MANITOBA SPEED SKATING ASSOCIATION
ATHLETE PROVINCIAL PROGRAMS
INFORMATION BULLETIN

Introduction

The Manitoba Speed Skating Association uses Speed Skating Canada's Long-Term Participant and Athlete Development plan (LTPAD) as the guiding model for its Athlete Development Programs. MSSA's Athlete Development Programs recognized athletes based on their stage of development and their demonstrated level of performance. The goal of the Athlete Development Programs is to provide athletes with developmentally appropriate programming that will best support their development.

The Association's athlete development program is encapsulated in three areas: Club Programs, Provincial Programs, and the National Programs.

Club Programs – local clubs introduce speed skating skills to new participants and offer programs that focus on continuing to develop speed skating literacy for returning members. The nature of individual club programs is dependent on the context of the club. The goal of the club is to provide programs to develop fundamental speed skating skills for the active start to active for life spectrum of athletes.

Provincial Programs – supplementary training is offered to selected athletes who meet specific developmental criteria and are reaching specific levels of performance. The provincial program offers ice and dry-land training to supplement club programs to athletes in the Development Program (PDP), and also provides selected athletes of the PDP with additional enhanced training opportunities in the Training Program (PTP). The goal of the provincial programs is to develop athletes for Canada Winter Games and national rankings by focusing on speed skating literacy, physical development, and competitive development.

National Programs – high performance training programs are offered to athletes who choose to further pursue speed skating excellence at national training centres outside of the province. The goal of the national programs is to develop athletes towards national team positions and international podium performances.

The content herein outlines the programs and selection process for the Manitoba Speed Skating Association's Provincial Programs for the 2010 – 2011 season.

Provincial Program Overview

The provincial program offers selected athletes supplementary training opportunities to further their speed skating development. Athletes who meet specific developmental criteria and specific performance criteria are invited to join the Development Program (PDP). Athletes who meet additional performance criteria are invited to join the Training Program (PTP). The two-tiered approach recognizes athletes based on their stage of development and level of performance to provide them with developmentally appropriate programs to best addresses their needs.

The PDP is geared towards athletes who are currently demonstrating a performance level at or near par with the best times recorded for their own age and gender division. The PTP is geared towards members of the PDP who are currently participating at national ranking events or championships[1] and are demonstrating a performance level at or near par with the best recorded Junior times for their gender.

Development Program

The PDP will normally be composed of sixteen to twenty-four (16 – 24) athletes, inclusive of the PTP athletes; adjustments may occur at the discretion of the High Performance Committee. The athletes will be within LTPAD stage 3–Training to Train (males 12–16 years of age, females 11–15 years of age), LTPAD stage 4.1–Learning to Compete (males 16–18 years of age, females 15–17 years of age), and/or LTPAD stage 4.2–Training to Compete (males 18–21 years of age, females 17–21 years of age).

Athletes have been considered for the 2010–2011 PDP based on skating at or within 120% of the current Canadian Age Class records four (4) times in at least two (2) different distances in short track, or long track, or both. The times will have been achieved in all four (4) age class distances in same discipline, or two (2) times in two (2) different distances in long track, short track, or both. The top sixteen to twenty-four (16 – 24) athletes with the lowest average percentage in their four (4) qualifying times will be invited to join the 2010–2011 PDP.

[1] National ranking events or championships include Canadian Junior and/or Senior competitions such as the Canadian Junior Short Track Championships, Canadian Junior Long Track Championships, Canadian Short Track Qualifier, Canadian Short Track Trails, Canadian Single Distance Championships, and Canada Cups.

The athletes in the PDP will train part-time with their club and part-time with the Provincial Coach. The program will include club coach mentoring sessions, provincial program short track and long track training, provincial program dry-land sessions, and sport science presentations.

Club coaches will be encouraged to join a coaching mentorship program where they will develop a season plans for club short track and long track practices to address the needs of the athletes, and plans to attend provincial competitions.

Training Program

The PTP will be composed of a minimum of eight to twelve (8 – 12) athletes; adjustments may occur at the discretion of the High Performance Committee. The athletes will be within LTPAD stage 4.1–Learning to Compete (males 16–18 years of age, females 15–17 years of age), or LTPAD stage 4.2–Training to Compete (males 18–21 years of age, females 17–21 years of age). Athletes in LTPAD stage 3–Training to Train (males 12–16 years of age, females 11–15 years of age) may be considered for the PTP as long as they are post PHV (Peak Height Velocity).

Athletes have been considered for the 2010–2011 PTP based on their best result from three (3) distances in either short track or long track (Olympic Style) from the 2009–2010 season. The athlete's season's best short track results were factored against the Canadian Junior records to get a percentage with the three (3) lowest percentages being averaged. All of an athlete's season's best long track results were factored against the Canadian Junior records to get a percentage with the three (3) lowest percentages being averaged. The short track list and the long track lists were merged and ranked based on the lowest percentage average of the Canadian records. The top eight to twelve (8 – 12) athletes in the ranking will be invited to join the 2010–2011 PTP.

