

# Elite Athlete Pathway

The Elite Athlete Pathway (“Pathway”) represents a partnership between Speed Skating Canada (SSC), the Calgary Olympic Oval (Oval), the Richmond Olympic Oval (ROO) and the Western Canadian Provincial/Territorial Sport Organizations (PTSOs) for the sport of speed skating. The Pathway is a clear and measureable roadmap for elite long track (LT) and short track (ST) speed skaters, from club-level programming to the highest level of competitive speed skating. The Stages of the Pathway are aligned with Canadian Sport for Life’s Long Term Participant & Athlete Development (LTPAD) model. Each stage of the Pathway is designed to provide a quality training environment for skaters appropriate to the skaters’ level of development.

	Stage 1: Club Performance	Stage 2: Regional Training Centre	Stage 3: National Development Pool	Stage 4: Senior National Pool	Stage 5: Senior National Elite Pool
LTPAD Stage	Train to Train	Learn to Compete	Train to Compete	Learn to Win	Train to Win
Programming Provider	PTSO	PTSO, Oval/SSC, ROO	Oval/SSC	Oval/SSC	ST: SSC (Montreal) LT: SSC/Oval
Training Weeks (per year)	32	35-44	40-44	48	48
Training Hours (per year)	300-400	400-500	500-700	700-900	1000 and up
Ice Sessions (per week)	3-5	4-6	8	9	Individualized
Off-Ice Sessions (per week)	2-4	3-5	5-7	6-8	Individualized
IST Services	Group education/ screening	Group education/ screening	Intro to Individualized	Individualized	Individualized
Coach:Athlete Ratio	1:16	1:16	1:12	1:8	1:6

The Pathway is being expanded to include the advent of a Western PTSO Committee, new racing circuit(s) in Western Canada (“Western Elite Circuit”), a defined Talent ID Process/Summer Training Camp plan for Stage 1 & 2 skaters and the systematic development of coaches.

