



## *Skater Support Programs*

### *2014-2015 Athlete Development Bulletin #1.0 July 2014*

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This bulletin addresses the mandate of the Athlete Development Committee (ADC, formerly HPC) related to providing BCSSA speed skaters funding and support through the Provincial Performance (PP) Program and Skater Recognition Program. Skater expectations and program assistance are detailed in this bulletin.

A separate bulletin will address selection of BC representatives to Team BCSSA for age class national championships. A PP Program athlete is not automatically selected and will have to meet criteria to be added to Team BCSSA for the Championships. Selection to Team BCSSA does not qualify this athlete as a PP Program athlete.

## Introduction

The Provincial Performance Program is aimed at increasing the number of BC skaters on the National Development Team/National Team, and at increasing the medal count for BC at the Canada Winter Games. Year-long training programs that include physiological testing, weight training, team pursuit/relay training, competitions and camps are essential elements of this program. Nomination to the program is for the whole season but funding adjustments may be made throughout the season. Skaters nominated to the BCSSA PP Program (Levels 1-3) receive additional support through Canadian Sport Institute/PacificSport in the form of carding through the IPS (Integrated Performance System) program.

The Skater Recognition Program aims to acknowledge the successes of BC skaters on the national and international speed skating scene. All skaters registered with a BC speed skating club, regardless of participation in other programs, are eligible to receive support through the Skater Recognition Program.

## BCSSA PP Program Expectations

ADC reviewed potential candidates for the BCSSA 2014-2015 PP Program in April 2014, based on the published standards from the *2013-2014 HPC Bulletin #3.0*. Eligible skaters were named to Levels 1, 1a, 2, 3 and 4. Skaters were asked to complete the *Athlete Agreement* for the BCSSA PP Program, which included a declaration of participation in the BCSSA PP Program (via online form) and an email submission of an individualized YTP. Skaters who received confirmation from ADC are formally accepted into the program. Each accepted skater will have an assigned member of the ADC who is their primary committee contact (“case manager”) for the season.

The following are expectations of skaters in the PP Program for the 2014-2015 season.

**Communication:** BCSSA PP Program skaters are expected to update ADC via email ([bcssa.athletedev@gmail.com](mailto:bcssa.athletedev@gmail.com)) with any major changes throughout the season, e.g. major injuries, switching coaches, etc. The skater’s case manager will follow up with the skater.

**Competitions:** BCSSA PP Program skaters are expected to compete for BCSSA and/or Team BCSSA at national competitions. Additionally, skaters are expected to participate in the competitions identified on their individualized YTP submitted to ADC in order to receive program assistance. These competitions should include:

- Level 1 and 1a LT: Fall Classic, Fall WC Trials/Oval Invitational, CanAm, CC#1-4, CSD Championships, NALT.
- Level 2 LT: Seniors must participate in at least 6 out of the following competitions, Juniors must participate in at least 5 out of the following competitions. Juniors must compete in the Canadian Junior Championships.
  - Fall Classic
  - Fall WC Trials/Oval Invitational
  - CanAm
  - CC#1/TEAM BC Selection Trials
  - CC#2
  - Canadian Junior Championships/CC#3
  - NALT
  - CC#4/Oval Finale.
- Level 3 LT: Skaters must participate in at least 3 of the following competitions. Juniors must compete in the Canadian Junior Championships.
  - Fall Classic
  - Oval Invitational
  - CanAm

- CC#1/TEAM BC Selection Trials
  - CC#2
  - Canadian Junior LT Championships/CC#3
  - CC#4/Oval Finale
  - NALT
  - BCLT (T2T aged skaters only).
- Level 4 LT: Skaters must participate in at least 2 of the following competitions. T2T aged skaters must compete in both the BCLT and CACLT. All other Level 4 skaters must compete at either BCLT or Canadian Junior LT.
    - Fall Classic
    - Oval Invitational
    - CanAm
    - CC#1/TEAM BC Selection Trials
    - CC#2
    - Canadian Junior LT Championships/CC#3
    - CC#4/Oval Finale
    - NALT
    - BCLT
    - AB LT
    - CACLT (T2T aged skaters only)
    - or any other sanctioned LT competitions.
- Level 1 and 1a ST: Fall WC Trials, National Qualifier, Oktoberfest, Oval Time Trials, Canadian Junior ST Championship, Canadian Open, Winterfest, Canadian Open Senior Selections #2, Canadian Open Junior Selections #2, American Cup or Quebec Elite Circuit.
- Level 2 ST: Skaters must participate in a minimum of 7 sanctioned competitions. At least 5 out of the 7 competitions should be from the following list of competitions.
    - Oktoberfest
    - Western Canadian Single Distance Championships (Richmond)
    - Canadian Junior ST Championship
    - Canadian Open
    - Winterfest
    - Canadian Open Junior Selections #2
    - Canadian Open Senior Selections #2
    - TEAM BC Selection Trials
    - Quebec Elite Circuit
    - National Qualifier.
- Level 3 ST: Skaters must participate in a minimum of 7 sanctioned competitions. At least 5 out of the 7 competitions should be from the following list of competitions.