The members of the PDP who have been invited to join the PTP will receive additional and enhanced training opportunities. The program will utilize the resources of the Manitoba Speed Skating Association, the Canadian Sport Centre – Manitoba, and other service providers. The program will include additional provincial short track and long track training sessions, enhanced strength training, enhanced sport science services, and event travel and accommodations.

DEVELOPMENT PROGRAM DETAILS

DEVELOPMENT PROGRAM OBJECTIVES:

- To develop athletes by focusing on critical skill and speed skating literacy.
- To develop athletes by focusing on physical development.
- To develop athletes by focusing on competitive development.
- To develop athletes by introducing them to sport science concepts.

DEVELOPMENT PROGRAM SELECTION CRITERIA:

Composition:

- Sixteen to twenty-four (16 – 24) athletes will be selected for this program based on the following criteria.
    - The composition of the PDP is inclusive of the eight to twelve (8 – 12) PTP athletes.
    - Adjustments to the composition of the program may be made at the discretion of the High Performance Committee.

Criteria:

- The athlete must be within LTAD stage 3 – Training to Train (males 12 – 16 years of age, females 11 – 15 years of age), LTAD stage 4.1 – Learning to Compete (males 16 – 18 years of age, females 15 – 17 years of age), or LTAD stage 4.2 – Training to Compete (males 18 – 21 years of age, females 17 – 21 years of age).
    - Juvenile, Junior, Intermediate
    - Canada Games Eligible
- The athlete has skated at or within 120% of the current Canadian Age Class records four times in at least two (2) different distances in short track, or long track, or both. The time will have been achieved in all four (4) age class distances in same discipline, or two (2) times in two (2) different distances in long track, short track, or both.
- The top sixteen to twenty-four (16 – 24) athletes with the lowest average percentage in their four (4) qualifying times will be invited to join the Provincial Development Program.
    - Eight to twelve (8 – 12) of the Development Program athletes, who meet the additional Training Program selection criteria, will be invited to join the PTP.

DEVELOPMENT PROGRAM BENEFITS:

- Coaching by the Provincial Coach
- Coaching at national and regional competitions
- Supplementary training
    - Summer training:
        - 1 strength and/or conditioning session per week
        - 1 running/technical sessions session per week
        - 1 cycling session per week
        - 6 on ice technical sessions at Max Bell
    - In season training:
        - 1 short track training session per week
        - 2 long track training sessions per week
        - 1 strength and/or conditioning session per week
        - 4 sport science sessions during the season
    - Self directed training plans

Note:

- Supplementary training sessions may be lead by the Provincial Coach, and/or other sport service providers.
- Additional training sessions may be offered as time and resources allow.
- Factors such as competitions and holidays may alter the weekly training schedule from time to time.

DEVELOPMENT PROGRAM EXPECTATIONS:

- A specific practice plan and schedule, competition plan, and training camp plan will be developed and agreed upon between each individual athlete and the Provincial Coach. The overall plan will take into account the athlete's speed skating objectives for the season and any other activities and interests that the athlete wishes to pursue through the season. The athlete will be expected to attend every training session that they can, every competition in their plan, and every training camp in their plan. The athlete will be expected to participate in both short track and long track disciplines. The athlete is asked inform the Provincial Coach when they need to alter their practice, competition, and/or camp plan.

NOTES:

Provincial Skin Suits

- Provincial skin suits are to be worn at National or Regional competitions.
- Members may choose to purchase their own provincial skin suit. Orders for provincial skin suits will be coordinated by MSSA.
- MSSA will supply skin suits for national or regional competitions to athletes who do not purchase their own. The suits will be owned by MSSA and only be available for national or regional competitions.

Attitude and Behaviour*:*

- Provincial Team members are expected to display a positive attitude and maintain appropriate behaviour at all times. (see attached Code of Conduct) Appropriate discipline measures will be assessed by the provincial coach

Training Logs:

- Training logs will be mandatory for all athletes. At three scheduled times during the season the athlete will be required to have the provincial coach verify that they are being kept up to date.

