



HIGH PERFORMANCE CENTER



III AMERICAS CONTINENTAL FORUM
BOGOTÁ, COLOMBIA
OCTOBER 29 – 32, 2014

ASPC Operations

Board Structure

Preparation to be “in the hunt”

Best conditions to train, elevate performance and prepare to compete

Develop our people



UPDATES

- **Continental Activity**
- **Committee Work**
 - **Web page Upgrade to DRUPAL 7 (Adaptative for Mobile)**
<http://www.sportperformancecentres.org/>
 - **Newsletter 2014**
 - **FORUM 2015 and Continental FORUMS 2014 EUROPE & AMERICA**
 - **Marketing / Communications**
 - **ASPC Partnership Strategy/Global Partnerships (IOC and PASO)**
 - **Exchange Program**
 - **Self Assesment Tool**
- **Website Domain - www.sportperformancecentres.org**
- **ASPC Database**





NEWS

2014 ASPC AMERICAS CONTINENTAL FORUM

09/07/2014

2014 ASPC AMERICAS CONTINENTAL FORUM will take place, October 29th- November 1st, 2014 in Bogotá,...

European Forum 2014 in Papendal (Final Program)

07/31/2014

Next September...

ASPC Update Newsletter Spring 2014



05/05/2014

The new ASPC Newsletter...

FORUMS

Tue, 08/27/2013 - Fri, 08/30/2013

VIII International Forum on Elite Sport, Rio de Janeiro (Brasil)

Brazilian Olympic Committee together with the Organizing Committee of the Rio de Janeiro 2016 Olympic Games, the Secretary of Sports of Rio de Janeiro State and Secretary of Sports of Rio de Janeiro City is hardly working for the...

Sun, 08/28/2011 - Thu, 09/01/2011

VII International Forum on Elite Sport, Paris (France)

Forum VII International Forum on Elite Sport
INSEP, PARIS , FRANCE

Administer

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2015 Plan

Communications Web Upgrade- DDBB

ASPC Partnership Strategy/Global Partnerships

Increasing Value for members

- self assessment tool

By Laws Review - Membership

Exchange Program

2015 FORUM – Puerto Rico – August 26-29



Assessment Scale

The self assessment tool defines various stages of increased capacity for each dimensions in scope. Each dimension contains a unique description of multiple capabilities relevant to that dimension. The assessment tool is used as a framework to identify:

Current State – level which describes the current state assessment for each component.

Target State – level which describes the target future state vision for each component based on a 3-5 year timeframe.

