

**MANITOBA SPEED SKATING ASSOCIATION  
PROVINCIAL DEVELOPMENT PROGRAM (PDP)  
INFORMATION BULLETIN**

The Manitoba Speed Skating Association's Provincial Program uses Speed Skating Canada's Long-Term Participant and Athlete Development model (LTPAD) as the guiding model. MSSA's Provincial Program recognizes athletes based on their stage of development and their level of performance. This creates a multi-tiered approach that provides athletes with developmentally appropriate programming that will best support their development.

The Provincial Program is composed of four tiers: Club Programs, the Provincial Development Program, the Provincial Training Program, and the Oval Program. The multi-tiered approach creates training groups, comprised of athletes at a similar performance level and development stage, following developmentally appropriate programs that best address their needs.

The Provincial Development Program (PDP) is geared towards athletes who are demonstrating that they are developing towards participating at national ranking events or championships<sup>1</sup>. The program will act as a link for athletes between Club Programs and the Provincial Training Program.

The PDP will normally be composed of eight (8) to twelve (12) athletes; additions may occur at the discretion of the High Performance Committee. The athletes will be within the Training to Train (males 12–16 years, females 11–15 years), and/or the Learning to Compete (males 16–18 years, females 15–17 years) stages.

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 ice sessions, provincial program dry-land sessions, and other sport science presentations.

PDP short track ice time will be held one evening per week September - March. During the long track season PDP ice time will include one (1) short track practice and one (1) long track practice.

Dry-land training will be scheduled once per week during the skating season. Dry-land training sessions may include sessions run by the Provincial Coach, sessions lead by a strength trainer, and/or sessions lead by other sport service providers.

PDP athletes will be invited to join Provincial Training Program athletes for presentations lead by sport science service providers through the Canadian Sport Centre – Manitoba.

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<sup>1</sup> 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.

## **PROVINCIAL 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.

## **PROVINCIAL DEVELOPMENT PROGRAM SELECTION CRITERIA:**

### **Composition:**

- Eight to twelve (8 – 12) athletes will be selected for this program based on the following criteria.
  - Additions to the composition of the program may be made at the discretion of the High Performance Committee to accommodate any of the following:

### **Criteria:**

- An athlete will be within Training to Train (♂ 12 – 15 years, ♀ 11 – 14 years), or Learning to Compete (♂ 16 – 18 years, ♀ 15 – 17 years) stage of development.
  - At a minimum the athlete will be 2015 Canada Winter Games Eligible (14 on June 30, 2014 but not 19 on June 30, 2014. Year of birth July 1, 1995 to June 30, 2000)
- Training to Train (T2T)
  - The PDP selection for 2011-2012 has necessarily been adjusted from the previous existing Provincial Program selection criteria, which was based on standards of age class records, due to the competition format changes implemented during the 2010-2011 season creating the new T2T age class and associated events. For the 2011-2012 Provincial Program T2T skaters have been considered for promotion based on A) the number of spaces available in the program, B) competitions attended, C) performances in both long track and short track events, and D) technical evaluation.
    - A. The number of spaces available in the 2011-2012 Provincial Program has been established by determining which athletes from the 2010-2011 Provincial Program will continue with the program.
    - B. T2T athletes were considered for selection to the PDP based on showing an inclination towards high-level competitions such as the 2010 Prairie Dog, 2011 Canadian Long Track Championships, and/or the 2011 Canada West Short Track Championships.
    - C. T2T Performance was gauged by comparing the skater's times from the 2010-2012 season against the fastest time, per age group and gender, achieved at the 2011 Canada West Short Track Championships or the 2011 Canadian Long Track Championships. A skater's best two (2) results from Short Track and two (2) results from Long Track were factored against the best national results.
    - D. The T2T technical evaluation was conducted during two separate ice sessions at the end of the 2010-2011 season where skaters were drilled in six (6) different skill exercises derived from Speed Skating Canada's Cutting Edge Pin Program.
- Learning to Compete (L2C)
  - The athlete has competed at a Western Regional or National Long Track or Short Track event.
  - The athlete has skated 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 top eight to twelve (8 – 12) athletes with the lowest average percentage in their four (4) qualifying times will be invited to join the Provincial Development Program.

