



Skater Support Programs

2018-2019 Athlete Development Bulletin #1.0 August 2018

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This bulletin addresses the expectations of skaters in the Provincial Performance Program (PPP), as well as assistance available to the skaters (pending availability of funding).

BCSSA PPP Skater Expectations

The ADC reviewed potential candidates for the 2018-2019 PPP in May 2018, based on the published standards from the [2017-2018 ADC Bulletin #3.0](#). Eligible skaters were named to Tiers Gold, Silver, Bronze, Iron, and Black and were asked to complete an online Athlete Agreement, which includes a declaration of participation in the BCSSA PPP. Skaters who receive confirmation from ADC are formally accepted into the program.

PPP skaters are expected to engage in speed skating training at the performance level, including elements such as (but not limited to) training camps and off-ice lab and/or field testing. Please see the document [Recommended Season Preparation](#) for details about testing.

PPP skaters are also required to adhere to the following:

Communication: PPP skaters are expected to update the ADC via email (athletedevelopment@bcspeedskating.ca) with any major changes throughout the season, e.g. major injuries, switching coaches, retirement from the discipline, etc.

Competitions: BCSSA PPP skaters are expected to compete for Team BCSSA at national competitions for which they qualify. Additionally, skaters are expected to participate in the competitions identified (with their coaches' input) on their individualized Yearly Training Plan (YTP) that was submitted to ADC. Skaters qualifying for competitions not listed under their Tier (below) are encouraged to attend.

Long Track Competitions	Gold	Silver	Bronze	Iron	Black
	All of the following (if qualified)	All of the following (if qualified)	At least 3 of the following, including Canadian Junior Champs	At least 2 of the following, including CACLT (T2T) or Canadian Junior Champs (Junior B and older)	
Fall Classic	X	X	X	X	
Canadian Single Distance/Oval International	X	X	X		
CanAm	X	X	X	X	X
Canada Cups (CC#1-4)	X	X	X	X	X
Grand Prix	X	X	X	X	X
BC LT Championship				X	X
Alberta Indoor Championship				X	X
Canadian Age Class LT				X	X

Short Track Competitions	Gold	Silver	Bronze	Iron	Black
	All of the following (if qualified)	All of the following (if qualified)	At least 6 competitions, including at least 4 of the following	At least 4 competitions, including at least 3 of the following	At least 4 competitions, including at least 2 of the following
Fall WC Trials	X				
Canadian Senior Championship	X	X	X		
Canadian Junior Championship		X	X		
Senior Selections #2	X	X	X		
Junior Selections #2			X	X	
National Qualifier		X	X	X	
Quebec Elite Circuit	X	X			
Western Elite Circuit (WEC #1-3)		X	X	X	X
Oval Single Distance Series		X	X		
BC ST Championship				X	X
Canada West ST Championship				X	X

BCSSA PPP Skater Assistance

PPP skaters will receive assistance from BCSSA *depending on their Tier and availability of funds*. Tier Gold skaters will receive the highest priority, as they are closest to qualifying for national programs. PPP assistance in the 2018-2019 season may include the following:

Recognition: PPP skaters' names will be published on the BCSSA website and social media.

Canadian Sport Institute Nominated Athlete Status: Tier Gold, Silver, Bronze and Iron PPP skaters will be nominated to the Canadian Sport Institute. Nominated skaters will receive registration instructions and are expected to register with their local centre in order to foster the relationship between BCSSA and the centres, and in order to access the sport services that the local centres provide directly to athletes.

Uniforms: Tier Gold, Silver, Bronze and Iron skaters have the option of purchasing a Team BCSSA skinsuit at their own expense. Additional Team BCSSA clothing may be provided by BCSSA to PPP skaters at different tiers at no cost to the skaters.

Sport Medicine/Sciences: All BCSSA skaters are able to enroll in the [Canadian Athlete Insurance Program](#) (CAIP) at their own expense. CAIP is particularly useful for coverage for massage and physiotherapy treatments for overuse injuries.

Competitions: BCSSA may support all Team BCSSA skaters (note: this includes those who are not PPP skaters) who are participating in national competitions by providing a registration fee stipend to the skaters. Athletes in SSC national programs are excluded. Eligible competitions include:

- Fall World Cup Selections
- Canada Cups
- Canadian Open National Qualifier
- Canadian Open Junior Selections
- Canadian Open Senior Selections
- Canadian Championships (Senior, Junior, Age Class).

Other Funding: skaters *may* receive other skater subsidy funding, pending availability of funds. Funding will be distributed based on the skaters' qualified Tier and their current season performance.