



# Year 2 Update

Year 1 of the BC Speed Skating Academy is well underway, with a pilot location at the Richmond Olympic Oval and Academy Outreach Tour sessions occurring in select locations around the province. The BC Speed Skating Association (BCSSA) Board of Directors and staff have applied for new funding to continue to support, and expand, the Academy for Year 2 (2016-2017) and are awaiting final confirmation of receipt of funds.

## **Mission**

To provide in-province programming, supplemental to existing club programming, consistent with Stage 1 on the Elite Athlete Pathway\*.

## **Vision**

Developing T2T and L2C-aged BCSSA club skaters will train and race regularly in quality environments within BC. The Academy training/racing environments will supplement existing club programming to strive towards meeting Stage 1 requirements for BCSSA skaters.

## **Values**

- **Quality** (training/racing environments)
- **Accessibility** (geographical and financial)
- **Accountability** (financial)
- **Development** (of human and equipment resources)

## **Outcome Goals**

1. By 2018-2019 season, a minimum of 10% of competitors at national competitions will be BCSSA skaters.
2. Increase the flag points earned by TEAM BC Speed Skating at the 2019 Canada Winter Games (as compared to the 2015 Canada Winter Games).

## **2015/2016 Season (Year 1 of Academy)**

### **Season Goals**

1. The Academy pilot will run at the Richmond Olympic Oval with participating skaters from a majority of the nine Lower Mainland clubs.
2. There will be a contracted Coach and designated Strength & Conditioning services in place at the pilot location.
3. Academy Outreach Tour sessions will run in a minimum of three locations around the province.

## **2016/2017 Season (Year 2 of Academy)**

### **Season Goals**

1. There will be four established and functioning Academy locations in BC.
2. There will be a contracted coach, equipment specialist and designated strength & conditioning services in place at each location.
3. There will be a sport therapy, sport psychology and sport nutrition professional available provincially on a consultative basis to the Academy Team.
4. Full-time Academy skaters at each location will be exposed to a minimum of 35 face-to-face programming hours and ~5 additional hours via webinar.

\* Please see the [Elite Athlete Pathway Overview](#) document for details

Year 2 Implementation Details				
	Academy Lower Mainland	Academy Interior	Academy Central	Academy North
<b>Discipline</b>	ST	ST	ST	LT
<b>Proposed Primary Location</b>	Richmond Olympic Oval (ROO)	McArthur Island Sport and Event Centre, Kamloops	Kin Centre, Prince George	Pomeroy Sport Centre, Fort St John
<b>IST</b>	Coach, Equipment Specialist, Sport Therapist, Sport Nutritionist, Sport Psychologist			
<b>Strength &amp; Conditioning Services</b>	ROO/CSI High Performance	Pacific Sport Interior	Pacific Sport Northern BC (PG)	Pacific Sport Northern BC (FSJ)
<b>Proposed Delivery Method</b>	<ul style="list-style-type: none"> <li>Per location: 2-3 hour weeknight or weekend sessions and/or 1-day camps and/or summer camp and/or time trials and/or team event practices</li> <li>Provincially-delivered sessions: educational webinars</li> </ul>			

BCSSA has committed to engaging in stakeholder feedback sessions in early 2016 to further define the most relevant and feasible delivery method(s) at each location. The events are open to the public and skaters, parents, coaches, officials and administrators are all encouraged to attend.

- **Academy Lower Mainland Stakeholder Engagement Session:** Saturday February 13th at the Richmond Olympic Oval, immediately following the conclusion of the Vrrroom Challenge Interclub
- **Academy Interior Stakeholder Engagement Session:** Saturday February 6th at the Kal Tire Place (Vernon), immediately following the conclusion of the Interior ST FUNale
- **Academies North and Central Stakeholder Engagement Session:** completed (January 15th)

Each session will last approximately one hour and will include a short presentation by the BCSSA Technical Director, followed by a Q&A session and discussion. Wherever possible, please come prepared with projected dates for the 2016-2017 season (e.g. club practice times, Interclub dates, camp dates etc.).

Any questions should be directed to the BCSSA Technical Director: [chris.acton@speed-skating.bc.ca](mailto:chris.acton@speed-skating.bc.ca). It is not necessary to RSVP to the events.