- Oktoberfest
  - Western Canadian Single Distance Championships (Richmond)
  - Canadian Junior ST Championship
  - TEAM BC Selection Trials
  - Canadian Open
  - Winterfest
  - Canadian Open Junior Selections #2
  - Canadian Open Senior Selections #2.
- Level 4 ST: Skaters must compete in regional Interclubs, Winterfest, BCST, Canada West. Eligible skaters are encouraged to compete in the Western Canadian T2T Single Distance Championship or the Western Canadian Single Distance Championship.

**Camp Attendance:** BC-based athletes are strongly encouraged to participate in at least one spring, summer or fall BC camp. Subsidies for attending BC camps will be available.

**Sport Medicine/Sciences:** PP Program skaters are expected to be participating in off-ice testing. PP Program skaters (Levels 1-2) will receive partial funding for testing (see below). Pending available funds, Level 3 skaters may be eligible for funding for testing:

- One Functional Assessment per year (deadline Oct 15th)
- Wingate Testing or RAST Testing - up to 3 tests per year
- Field Testing - up to 3 field testing sessions per year.

Levels 1-2 skaters will be eligible for the Canadian Athlete Insurance Program (CAIP) subsidy (bronze level). Levels 3-4 athletes may register for the program at their own expense. CAIP is particularly useful for coverage for massage and physiotherapy treatments for overuse injuries.

Please see the document [Recommended\\_Season\\_Preparation](#) for details about testing. All skaters must KEEP RECEIPTS for all services and will be required to submit receipts and results for reimbursement (where applicable).

## BCSSA PP Program Assistance

Successful candidates will receive assistance from BCSSA *depending on their level and availability of funds*. Level 1 skaters will receive the highest priority, as they are closest to qualifying for National Teams. Assistance is aimed at activities directly related to the PP Program and includes the following:

- Recognition on the BCSSA website and BCSSA Skaters Facebook Group
- Carding (IPS) from CSCI/PacSport for Levels 1-3 (subject to the capacity of each Centre).
- Uniforms:
  - All members of the PP Program (Levels 1-4) will be eligible for a BC shirt (partial subsidy)
  - Level 1-3 skaters have the option of purchasing a BC skinsuit at their own expense
  - Level 1-2 skaters will receive a BC warm-up jackets. Level 1-2 skaters may also purchase BC warm-up pants at their own expense. Skaters who have previously received a jacket are eligible to receive a subsidy for the pants.
- Financial assistance- please note all funding is subject to availability:
  - Skater subsidy e.g. Performance Athlete Support (formerly AAP and Sport on the Move grants), HP Skater Subsidy- Gaming Grants based on PP Level
  - Registration fee stipend for provincial and/or national ranking competitions
  - Sport medicine and sport sciences funding.

## Skater Recognition Program

The aim of this recognition program is to support excellence for all BCSSA athletes. Regardless of qualification to, or participation in, the BCSSA PP Program, BCSSA will support all BCSSA skaters who are participating in national competitions by providing a registration fee stipend to the skaters. National Team and National Development Team athletes are excluded. Eligible competitions include:

- Fall WC ST Selections
- Fall WC LT Selections
- Canadian Junior LT Championship
- Canadian Junior ST Championship
- Canadian Single Distance LT Championship
- Canadian Open ST Championship

BCSSA will also support BCSSA skaters who achieve top six ranking at national competitions (see list below). The funding (amount to be determined) will be available to any BCSSA skater (including extra funding to skaters already involved in the BCSSA PP Program), for the competition in which they ranked top six. National Team and National Development Team athletes are excluded. Results that qualify for the Top 6 Ranking Recognition Program include:

- Top 6 overall at the Fall WC ST Selections
- Top 6 overall at the Canadian Open ST Championship
- Top 6 overall at the Canadian Junior ST Championship
- Top 6\* in any distance for Fall WC LT Selections
- Top 6\* in any distance at the Canadian Single Distance LT Championship
- Top 6 overall in the Canadian Junior LT Championship
- Nomination to the Regional Continental Championship Team

*\*In distances with less than 12 registered skaters, "Top 6" funding will be given exclusively to skaters who place in the top 50% of competitors (e.g. should 10 skaters contest the 5000m race, "Top 6" funding would be available to a BCSSA skater who placed in the top five finishers).*