

**MANITOBA SPEED SKATING ASSOCIATION
PROVINCIAL TRAINING PROGRAM (PTP)
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 Training Program (PTP) is geared towards athletes who are currently participating at national ranking events or championships¹ and are demonstrating that they are training towards top rankings at those events. The program will act as a link for athletes between provincial training and training at High Performance Training Centres, such as the Oval Program.

The PTP will be composed of a minimum of eight (8) and a maximum of twelve (12) athletes; alterations 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) have also been considered for the PTP as long as they are post PHV (Peak Height Velocity).

Athletes have been selected into the PTP for the 2011–2012 season based on their best result from three (3) distances in either short track or long track (Olympic Style) from the 2010–2011 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 were selected to form the PTP for the 2011–2012 season.

The athletes in the PTP will create a common group that will train part-time under the direction of the Provincial Coach. The program will utilize the resources of the Manitoba Speed Skating Association, the Canadian Sport Centre – Manitoba, provincial clubs, the Olympic Oval, and other service providers. The program will include provincial ice sessions, strength training, and sport science services.

The weekly on-ice programs will include two evenings per week. During the long track season PTP training will occur during separately scheduled times.

Strength training will be scheduled twice per week. The sessions will introduce the athletes to a strength program which they will be required to repeat on their own as indicated in training programs.

The PTP will meet regularly to discuss such topics as goal setting, sport psychology, nutrition, video analysis, etc. Many of these meetings will be lead by sport science service providers through the Canadian Sport Centre – Manitoba.

Note – due to program and development variants between Provincial Training Program (PTP) and the Provincial Development Program (PDP) there is not an option to join the PDP if an athlete declines the PTP.

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.

PTP 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.

PROVINCIAL TRAINING PROGRAM SELECTION CRITERIA:

Composition:

- Eight to twelve (8 – 12) athletes will be selected for this program based on the following criteria.
 - Alterations 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 2010–2011 season will be factored against the Junior² 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 PROVINCIAL TRAINING PROGRAM MEMBERS

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 coaching coordinator)
- Specific Performance Targets will be developed for individual skaters by the provincial program coordinator and the Canadian Sport Centre Manitoba.
- Must be a full time member and regular participant of a Manitoba speed skating club.

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

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.

Training Diary:

- Maintaining a Training Diary will be mandatory for all athletes. Athletes will be required to demonstrate an up to date Training Diary prior to receiving their next training plan.

Community Service:

- 15 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, school presentations, sharpening MSSA skates, etc.

BENEFITS OF THE PROVINCIAL TRAINING PROGRAM ARE:

- Sport science support provided through the Canadian Sport Centre – Manitoba. This support will be delivered through an Integrated Support 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 & individual based sport psychology counseling
 - Planning & periodization guidance
 - Lab & field based physiological assessments
 - Team & individual based nutritional counseling
 - A comprehensive, year-round strength & conditioning program
 - Periodic live time, as well as an in-depth, video analysis of skating technique
- Note that the exact nature of these services will be determined by the coach in concert with the Integrated Support 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.
- Strength and conditioning 2 times per week, as the program requires and the schedule allows.
- Short Track and Long Track ice sessions 2 times per week, as the program requires and the schedule allows.
- Training Diary (On-line or Hard Copy)
- Coaching at the following competitions, by the Provincial Coach and/or Assistant:
 - Short Track
 - Provincial Competitions
 - Oktoberfest / Western Canada Cup Short Track October 7-9, 2011 Calgary AB
 - Canadian Junior Short Track Championships December 3-4, 2011 Calgary AB
 - Western Canada Cup Short Track January 20-22, 2012 Richmond BC
 - RU Fast / Western Canada Cup Short Track March 2-4, 2012 Calgary AB
 - Canadian Short Track Championships March 15-18, 2012 Richmond BC/Montreal QC
 - Long Track
 - Provincial Competitions
 - CanAm November 17-20, 2011 Calgary AB
 - Canada Cup #1 December 2-4, 2011 Quebec City QC
 - Canada Cup #2 January 5-8, 2012 Calgary AB
 - Canada Cup #3 / Canadian Junior Long Track February 3-5, 2012 Saskatoon SK
 - North American Long Track February 10-12, 2012 Calgary AB

PROVINCIAL TRAINING PROGRAM INFORMATION:

- 1) Athlete's practice, competition and camp plan will be developed by September.
- 2) Athletes will be provided with a written evaluation in December and April from the Provincial Coach.
- 3) Skaters must re-qualify for the PTP on an annual basis.
- 4) Athletes will be responsible for making their own travel arrangements for camps or competitions. 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.

- 5) 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.
- 6) Accommodations will be blocked for the Team for camps or competitions. Athletes will be responsible for making their own payment arrangements at the accommodation site.
- 7) When required an Assistant Coach or a Chaperone will be assigned to the Team for camps or competitions.
- 8) 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.
- 9) 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.
- 10) To be eligible for the PTP the athlete must have no outstanding bills owing to the MSSA.

FEE STRUCTURE:

The cost to participate in the PTP is \$2,500.00 per athlete. Fee payments can be made in full or in three (3) installments.

Due on or before	Friday June 3 rd , 2011	\$850.00
Due on or before	Friday September 2 nd , 2011	\$825.00
Due on or before	Friday December 2 nd , 2011	\$825.00

Where the installment option is selected all post-dated cheques **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.

Note – due to program and development variants between Provincial Training Program (PTP) and the Provincial Development Program (PDP) there is not an option to join the PDP if an athlete declines the PTP.

REGISTRATION DEADLINE:

Please read thoroughly the enclosed Code of Conduct sign and return with your completed Medical Form, Contact Information, and Athlete/Parent Contract by Friday June 3rd, 2011. Your acceptance, payment and registration materials can be mailed to the MSSA, 145 Pacific Avenue, Winnipeg, MB R3B 2Z6 or dropped off to the mail room. All the above listed information must be received before you will begin training with the PTP.

If you wish to decline your invitation to the PTP please contact the office in writing by Friday June 3rd, 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, or Todd Landon at 414-1102 or mssa.coach@shaw.ca.

Sincerely,

Nicolle Moskven,
Executive Director

Cc: Todd Landon, Provincial Coaching Coordinator
Paul Daeninck, President
Brian McConnell, Chair High Performance Committee