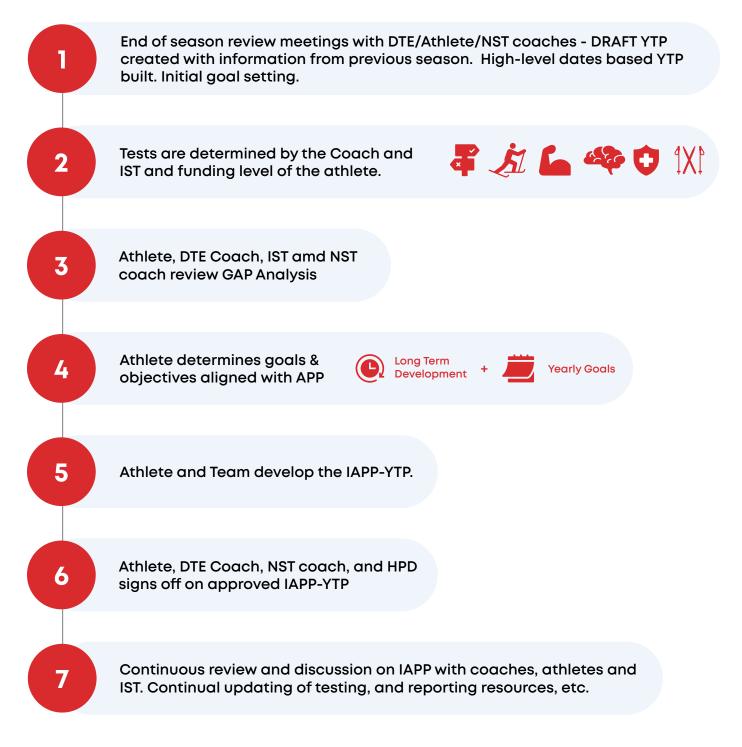


7 Step Process For Building Out An IAPP

START: Athlete has high performance goals!



FINISH: Athlete fully understands their goals and role in this process

How-To Guide

Season debrief and Initial YTP Creation

•	Season Debrief	Draft YTP planning	Shared DRAFT YTP ────────────────────────────────────
Who	Athlete, DTE coach, NST Coach, IST	DTE coach, NST coach as needed	Athlete, DTE coach, NST Coach
How	All meet to review and discussCreate the initial seasonalDraft YTP uploadedthe past season with respect toYTP in alignment with debriefDraft YTP uploadedthe YTP, planning, goals, testing,and DRAFT NST YTPetc. DRAFT NST YTP shared.Draft YTP uploaded		Draft YTP uploaded to Training Peaks



GAP Analysis

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

	GAP Analysis - Against APP	GAP Analysis - Athlete Self-Assessment	GAP Analysis - Report
	O	O	O
Who	National Team Coach, Athlete's DTE Coach, IST, Athlete	Athlete	National Team Coach, Athlete's DTE Coach, IST, Athlete
How	Athlete undergoes level appropriate testing and evaluation against APP metrics. IST, DTE and NST coaches complete relevant APP rubrics.	Athlete reviews and completes individual assessment (e.g. nutritional intake, Technique report card, etc.)	Report generated of IPP/Gap Analysis with all contributors and collated and shared with Athlete's team.



GAP Analysis Report Review Meeting

Ensure alignment between all members of the Athlete's team in understanding Gaps





4

Goal Setting, Objectives & Long-Term Development Profile

Athletes begin contributing to their IAPP by completing goal setting and objectives.

	Long-Term Development Pro	file	Yearly Goals o	and Objectives	
	0		0		
Who	Athlete, Coach, NST Coach,IST		Athlete, Coach, I	NST Coach, IST	
How	The athlete meets as needed with t develop their long term developme		The athlete meets as needed with their team to prioritize gap mitigation through development of yearly goals and objectives aligned with the APP gap analysis.		
5 1/	APP-YTP Developme	nt			
Co	baches, IST create first draft of athlete I.	ΑΡΡ-ΥΤΡ			
	IAPP Review Meeting			an agreed upon Daily nvironment (DTE) Schedule	
	0				
Who	Athlete aDTE coach, HPD, NST Coach, SSSM Lead. Athletes may request additional individuals participate in the meeting.				
How	DTE Coach led, NST coach and IST s development which clearly capture APP with clear objectives and mitig aligned with athlete's goals and lor	es all pillars of the ating strategies	for review ar	hared with all parties nd refinement.	
	A completed IAPP-YTP is available to all parties through Training Peaks				
	APP Approval & Circu e finalized IAPP-YTP is reviewed and ag All parties sign off on plan		zed	GAP Analysis - Report	
	0	-0		-0	
Who	Athlete, DTE COach, NST Coach, HPD	NST Coach		Athlete, DTE COach, NST Coach, HPD	
How	A hard copy is printed, then dated and signed by the Athlete andtheir DTE coach.	IAPP is stored in Tro	aining Peaks.	Changes, refinement or alterations to the IAPP-YTP must be done in	

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



7 Continuous Review and Updating of IAPP-YTP

Keeping it Relevant!

Who	Athlete, DTE Coach, NST Coach, IST
How	Through DTE athlete and coach meeting, IST meetings. Information (testing results, TRC updates, etc.) shared to continual update and review the IAPP-YTP.