DEVELOPMENT PROGRAM INFORMATION:

1) Funding for travel is not tied to admission into the program. The Advanced Programs is under review for the 2010/11 season.
2) Athletes will be provided with a written evaluation in December and April from the Provincial Coach.
3) Athlete's practice, competition, and camp plan will be developed by September and reviewed in December.
4) Skaters must train in both disciplines.
5) Skaters must purchase training equipment as outlined by the provincial coach for their own use at off ice sessions.
6) Schedules for the Provincial Development Program will be issued in five-week training cycles.
7) Skaters must re-qualify for the Provincial Athlete Development programs on an annual basis.
8) Rankings of the skaters will be provided throughout the season.
9) Where athletes are unable to meet the expectations of Provincial Athlete Development programs as outlined in the preceding section, exemptions may be granted, provided an exemption request outlining the reasons for the exemption is submitted in writing to the Provincial Coach and/or the High Performance Committee for consideration and approval.
10) If during the course of a season, a Provincial Development Program member suffers a significant injury, the athlete will maintain their status at the time of the injury as long as a doctor's note is provided. The athlete will be conditionally permitted to join the team the next season, subject to meeting the current selection criteria by December 31st for full entrance into the program.
11) To be eligible for the Provincial Athlete Development programs the athlete must have no outstanding bills owing to the MSSA.
12) Any athlete who wishes to participate in group travel and accommodations with the Provincial Program must submit a deposit of $200.00 or a credit card number and expirary date prior to the booking of travel. This deposit in non refundable.
13) Any parent who wishes to participate in group travel with the Provincial Program must submit a deposit of $300.00 or a credit card number and expirary date prior to the booking of travel. This deposit is non refundable.
14) Parents who travel with the Provincial Program, and are not assigned as team manager, must pay for their own accommodation expenses.
15) The cost to participate in the 2010–2011 PDP is $1000.00 per athlete. Fee payments can be paid in full or in three (3) installments.

Due on or before **June 11, 2010**	$350.00
Due on or before **September 3, 2010**	$325.00
Due on or before **December 3, 2010**	$325.00

Where the installment option is selected **all** payments **must** accompany the registration information.

Note – if an athlete chooses to leave the program for reasons other than medical there will be no refund of fees

TRAINING PROGRAM DETAILS

TRAINING PROGRAM OBJECTIVES:

- To develop athletes by focusing on optimizing critical skill and speed skating literacy.
- To develop athletes by focusing on optimizing physical development.
- To develop athletes by focusing on optimizing competitive development.
- To develop athletes by optimizing their knowledge of sport science concepts.
- To develop athletes who are on a performance pathway to the National Ranking Events.
- To provide athletes and coaches with an educational environment that promotes and enhances knowledge of advanced training development and procedures.
- Long term mission it to produce internationally competitive skaters.

TRAINING PROGRAM SELECTION CRITERIA:

Composition:

- Eight to twelve (8 – 12) athletes will be selected for this program from the Development Program based on the following criteria.
    - Adjustments to the composition of the program may be made at the discretion of the High Performance Committee.

Criteria:

- The athletes will be within LTP/AD stage 4.1–Learning to Compete (males 16–18 years of age, females 15–17 years of age), or LTP/AD stage 4.2–Training to Compete (males 18–21 years of age, females 17–21 years of age).
    - Athletes in LTP/AD stage 3–Training to Train (males 12–16 years of age, females 11–15 years of age) have also been considered for the PTP as long as they are post PHV (Peak Height Velocity).
- The athlete's best times from the 2009–2010 season will be factored against the Junior[2] Canadian records in long track (Olympic Style) and short track.
    - The athlete's season's best short track results in three distances will be factored against the Junior Canadian records to get a percentage with the three (3) lowest percentages being averaged.
    - The athlete's season's best long track (Olympic Style) results in three distances will be factored against the Junior Canadian records to get a percentage with the three (3) lowest percentages being averaged.
    - The short track list and the long track lists will be merged and ranked based on the lowest percentage average of the Junior Canadian records.
    - The top eight (8) to twelve (12) athletes in the ranking will be invited to join the Provincial Training Program.

EXPECTATIONS OF TRAINING PROGRAM MEMBERS:

- Athletes must exhibit a strong commitment to PTP training programs and practice schedules.
- 80% attendance must be maintained at all scheduled on and off ice sessions for the PTP.
- If an athlete has fallen below 80% in 2 consecutive months they will be placed on probation and will have 1 month to bring their training average back up to 80%, if they fail to do so they will be removed from their next scheduled out-of-province event.
- Training Sessions – attendance will be taken at all scheduled training sessions. Provisions for missing practices will be allowed for the following as long as the coach has been contacted prior to the scheduled practice time
    - Other sport training/competition
    - Vacations
    - Illness/Injury
    - Work Commitments (schedule must be provided to the Provincial Coach)
- Must be a full time member of a Manitoba speed skating club.
- A training Diary (on-line or other) will be kept up to date.

[2] Records for ISU Junior aged skaters, which are those who have not reached the age of 19 before July 1st preceding the season as per ISU rule 108.

