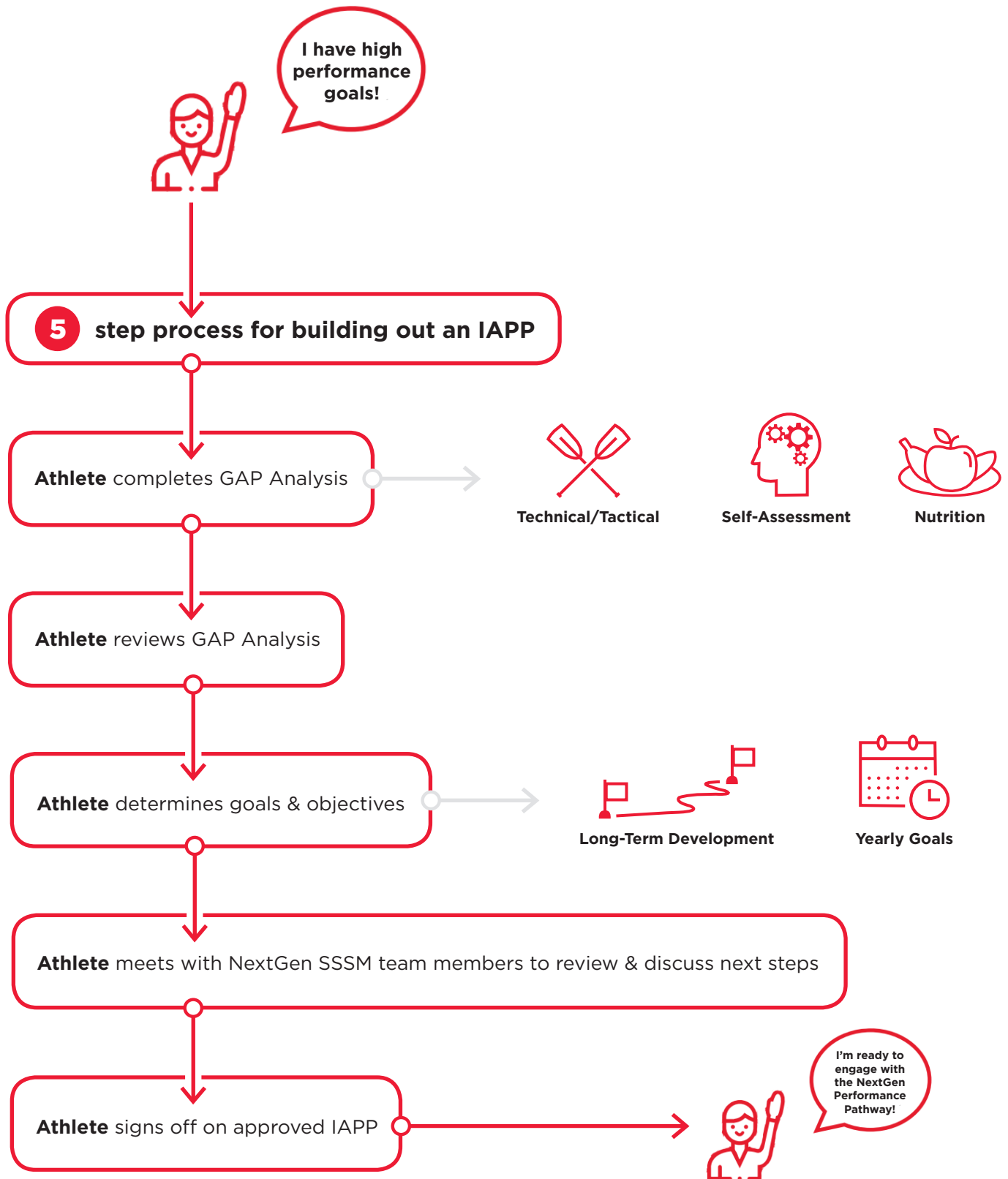


# Individual Athlete Performance Plan (IAPP)



## 1

### GAP ANALYSIS

Comparing an Athlete's actual performance with their potential or desired performance