## **PROVINCIAL DEVELOPMENT PROGRAM BENEFITS:**

- Coaching by the Provincial Coach with assistance from a team of dedicated MSSA Coaches
- Summer training programs
- Provincial ice sessions
- Structured club ice sessions
- Participation in an supplementary training programs
  - Dryland Training Sessions
  - Sport Science Information Sessions

- Coaching at the following competitions, by the Provincial Coach and/or Assistant:
  - Short Track
    - Fall Classic November 12-13, 2011 Regina SK
    - Prairie Dog November 25-27, 2011 Souris MB
    - Canada West Short Track Championships March 24-25, 2012 Winnipeg MB
  - Long Track
    - John Rose December 10-11, 2011 Roseville MN
    - Sask Energy Long Track TBD TBD
    - Canadian Long Track Championships February 4-5, 2012 Fort St. John BC

### **PROVINCIAL 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 to 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 must purchase their own provincial skin suit. Orders for provincial skin suits will be coordinated by MSSA.

#### **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

#### **Community Service:**

- 10 hours of community service will need to be performed during the season for Manitoba Speed Skating Association functions. Functions include: open houses/public events, Winnipeg School Races, sharpening MSSA skates, etc.

### **PROVINCIAL DEVELOPMENT 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.
- 3) Skaters must train in both Short Track and Long Track disciplines.
- 4) Schedules for the Provincial Development Program will be issued in four-week training cycles.
- 5) Skaters must re-qualify for the Provincial Program on an annual basis.
- 6) Athletes will be responsible for making their own travel arrangements for competition trips. The Coach's travel arrangements will be communicated in advance. Athletes should match their travel to the Coach's, otherwise they will be responsible to acquire transportation to rendezvous with the Team.
- 7) Transportation between accommodations and event venue will be provided. Transportation from and to the airport will be provided so long as athletes travel is matched with the coach's.
- 8) Accommodations will be blocked for the Team for competition trips. Athletes will be responsible for making their own payment arrangements at the accommodation site.
- 9) Athletes 14 years old and younger must be accompanied by a parent or guardian on competition trips.
- 10) When required an Assistant Coach or a Chaperone will be assigned to the Team for competition trips.

- 11) Where athletes are unable to meet the expectations of the Provincial Program 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.
- 12) 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.
- 13) To be eligible for the Provincial Program the athlete must have **no** outstanding bills owing to the MSSA.

### **FEE STRUCTURE:**

The cost to participate in the 2011–2012 PDP is \$1,500.00 per athlete. Fee payments can be paid in full or in three (3) installments.

Due on or before	Friday June 3 <sup>rd</sup> , 2011	\$500.00
Due on or before	Friday September 2 <sup>nd</sup> , 2011	\$500.00
Due on or before	Friday December 2 <sup>nd</sup> , 2011	\$500.00

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

**Note: There will be no refund if an athlete chooses to quit the program.**

Please read the enclosed Code of Conduct carefully, sign it and return it with the completed Medical form, Contact Information, and Athlete/Parent Contract and the appropriate fee payments by **Friday June 3<sup>rd</sup>, 2011**. Your **acceptance, payment (post dated cheques) and registration materials** can be mailed to MSSA, 145 Pacific Avenue, Winnipeg, MB, R3B 2Z6 or dropped off at the office. All the above information must be received before you will begin training with the provincial team.

If you wish to decline acceptance to the provincial program please contact the office in writing by Friday June 3<sup>rd</sup>, 2011.

Should you have any questions regarding the Provincial Development Program, please do not hesitate to contact me at 925-5657 or [mssa@shawbiz.ca](mailto:mssa@shawbiz.ca), or Todd Landon at 414-1102 or [mssa.coach@shaw.ca](mailto:mssa.coach@shaw.ca).

Sincerely,

Nicolle Moskven,  
Executive Director

cc: Todd Landon, Provincial Coach/Technical Consultant  
Paul Daeninck, President  
Brian, McConnell, Chair of High Performance Committee

- **NOTE:** Please find attached the Provincial Program requirements and criteria for the 2012–2013 season.