

Red Shirt Effect - SSSAA Programs (January 25, 2021)

Program	Description	Release Date
IG Live Sports Info Sessions (for Coaches and/or Athletes)	Regular IG Live Presentations starting February 11th with Scott Morrison, Assistant Coach of the Boston Celtics talking about Motivating young athletes to train in today's world. Available to all coaches and athletes in all sports.	Feb. 11th and biweekly to begin
REPerformance Virtual Training Platform	Web based training program. Develops training programs in four week blocks. Students will do a pre-test which will determine the exercises and repetitions. Platform bases training program on equipment available (if any). Can be individualize to each student. Final test after four weeks will allow for new program with new goals to be developed.	February 1
Indigenous Sport Ambassador	Identified an Indigenous Sport Leader who will work with each school to identify and engage Indigenous students who want to participate in a particular sport or simply develop their fitness.	February 1
Sports Ambassadors from Thunder Bay Community	Available as a resource for coaches, these 14 passionate sport influencers will connect with coaches regularly to provide training resources and ideas.	February 1
Generalist Fitness Coach	Identify a generalist fitness coach that will work with schools to identify any students in our schools that do not want to be part of a school team but wish to develop their fitness, maybe towards a specific goal (i.e. run 5km). Recruiting focus. Regular check-ins with students to assess progress and suggest programming.	February 15
Equipment Grant Program	Home work out equipment (i.e. resistance bands, exercise balls) that will support students who cannot afford them will be provided to schools on a monthly basis. The first piece of equipment provided will be resistance bands that will support exercises on the REPerformance platform.	February 22
Sports Psychology Sessions	Three part series released monthly focused on sports psychology and mental training for coaches to use with teams or individual athletes. Each session will build on each other providing coaches with a road map to enhanced mental training in sport. Pre-recorded sessions with accompanying hand-outs.	February 22
Access to Local Sport Expertise	Compiled list and contact information for local sport and fitness experts who are mobilized and ready to work with teams in specific areas such as power, strength, flexibility, nutrition, sports psychology, etc.	February 22
Other Programming Partnerships	Advertise and partner with other programs currently operate such as OFSAA Café, Football Canada sessions and other PSO programs	Ongoing
Fitness Challenges	Encourage coaches to develop or use established fitness challenges to motivate students such as the Great Canadian Running Challenge	Ongoing
Nutrition App	Access to technology that will help support and encourage behaviours that will enhance a students fitness level	TBD
Video Analysis Software	Specific technology based access or coaching education to allow for coaches to better use technology to improve athlete performance	TBD