



## *Skater Support Programs*

### *2016-2017 Athlete Development Bulletin #1.0 October 2016*

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

The Team BCSSA Selection Bulletin (2016-2017 ADC Bulletin #2.0) will address the selection of BC skaters to Team BCSSA for age class national championships. A PPP athlete **is not automatically** selected for Team BCSSA and will have to meet criteria in order to be selected for the championships. Selection to Team BCSSA **does not qualify** the skater as a PPP athlete.

## Introduction

The Provincial Performance Program (PPP) goal is to increase the number of BC skaters on the National Development Team/National Team and to increase BC's medal count at the Canada Winter Games. Essential elements of year-long training programs include: physiological testing, weight training, team pursuit/relay training, competitions and training camps. Nomination to the program open for the entire season. Skaters may qualify for PPP based on achieving the requirements during the first 2 time periods as outlined in ADC Bulletin #3. Skaters may also advance to a higher tier based on meeting the qualification requirements during each time period identified in ADC Bulletin #3. Funding adjustments may be made throughout the season. Skaters nominated to the BCSSA PPP Tiers 1-4 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

The Athlete Development Committee (ADC) reviewed potential candidates for the BCSSA 2016-2017 PPP in April 2016, based on the published standards from the [2015-2016 ADC Bulletin #3.0](#). Eligible skaters were named to Tiers 1, 2, 3, 4 and 5. Skaters are asked to complete the Athlete Agreement for the BCSSA Provincial Performance Program (PPP), which includes a declaration of participation in the BCSSA PPP. Skaters who receive confirmation from ADC are formally accepted into the program.

The following are expectations of skaters in the PPP for the 2016-2017 season.

**Communication:** BCSSA PPP 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, retirement from the discipline, etc.

**Competitions:** BCSSA PPP skaters are expected to compete for Team BCSSA at national competitions. Additionally, skaters are expected to participate in the competitions identified on their individualized Yearly Training Plan (YTP) submitted to ADC in order to receive program assistance.

**Skaters who do not meet the minimum competitions (as listed below) may not be eligible to receive full financial assistance as compared to a skater at the same Tier who attends competitions.**

In order to progress along the skater development pathway, these competitions should include:

### Long Track

- Tier 1 LT:
  - Fall Classic
  - Fall World Cup Trials
  - Oval Invitational
  - CanAm
  - Canada Cup #1-4
  - Canadian Single Distance Championship
  
- Tier 2 LT:
  - Fall Classic
  - Fall World Cup Trials
  - Oval Invitational
  - CanAm
  - Canada Cup #1

- Canada Cups #2
  - Canadian Junior Championship/CC#3
  - Canada Cup #4/Oval Finale.
- Tier 3 LT: Skaters should participate in at least 3 of the following competitions. Juniors should compete in the Canadian Junior Championship.
    - Fall Classic
    - Oval Invitational
    - CanAm
    - Canada Cup #1
    - Canada Cup #2
    - Canadian Junior Championship/CC#3
    - Canada Cup #4/Oval Finale
    - BC Long Track (T2T aged skaters only).
- Tier 4 LT: Skaters should participate in at least 2 of the following competitions. T2T aged skaters should compete in both the BC Long Track and Canadian Age Class Championships Long Track. All other Tier 4 skaters should compete at either BCLT or the Canadian Junior Championship.
    - Fall Classic
    - Oval Invitational
    - CanAm
    - Canada Cup #1
    - Canada Cup #2
    - Canadian Junior Championship/CC#3
    - Canada Cup #4/Oval Finale
    - BC Long Track Championship
    - Alberta Long Track
    - Canadian Age Class Long Track Championship (T2T aged skaters only)

## **Short Track**

- Tier 1 ST:
  - Canadian Senior Championship
  - Fall World Cup Trials
  - Canadian Open Senior Selections #2
  - Quebec Elite Circuit
  - Western Elite Cup #1 (Oktoberfest)
  - Western Elite Cup #3 (Winterfest)
  - Oval Single Distance Series

- Tier 2 ST:
  - Canadian Senior Championship
  - Canadian Open Senior Selections #2
  - National Qualifier
  - Canadian Junior Championship
  - Canadian Open Junior Selections #2
  - Quebec Elite Circuit
  - Western Elite Cup #1 (Oktoberfest)
  - Western Elite Cup #3 (Winterfest)
  - Western Elite Cup #2 (Richmond)
  - Oval Single Distance Series.
  