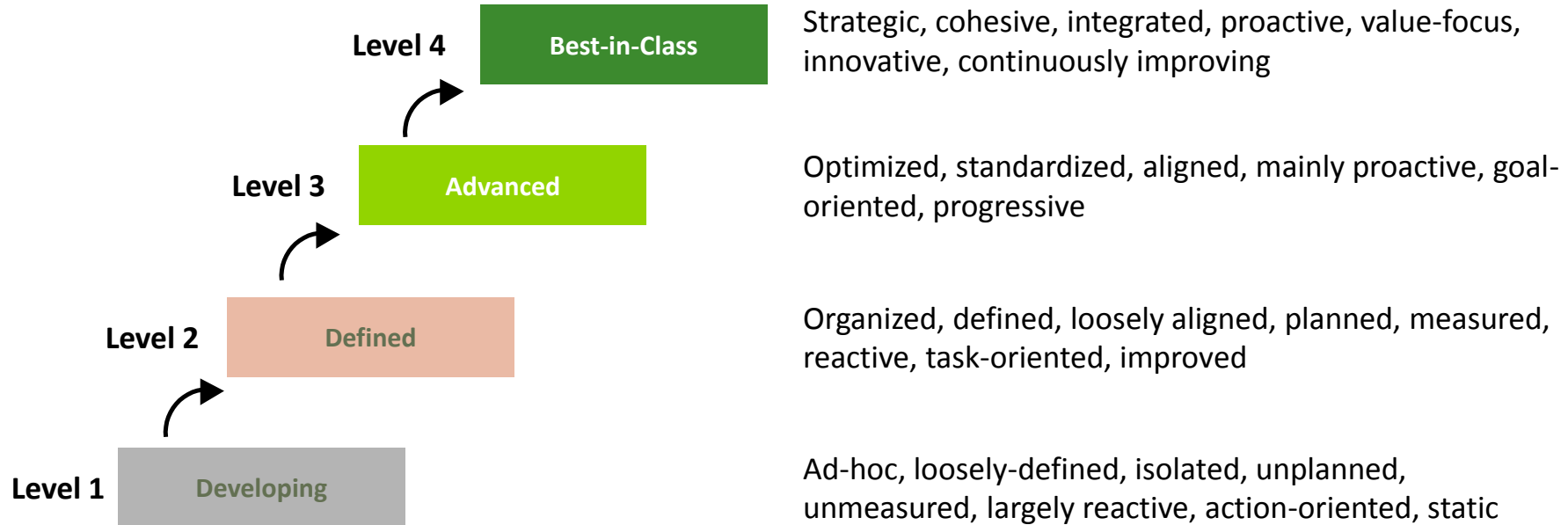


Table of Contents

- Facilities
 - Generic and Sport Specific Facilities
 - Food Services
 - Accommodation
- Performance Services
 - Coaching
 - Performance Analysis
 - Medicine (Basic Health), Sport Medicine
Para-Medicine
 - Sport Science

Table of Contents

- Support Services
 - Athlete Support
 - Life Services
 - Education
 - Youth and Pathway Development
 - Research and Innovation
- Operations
 - Governance
 - Human Resources and Management Practices
 - Marketing and Promotion
 - Revenue Generation (Sustainability)

Components of World Leading Institutes: Food Services



Food Services

<ul style="list-style-type: none"> •Facility does not offer food services for athletes. •Vending machines with snack alternatives are located in close proximity to major training venues. •Non-affiliated food services exist within reasonable proximity—off site. 	<ul style="list-style-type: none"> •Venue offers one major cafeteria location within close proximity to major training locations. •Menus created parallel basic dietary standards. •Meal services available at least limited times for 5 days a week. •Special menus for diet restricted athletes limited. •Facility provides resources or education in regards to performance nutrition irregularly. •Nutritious snack and recovery foods are available through vending machines located throughout the facility. •Organization provides a discount on food services for athletes. 	<ul style="list-style-type: none"> •Meets the priority needs of the Training Groups at times convenient to the athletes' schedule. •Venue offers one major cafeteria location, within close proximity to major service locations. •Menus are designed by professional chefs considering athlete micro and macro nutrient demands. •Menus display basic nutritional values of meals served i.e. calorie, carbohydrate and protein content. •Meals consist of affordable quality ingredients promoting healthy eating habits and athlete performance. •Meal services available meets the basic needs of resident athletes. •Meals offered are adaptable to cater to athletes with dietary restrictions e.g. gluten/lactose free. •Facility takes basic steps to promote quality healthy practices beyond facility walls. •Nutritious snack and recovery drinks/foods are available through strategically located vending machines throughout the facility. e.g. weight room, medical center. •Resident athletes are limited to one meal per day paid for by Organization, additional meals are available at a discounted rate. 	<ul style="list-style-type: none"> •Meets all the needs of the Training Groups at times convenient to the athletes' schedule. •Dedicated service to high performance sport. •Venue offers one or more major cafeteria location, and additional kiosk sites with in close proximity to major service locations. •Menus are designed by dietitians and professional chefs ensuring meals produced are of the highest quality and cater to athlete micro and macro nutrient demands for all sport disciplines. Dietitians coordinate with chefs and develop individualized meal plans for specified athletes. •Menus display basic nutritional values of meals served e.g., calorie, carbohydrate and protein content. •Meals consist of whole and high quality ingredients promoting healthy eating habits and high level performance. •Full meal services available exceed the needs of resident athletes; offering a wide variety of pre-workout and recovery options. •Meals offered are adaptable to cater to athletes with dietary restrictions e.g., vegetarian, gluten/lactose free. •Facility educates and promotes high performance nutrition habits encouraging healthy practice beyond facility walls. •Post workout recovery drinks and snacks available and sport specific; nutritious snack and recovery drinks/foods are available through kiosks and strategically located vendors throughout the facility. e.g. weight room, medical center. •Food Services fees are covered by Organization for resident athletes.
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Components of World Leading Institutes: Education



Education

- Organization does not offer any opportunities for combining secondary or post-secondary education with athlete preparation and training.
- Organization does not possess any relationships with post secondary or online/distance education institutions.

