



Rope Skipping Canada

Saut à la Corde Canada

2018-2022 Strategic Plan



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2018 – 2022 Rope Skipping Canada Strategic Plan

Purpose: The purpose of the 2018 – 2022 Rope Skipping Canada Strategic Plan is to provide guidance and clear goal regarding the direction of the organization and the growth of Rope Skipping in Canada.

Key Outcome Areas:

The Rope Skipping Canada Strategic Plan will focus on 4 key outcome areas:

1. Participation
2. Leadership and Governance
3. Sport Development
4. Coaching Excellence



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1. Participation

Participation	Outcomes	Key Performance Indicators	Targets
<p>Overall Objective Increase participation and membership across all levels Nationwide</p> <p>2016-2017 Registrations Full Athlete = 425 Full Coach/Official = 134 Associate = 213 Recreation = 348 Daily = 26 Total = 1146</p>	<p>Increase Public Awareness and Participation</p>	<p>Skipping Day in Canada promoted annually (October 11)</p> <p>Promotional material (posters and social media posts) to provide to PSO's and clubs</p> <p>Increased Online Presence - # of likes and followers on social media and # of posts on social media</p>	<p>1. Each club to report Skipping Day in Canada participation and submit to RSC</p> <p>2. Increase number of followers on Social Media</p> <p>Social Media Targets Instagram = 1000 Facebook = 200 Twitter = 1000</p> <p>Current as of October 2017 Instagram = 727 Facebook = 151 Twitter = 775</p> <p>3. 1 post per month by RSC</p>
	<p>Increase Membership</p>	<p>Quarterly Community Skipping Events and Community Performances</p> <p>Increased range of programs being offered</p>	<p>1. Quarterly Skipping "Try It" Events – clubs to report monthly # of events and participants at events</p> <p>2. Develop programming initiatives for underrepresented demographics (ex.</p>

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		Increased partnerships with outside sporting organizations	Adult and Fitness) 3.Develop 1 partnership with an outside sporting organization
	Increase Nationwide Representation	<p>Increased number of registered RSC clubs within each province</p> <p>Expanded reach of RSC to include additional PSO's</p> <p>Developed guidelines for New Start Up Club Grant</p> <p>Developed guidelines for new clubs</p>	<p>1.Add 1 club in each province</p> <p>2.Add 1 PSO</p> <p>3.Create Guidelines and Application Form for New Club Start Up Grant</p> <p>Current NS = 2 clubs Ontario = 10 clubs Alberta = 9 clubs BC = 7 clubs</p>



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2. Leadership and Governance

Leadership & Governance	Outcomes	Key Performance Indicators	Targets (2020)
Overall Objective Improve governance structure and increase leadership opportunities for all members of the organization across all levels.	Improve cohesiveness of membership structure	Increased communication with individual members/clubs Maintain up to date membership records Developed a system to ensure all members are in good standing	1.Consistent Newsletter distribution to all RSC members Sept/Oct Jan/Feb April [Pre-Nationals] June [Post- Nationals] 2.Create yearly membership database 3.Create Fidelity checklist for Members in Good Standing
	Establish a leadership pathway from grassroots to high performance and athlete to coaching/administrator	Created comprehensive leadership pathway	1.Communicate leadership pathway to all RSC members



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	<p>Provide mentorship and yearly training opportunities at all levels of the organization</p>	<p>Provided yearly leadership training and mentoring for athletes, coaches, officials and administrators</p>	<p>1.RSC provides support to PSO's for leadership and mentoring opportunities</p> <p>2.Provide volunteer opportunities for leadership development within RSC (ex. Athlete Committee, Jr Coach on Coaching Committee)</p> <p>3.Create criteria and application for Leadership Grant</p> <p>4.Develop a succession plan for Key Roles (ex. Results Coordinator, Chair of RSC, etc)</p>
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3. Sport Development

Sport Development	Outcomes	Key Performance Indicators	Targets (2020)
Overall Objective Develop consistent standards for competition, officials training, athlete development and program development.	Maintain up to date competition structure and rules to align with best practices	Produced information to be sent to all RSC members regarding Rules and Competition Structure	1.Update Rule Book and Competition Handbook 2.Ensure members are using most up to date versions of the Rule Book
	Provide quality training for officials	Produced officials training materials	1.Develop a yearly official's training program 2.Develop officials training database to track qualifications of officials within each province to ensure officials are maintaining level of training
	Provide PSO's, clubs and coaches with the resources required to ensure Long Term Athlete Development	Provided PSO's, clubs and coaches with information required to develop well rounded athletes and programs	1.Link resources available through other organizations (ex. COC) to the RSC website and communicate the location of the materials to members 2.Provide a fidelity checklist to clubs to ensure Program Delivery Standards are being met (ex. clubs using CanSkip as their base program)

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4. Coaching Excellence

Coaching Excellence	Outcomes	Key Performance Indicators	Targets (2020)
<p>Overall Objective To provide coaches with a certification pathway to ensure world class instruction at all levels</p>	<p>Develop Coaching Certification Standards to be applied at all levels</p>	<p>Developed minimum certification standards for coaches to align with LTAD</p> <p>Ensured all coaches achieved minimum certification standards</p> <p>Communicated coaching requirement changes to membership</p>	<p>1.Create coaching standards to be implemented Refer to RSC Club Coaching Requirements document</p> <p>2.Communicate how to achieve and deadlines surrounding minimum coaching standard</p> <p>3.Implement minimum club coaching requirements across all provinces</p> <p>4.Create a coach certification database to ensure all coaches are up to date with certification requirements</p>



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	Provide ongoing coaching support across all levels	Provided opportunities for coach training, mentoring and continuing education	<ol style="list-style-type: none">1. Develop Coaching Support Grant to help coaches achieve minimum coaching standards2. Provide a community coaching focused workshop and/or online module3. Provide support to PSO's for coach training4. Develop a coach mentoring program for new coaches5. Provide continuing education opportunities for coaches (ex. Coach Association of Canada Multi Sport Modules)
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