

Creating a high-performance team in a multi-disciplinary environment

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Objectives

- The challenge
- Why an HP team
- How to build one
- What to do

Background

- Currently with PSP – CANSOFCOM
- Previously – Acadia University
- Challenge of a multi-disciplinary environment



The challenge

Evolution of service delivery



- Multiple disciplines
- Each have their own mandate
- Potential for silos

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Why an HP team

- History and origins
- From Europe to Australia/Olympic to Pro
- Why S&C should lead (Gillett, 2014)



Why an HP Team

Evolution of intercollegiate athletics

- S&C historically reported to Head Coach
- Independent positions
- Communication and collaboration

Figure 2

Journal of Strength and Conditioning Research, Volume 35, Number 10, October 2021

The Evolution of Intercollegiate Athletics: An Addition of Central High Performance Model

Robert Roscoe, Todd A. Coyle

York University, Department of Exercise and Sport Science, Toronto, Ontario, Canada

Why an HP Team

- Model maximizes outcome/process
- Multi to Inter team
- Common goal

ARTICLE

Building a High-Performance Model for Sport: A Human Development-Centered Approach

Tipton, Anthony B. PhD¹, Bishop, Chris BSC¹, Coyle, Jon BSC¹, Coyle, Paul¹, McCann, Andy¹, Bartholomew, Brett MScL, CSC¹, RSC¹,², Malibet, Laurence²

Author Information@

Strength and Conditioning Journal, April 2019 - Volume 41 - Issue 2 - p 100-107

doi: 10.1519/SSC.0000000000000047



Building a team/model

- Leveraging VMOS
- The process
- Capturing it

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VMOS

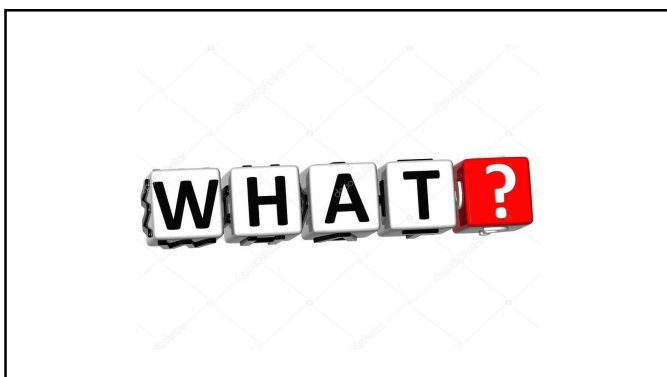
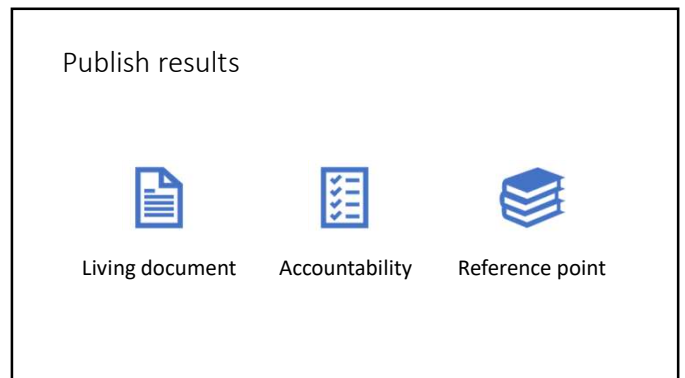
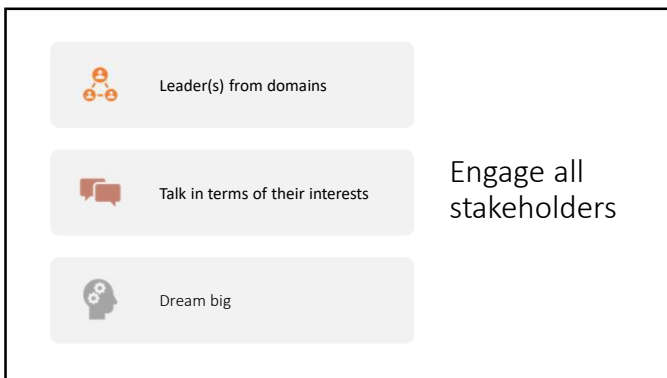
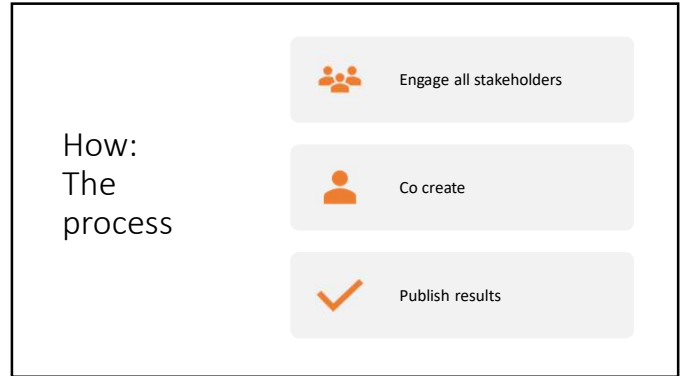
Vision

- Landing on the moon speech
- The why/inspiration/direction
- Intrinsic

VMOS

Mission

- The rocket that will get you there
- The how
- Intrinsic



Mission(s)

- Education
 - To use education as a platform to increase knowledge and application of information, to collaborate as a team, to drive change with coaches & athletes, and ultimately to improve performance.
- Community
 - To be the HUB of high performance in Atlantic Canada, to collaborate with people inside and outside the Acadia ecosystem and service local, provincial, and national athletes and teams.
- Performance
 - To use objective, data driven information to continually improve and optimize athlete health and performance with the goal of winning USport Medal.

Other action items



Objectives



Tactics



Values

Summary



Process

Common goal that
supersedes domain
goalsIndependent and
objectiveCohesive work
environment

Thank you

- My mentors, staff, and family
- Scratching the surface
- Continued effort

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