	GAP Analysis - Technical/Tactical	GAP Analysis - Athlete Self-Assessment	NextGen Nutrition Assessment
<b>WHO</b>	NextGen Performance Centre Coach (with Athlete's DTE Coach)	Athlete	Athlete
<b>HOW</b>	On <b>Kinduct</b> , go to the <b>Athlete's page</b> . Select <b>Surveys</b> from the dropdown menu. Scroll down to <b>GAP Analysis - Technical/Tactical</b> . Click on the <b>+</b> icon next to the form name. Answer all questions and <b>submit</b> . <i>DTE Coaches without Kinduct access will be provided with an Excel template.</i>	On <b>Kinduct</b> , click on the <b>Surveys</b> tab. Click on the <b>+</b> icon next to the form named <b>GAP Analysis - Athlete Self-Assessment</b> . Answer all questions and <b>submit</b> .	On <b>Kinduct</b> , click on the <b>Surveys</b> tab. Click on the <b>+</b> icon next to the form named <b>NextGen Nutrition Assessment</b> . Answer all questions and <b>submit</b> .

## 2

### GAP ANALYSIS REPORT

Athletes review a report from Kinduct in preparation for Step 3

	Pull GAP Analysis Dashboard report from Kinduct	GAP Analysis Review
<b>WHO</b>	Athlete and Performance Centre Coach	Athlete
<b>HOW</b>	The Athlete will email their Performance Centre Coach indicating that they have completed Step 1. The Coach will pull the Athlete's GAP Analysis Dashboard report from Kinduct and email it to them.	The Athlete must review their submissions and begin to identify priority areas/goals to focus on. The Athlete's goals should reflect any gaps in their GAP Analysis.

## 3

### GOAL SETTING, OBJECTIVES & LONG-TERM DEVELOPMENT PROFILE

Athletes begin contributing to their IAPP by completing goal setting and objective forms

	Long-Term Development Profile	Yearly Goals and Objectives
<b>WHO</b>	Athlete	Athlete
<b>HOW</b>	On <b>Kinduct</b> , click on the <b>Surveys</b> tab. Click on the <b>+</b> icon next to the form named <b>Long-Term Development Profile</b> . Answer all questions and <b>submit</b> .	On <b>Kinduct</b> , click on the <b>Surveys</b> tab. Click on the <b>+</b> icon next to the form named <b>Yearly Goals and Objectives</b> . Answer all questions and <b>submit</b> .

## 4 REVIEW MEETING & IAPP COMPLETION

Athletes meet with key NextGen SSSM team members to review forms and discuss next steps

**IAPP Review Meeting**

**Establish an agreed upon Daily Training Environment (DTE) Schedule**



**WHO**

Athlete and at least 2 of the following: NextGen SSSM Lead, NextGen Performance Centre Coach, Provincial Technical Representative, RCA NextGen Program Lead. Athletes may request additional individuals participate in the meeting.

**HOW**

Each Athlete will have a meeting to review the forms that have been submitted in the previous steps. The group will discuss the information submitted and adjust if agreed to. The meeting will ensure the goals align with the gaps.

A 12-month calendar that identifies the Athlete's month to month DTE is created and completed within Kinduct by a NextGen program staff member.

A completed IAPP is available to all parties through the reporting section on Kinduct

## 5 IAPP APPROVAL & CIRCULATION

The finalized IAPP is reviewed and agreed upon

**All parties sign off on plan**

**IAPP shared with Club Program - Centralized**

**IAPP reviewed with Club Program - Regional**



**WHO**

Athlete and Performance Centre representative

NextGen Operations Committee

NextGen Operations Committee

**HOW**

A hard copy is printed, then dated and signed by the Athlete and Performance Centre representative.

IAPP is shared with the Athlete's home club.

IAPP is shared with the Athlete's home club. Agreed upon plans are signed and dated by a club representative. Any adjustments made to the plan would go back to the athlete for approval.

Once signed off by all parties, the final IAPP is scanned & uploaded to the Athlete's Kinduct profile