- Tier 3 ST: Skaters should participate in a minimum of 6 sanctioned competitions. At least 4 out of the 6 competitions should be from the following list of competitions.
  - Canadian Senior Championship
  - Canadian Open Senior Selections #2
  - National Qualifier
  - Canadian Junior Championship
  - Western Elite Circuit #1 (Oktoberfest)
  - Western Elite Circuit #3 (Winterfest)
  - Western Elite Circuit #2 (Richmond)
  - Oval Single Distance Series.
  - Junior International Short Track Invitational
  
- Tier 4 ST: Skaters should participate in a minimum of 4 sanctioned competitions. At least 3 out of the 4 competitions should be from the following list of competitions.
  - **Skaters skating as Juniors (111m track) must attend at least 2 Western Elite Circuit Competitions.**
  - **Skaters skating as T2T's (100m track) must attend at least 1 Western T2T Competition.**
  
  - Western Elite Circuit #1 (Oktoberfest)
  - Western Elite Circuit #3 (Winterfest)
  - Western Elite Circuit #2 (Richmond)
  - BC Short Track Championship
  - Canada West (if qualified)
  - Junior International Short Track Invitational
  - Western T2T #1 (Edmonton Fall Classic)
  - Western T2T #2 (Speedtaacular)

The remaining competitions may be comprised of Regional Interclubs.

- Tier 5 ST: Skaters should participate in a minimum of 4 sanctioned competitions. At least 2 out of the 4 competitions should be from the following list of competitions.
    - **Skaters skating as Juniors (111m track) must attend at least 2 Western Elite Circuit Competitions.**
    - **Skaters skating as T2T's (100m track) must attend at least 1 Western T2T Competition.**
      - Western Elite Circuit #1 (Oktoberfest)
      - Western Elite Circuit #3 (Winterfest)
      - Western Elite Circuit #2 (Richmond)
      - Western T2T #1 (Edmonton Fall Classic)
      - Western T2T #2 (Speedtacular)
      - BCST
      - Canada West (if qualified)
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**Camp Attendance:** BC-based athletes are strongly encouraged to participate in at least one spring, summer or fall BC camp. Subsidies for skaters attending BC camps may be available.

**Sport Medicine/Sciences:** Provincial Performance Program (PPP) skaters are expected to be participating in off-ice testing. PP Program skaters may receive partial funding for testing (see below) pending available funds:

- One Functional Assessment per year (deadline Oct 30th)
- Wingate Testing or RAST Testing - up to 3 tests per year
- Field Testing - up to 3 field testing sessions per year.

Tiers 1-3 skaters will be eligible for the [Canadian Athlete Insurance Program \(CAIP\)](#) subsidy (bronze level). Tier 4-5 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 Tier and availability of funds*. Tier 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 social media
- Carding (IPS) from CSI/PacSport for Tiers 1-4 (subject to the capacity of each Centre).
- Uniforms:
  - All members of the PP Program (Tiers 1-5) will receive a BC shirt.
  - Tier 1-4 skaters have the option of purchasing a BC skinsuit at their own expense.
  - Tier 1-2 skaters will receive a BC warm-up jackets. Tier 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. AAP) based on PP Program Tier.
  - 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 World Cup ST Selections
- Fall World Cup LT Selections
- Canadian Junior LT Championship
- Canadian Junior ST Championship
- Canadian Single Distance LT Championship
- Canadian Senior ST Championship
- Canada Cups
- Canadian Open National Qualifier
- Canadian Open Junior Selections #2
- Canadian Senior Selections #2

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 Senior 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.

*\*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).*