

Singapore Ice Skating Association

Website: www.sisa.org.sg

Form Document: 135 – V1



2009/2010 KEY PERFORMANCE INDICATORS FOR (SKATER)

Total Points Score Aim for Season (INSERT YOUR SCORE)

In order to achieve this score the following KPI's will need to be met:

Key Performance Indicators (KPI)	The KPI will be achieved by undertaking the following steps	Strategies that will be implemented to achieve these steps (consider the relevant components in the annual training plan)	Timeframe set to achieve KPI	KPI measurement

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Notes for Completing Key Performance Indicators

Key Performance Indicators (KPI's) are quantifiable measurements, agreed to beforehand, that reflect the critical success factors of an athlete. They will differ depending on the individual athlete.

A Key Performance Indicator (KPI) needs to be:

- Accurately defined (specific)
- Able to be measured
- Challenging but achievable
- Set by the athlete, coach and members of the 'team'

Please complete 2-3 different KPI's for this season. Ensure explanations are detailed as much as possible.

Example 1

Key Performance Indicators (KPI)	The KPI will be achieved by undertaking the following steps	Strategies that will be implemented to achieve these steps (consider the relevant components in the annual training plan)	Timeframe set to achieve KPI	KPI measurement
A Triple Jump	Overseas training – change in training environment	<ul style="list-style-type: none"> • Training camp at 'Learn to Jump', USA with 'Mr Jump' for 6 weeks with focus on jump exercise, technique and video analysis 	31 st July 2009	A triple jump completed in free skate program (GOE 0) at National Championships in 2010.
	Work on higher, quick take offs and explosive jumps	<ul style="list-style-type: none"> • Undertake a leg strength and power plyometric program off the ice (2 x week for 3 months) 		
	Rotational Work	<ul style="list-style-type: none"> • Undertake off ice rotational work under the guidance of coach (3 x week). Minimum of 15-20 rotations per session 		

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Example 2

Key Performance Indicators (KPI)	The KPI will be achieved by undertaking the following steps	Strategies that will be implemented to achieve these steps (consider the relevant components in the annual training plan)	Timeframe set to achieve KPI	KPI measurement
Increase Short Program Component Marks by 10% to achieve a score of 21	New Program	<ul style="list-style-type: none"> New program choreographed by 'Ms Fantastic'. 	5 th June 2009	A short program Components score of 21 at the 'Big Competition' in August 2009
	Improve posture and general body movement	<ul style="list-style-type: none"> Weekly ballet classes (1-2 x per week from May – Oct) 		
	Facial expression and developing 'light and shade' in program	<ul style="list-style-type: none"> Choreographer, dance and drama teacher to work with program on and off the ice (1 x week for 3 months) 		