

High Performance Figure Skating (HPFS) Definition

1. HPFS is about **assessing your competition** nationally and internationally and identifying current strengths and weaknesses.
2. HPFS is about working for today but **planning for tomorrow**.
3. HPFS is about **thinking out of the box and taking calculated risks** where warranted. Watching international trends and planning to meet and surpass standards through strategic and patient planning.
4. HPFS is **never accepting current success** as being enough.
5. HPFS is always looking forward and **anticipating** next steps.
6. HPFS is applying **innovation and creativity** in using existing tools and creating new ones.
7. HPFS is having the **entire organization** committed to playing a role in the delivery and development of HPFS.
8. HPFS is **utilizing current** sport science to aid the athletes and coaches **while driving research** for new approaches.
9. HPFS is having all involved **driven with passion and commitment** to pursue being the best.
10. HPFS is about balancing on ice excellence with an off ice high performance approach.