- Organization is partnered with a middle and secondary school institution contributing to the standard education and credit requirements required for diploma completions. Programming is flexible in accommodating the training, travel, and competition demands for high performance stream athletes.
- Organization has established relationships with reputable post-secondary and graduate institutions providing access to counselling assisting students in career and education options.
- Organization has established relationships with distance education providers that facilitate access to high quality online learning opportunities.

- Organization provides required middle and secondary school academic programming on site, contributing to the standard education, credit requirements necessary for diploma completions and the qualifications necessary to pursue post-secondary education. Programming offers flexibility in accommodating the training, travel, and competition demands for high-performance athletes.
- Organization has established relationships with reputable post-secondary and graduate institutions offering deliverables directly benefiting resident high performance athletes e.g., early registration, tuition vouchers and career/academic counselling.
- Organization offers mentoring programs assisting students in exploring career and education options.
- Multiple learning options are available including full time, part time and on line learning options
- Athletes have access to tutor support, access to internet while travelling and portable devices
- Organization has established relationships with distance education providers that facilitate access to high quality online learning opportunities.

- Organization provides on site, required academic programming, grades 6-12, contributing to the standard education, credit requirements required for diploma completions and the qualifications necessary to pursue post-secondary education. Programming offers flexibility in accommodating the training, travel, and competition demands for high-performance athletes.
- Organization has established relationships with reputable post-secondary and graduate institutions offering deliverables directly benefiting resident high performance athletes e.g., early registration, tuition vouchers and career/academic counselling.
- Organization offers mentoring programs assisting students in exploring career and education options. Institutions provide access to established professionals who provide valuable advice in regards to personal and professional development.
- Organization has established relationships with distance education providers that facilitate access to high quality online learning opportunities.
- Knowledge transfer and personal/professional development are paramount to the development of people.

2006 (15 members)
2007 (25 members)
2008 (30 members)
2009 (40 members)
2010 (51 members)
2011 (52 members)
2012 (55 members)
2013 (59 members)

2013 breakdown

- Africa 6
- America 13
- Asia 3
- Europe 28
- Oceania 9



Performance Training Centers

2.0 A NEVER ENDING JOURNEY





Challenges:

- intentionally select 3-5 people that are at least a generation younger than you, that you can mentor, direct and guide.
- will enhance international sporting competitiveness. Who are you developing? What young leaders are you mentoring?
- ASPC regeneration is a leader's duty. Need to stay current in your field or skills will rust.
- an infusion of leadership; when leaders stop learning, leaders should stop leading
- When leaders get better everyone gets better



- stronger tie with others in the international sport community; strengthen our communication and cooperation
- sharing makes us all better; will help others get better (a leaders role); will keep you sharp and make you get better (if not, get out)
- create a place for others to lead
- in the people business, investments in people not just programs
- personal growth cannot be templated

- Successful Institutes are and will continue to be built on people. It is not a “build it and they will come”. Need to devote energies to attracting, developing and retaining the right performance staff

- Appreciate, affirm, equip, recognize , challenge your people – celebrate

- Focus



a never ending journey.....

HPTC – values, attitudes, behaviors connected to culture of Life Long Learning

- Need to adjust/change; or go backwards...and eventually extinct (out of business)
- Not let status quo interfere with progress
- “the only easy day was yesterday”



Medals come and go/transitory- champions need to be good examples for the community

Our ideas, experiences and practices need to be confronted (if it ain't broke, break it)

Make relationships/friendships – stay connected

Thanks

Mr. Baltazar Medina, President COC

Mr. Andres Botero Phillipsbourne, Minister of Sport

Carlos Eduardo Villegas E., HPC Director

Dr. Torbjorn Soligard, IOC

ASPC Executive – Debbie, Tracy, Josep



Thanks for sharing

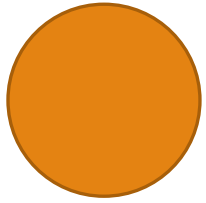
Athletes/Coaches

Speakers

Participants



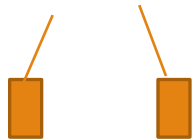
Reflections



- Head: new thoughts/ideas



- Heart: new feelings



- Feet: new actions

Thanks to 2014 Forum TEAM



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