

# Technical Director Report

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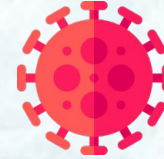
## Overview

1. Current state of sport in British Columbia
2. ST competition planning
3. BCSSA skater programs



# **Current State of Sport in British Columbia**

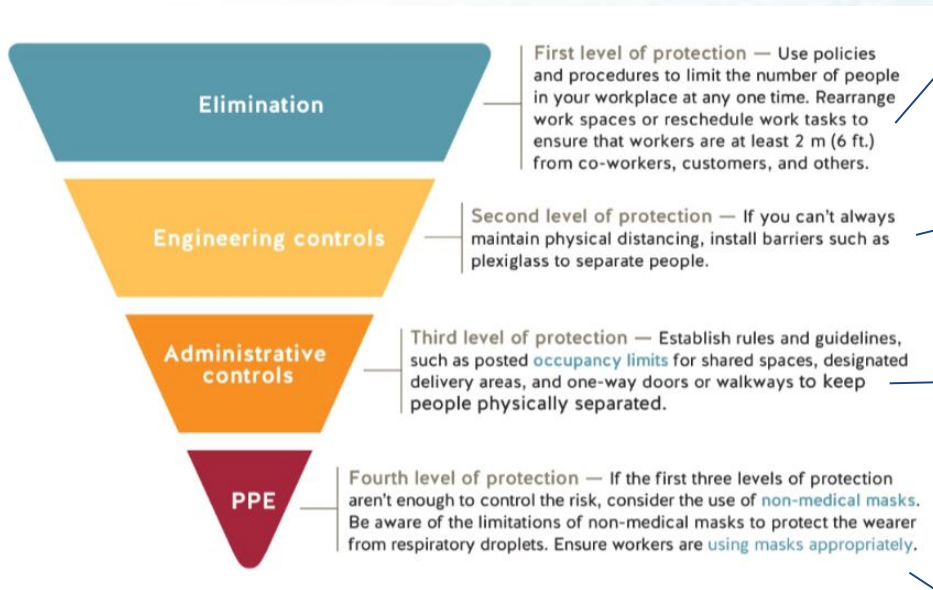
## BC's Restart Plan: Phase 2



- Organized sports are allowed to resume training/practice in Phase 2
- Like all other sectors returning in Phase 2, the sport sector is required to submit a plan to the Ministry/WSBC/public health authorities for approval
  - viaSport submitted the plan on behalf of the sport sector
  - Plan has not yet been approved and returned to viaSport; no expected date announced at this time
- We are developing the “BCSSA Return to Practice Plan”, which will meet or exceed the approved sport sector plan
  - BCSSA Board is responsible for ensuring the BCSSA Return to Practice Plan meets the requirements
- As organized sports are allowed to resume competition, BCSSA will develop and share further plans

## BCSSA Return to Practice Plan: Preliminary Considerations

Using WSBC's model to reduce the risk of person-to-person transmission, considerations in our plan may include (not an exhaustive list):



- Restrict numbers at practices
- Outdoor practices where possible
- Alter activities to be non-contact and without shared equipment
- Per facility requirements
- Mark practice “flow”, including athlete “spots”
- Policies on cleaning, health screening
- Non-skaters use face coverings
- Skaters use gloves and eye protection
- Appropriate personal hygiene

# **ST Competition Planning**

## Review of 2019-2020 ST Competitions

- BC Cup ST #1 (Prince George): 89 L2T/T2T participants
- BC Cup ST #2 (Richmond): 117 L2T/T2T participants + 11 Open participants
- BC ST Championship: 140 skaters registered
  - All skaters who applied for BCST positions by time (who had achieved the time standard and didn't otherwise withdraw due to personal reasons) received positions to race
  - There were less than 10 skaters who earned Cup Points who did not receive a position to race at BCST
  - There were dozens of skaters who competed at BC Cup events/earned Cup Points who did not accept their position to race at BCST. The reasons varied (injury, previous commitments, attended a local BC Cup and did not intend to travel to BCST, etc.)

## Feedback

- ~20 present at Townhall session on Academy Sunday @ BC Cup ST #2
- ~60 responses to the BC Cup Feedback survey (April 2020)
- ~15 phone interviews (April and May 2020)
  
- A slim majority (55%) felt BC Cups should remain an open competition (no time standards)
- It's clear that you like to race! Most of you felt that we met our goal to increase the number of provincial-level racing opportunities. Some wanted more racing, where others enjoyed the Academy Sunday experience.
- Most of you felt that a combination of sprint and distance events, especially "official" distances for each age category, were the best events to offer. Opinions varied on relays, pursuits and points races- some felt they should not be a focus, and some felt racing them at BC Cups provided valuable experience for championship events