BENEFITS OF THE TRAINING PROGRAM (in addition to the Development Program Benefits):

- Sport science support provided through the Canadian Sport Centre – Manitoba. This support will be delivered through an Performance Enhancement Team via a coach driven model. The scope of these services includes sport psychology, sport physiology, sport nutrition, strength & conditioning, biomechanical skill analysis, and athletic therapy. The current sport science support plan includes:
    - Team based sport psychology sessions
    - Team based nutritional sessions
    - Planning and periodization guidance
    - Lab and field based physiological assessments
    - A comprehensive year-round strength and conditioning program
    - Periodic video analysis of skating technique

    Note: that the exact nature of these services will be determined by the coach in concert with the Performance Enhancement Team and may change based on the specific needs of the team. Finally, the emphasis of this program will not simply be on the provision of the above services, but on the education of the athletes. The ultimate objective of the program is to develop athletes that understand the rationale and the benefits of the various sport science elements that contribute to training for high performance sport.
- Weekly strength and conditioning session with a strength trainer.
- Heart Rate Monitor for personal use.
- Coaching at provincial events (excluding CWG trials).
- On-line and/or other training diary
- Additional on ice training sessions. A minimum of one additional short track training sessions will be offered per week. An additional long track training session occurring at a separately scheduled time will be offered per week. Additional training sessions may be offered as time and resources allow.
- An additional dry-land training session will be scheduled per week during the summer season. Dry-land training sessions will include sessions run by the Provincial Coach, a strength trainer, and/or other sport service providers.
- Three competitions plus 2011 Canada Winter Games participation fees waived (Note: 2007 CWG team fees were $1000.00). Competitions will include transportation (flights, bus and van rental), accommodations, and registration fee. All athletes will be required to travel and stay with the team during these funded events. In consultation with the Provincial Coach a list of events will be selected for each athlete. The events supported in 2010-2011 will be:
    - Long Track
        - Can Am Competition — Calgary, AB — November 18-21, 2010
        - Canada Cup 1 — Ste Foy, QC — December 3-5, 2010
        - Canada Cup 3 / Oval Finale — Calgary, AB — March 15-20, 2011
    - Short Track
        - Western Canada Cup #1 / Oktoberfest — Calgary, AB — October 8-10, 2010
        - Western Canada Cup #2 — Medicine Hat, AB — November 27-28, 2010
        - Western Canada Cup #3 — Richmond, BC — January 21-23, 2011

    Note: Any event with more than 6 athletes registered will have a manager assigned to travel with the team.

NOTES:

Provincial Skin Suits

- Provincial skin suits are to be worn at National or Regional competitions.
- Members may choose to purchase their own provincial skin suit. Orders for provincial skin suits will be coordinated by MSSA.
- MSSA will supply skin suits for national or regional competitions to athletes who do not purchase their own. The suits will be owned by MSSA and only be available for national or regional competitions.

Attitude and Behaviour:

Provincial team members are expected to display a positive attitude and maintain an appropriate behaviour at all times. Appropriate discipline will be issued by the provincial coach (please see attached)

Training Diaries:

A training diary (on-line or other) will be mandatory for all athletes to keep updated.

TRAINING PROGRAM INFORMATION:

1) Athletes will be provided with a written evaluation in December and April from the Provincial Coach
2) Athlete's practice, competition and camp plan will be developed by September and reviewed in December.
3) Skaters must re-qualify for the PTP on an annual basis
4) The coach will provide ranking list of the athletes throughout the season.
5) Where athletes are unable to meet expectations of Provincial Athlete Development programs as outlined in the preceding section, exemptions may be granted, provided an exemption request outlining the reasons for the exemption is submitted in writing to the Provincial Coach and/or High Performance Committee for consideration and approval.
6) If during the course of a season, a PTP member suffers a significant injury, the athlete will maintain their status at the time of injury as long as a doctor's note is provided. The athlete will be conditionally permitted to join the team the next season, subject to meeting the current selection criteria by December 31st for full entrance into the program.
7) To be eligible for the PTP the athlete must have **no** outstanding bills owing to the MSSA.
8) Purchasing of training equipment as outlined by the provincial coach for off ice session is the responsibility of the athlete.
9) Any parent who wishes to participate in group travel with the Provincial Program must submit a deposit of $300.00 or a credit card number and expiry date prior to the booking of travel. This deposit is non refundable.
10) Parents who travel with the Provincial Program, and are not assigned as team manager, must pay for their own accommodation expenses.

FEE STRUCTURE:

The cost to participate in the PTP is $3750.00 per athlete. Fee payments can be made in full or in four installments.

Due on or before June 11, 2010	$937.50
Due on or before September 3, 2010	$937.50
Due on or before December 3, 2010	$937.50
Due on or before March 4, 2011	$937.50

Where the installment option is selected all post-dated cheques **must** accompany the registration information.
Note – you choose to either be a member of the provincial training program or the provincial development Program, you **do not** pay for both.
Note – if an athlete chooses to leave the program for reasons other than medical there will be no refund of fees.