## Objectives for 2020-2021 ST Competitions



- Quality racing
- Allow for fair collection of Cup Points
- Where appropriate, consistent from previous year
- Maximize number of races in a day/weekend
- Use official distances and formats (including skills-based and team events) wherever possible
- Feature sprint and distance event at each BC Cup
- Host two Cup Point events per BC Cup

## Birds Eye View of 2020-2021 ST Competitions

### BC Cup 1

- December 5-6, 2020
- Richmond BC
- Open qualification (no time standard)
- One day racing + Academy Sunday
- Racing divisions unchanged  
(F8/9, F10/11, F11/12, F13/14, M9/10, M11/12, M12/13, M14/15, Open Female, Open Male)

### BC Cup 2

- February 13-14, 2021
- Chilliwack BC

### BC ST Championship

- March 6-7, 2021
- Richmond BC
- Format largely unchanged from previous years



## BC Cup Competition Format

BC Cup 1	Distance 1	Distance 2	Distance 3	Academy Sunday
L2T	400m	1200m*	n/a	Points races
T2T	400m	1500m*	n/a	
Open	500m	1500m	n/a	

BC Cup 2	Distance 1	Distance 2	Distance 3	Academy Sunday
L2T	200m	Points race	500m/ 400m exhibition	Relays
T2T	200m	Points race		
Open	500m	1000m	n/a	

## Sample Academy Sunday Schedule: Academy Sunday @ BC Cup 1 (Points Races)

Block 1	<p>Video Review</p> <ul style="list-style-type: none"> <li>● Points races</li> <li>● ISU mass start</li> </ul> <p>Off-ice warm-up</p>
Block 2	<p>On-ice points races drills &amp; skills in mixed-gender ability groups</p> <ul style="list-style-type: none"> <li>● Passing drills</li> <li>● Pack skating drills</li> <li>● Pacing drills</li> </ul>
Block 3	<p>Theory</p> <ul style="list-style-type: none"> <li>● Application of drills &amp; skills to points race strategy</li> <li>● Developing race plans</li> </ul>
Block 4	<p>Lunch</p>
Block 5	<p>Mental performance</p> <ul style="list-style-type: none"> <li>● Mental resilience and regrouping within a race</li> </ul>
Block 6	<p>Off-ice dryland</p> <ul style="list-style-type: none"> <li>● Functional movement</li> <li>● Points race-specific race warm-up</li> </ul>
Block 7	<p>On-ice race sims</p> <ul style="list-style-type: none"> <li>● Points race sim #1 in mixed-gender ability groups</li> <li>● Debrief and/or video review with coach</li> <li>● Points race sim #2 in mixed-gender ability groups</li> </ul>

## BC ST Championship Qualification

### Changes to format

- All skaters qualifying to BC ST Championship (positions by Cup Points and positions by time) are required to meet the time standard
- Skaters qualifying by Cup Points will use Cup Points from their best two events

**A**

BC Cup 1		BC Cup 2	
400m	1200m	200m	Points Race
543	666	443	816

2468  
1482

**B**

BC Cup 1		BC Cup 2	
400m	1200m	200m	Points Race
666	1000	0	0

1666

## BC ST Championship Qualification con't

Option	L2T	T2T
<b>A</b> (n-2)	13 Cup Points + 2 times	10 Cup Points + 2 times
<b>B</b> ("10")	10 Cup Points + 5 times	10 Cup Points + 2 times
<b>C</b> ("8")	8 Cup Points + 7 times	8 Cup Points + 4 times

# **BCSSA Skater Programs**

## Skater Programs Overview

- Skater programs will be led by the Technical Director, and delivered primarily by the BCSSA Provincial Coaches:
  - Nicole Garrido (ST)
  - Jennifer Gibson (LT)
- 2020-2021 skater programs include:
  - Team BCSSA
  - Academy
  - GenBC





## Team BCSSA

- The team BCSSA sends to national championships
- Qualification standards vary based on the national championship (youth vs junior)
- Provincial Coach will be lead coach to the event (as funding allows); additional coaches/support personnel will be named as funding allows
- No significant change from previous seasons



## Academy

- Supplement the development of in-province skaters:
  - L2T, T2T and Junior “competitive” skaters
- Delivery formats:
  - Academy camps (typically 2-3 days long)
  - Academy Sundays @ BC Cups
  - Virtual Academy sessions
- Coaches are always welcome and encouraged to attend Academy sessions!





# GenBC

The goals of GenBC are 1) to improve the performance of Team BCSSA at national competitions and 2) to support BCSSA skaters to progress towards Speed Skating Canada national programs.

GenBC skaters are competitive T2T- and Junior-aged skaters. Skaters will be selected on an annual basis.

Under the direction of the Provincial Coaches, GenBC skaters will have virtual and in-person opportunities to supplement their existing club programming with individualized training and education. Provincial Coaches will coordinate with GenBC skaters' club coaches.



*Questions?*