



**2009 – 2010**

**ATHLETE DEVELOPMENT PROGRAMS**

**INFORMATION BULLETIN**

**MANITOBA SPEED SKATING ASSOCIATION**  
**2009 – 2010**  
**ATHLETE DEVELOPMENT PROGRAMS**

## **Introduction**

The content herein outlines the programs and the selection process for the Manitoba Speed Skating Association's Athlete Development Programs for the 2009 – 2010 season.

The purpose of the Manitoba Speed Skating Association's Athlete Development Program is to provide a multi-tiered approach to long-term athlete development. The multi-tiered approach recognizes athletes based on their level of performance and their stage of development. The tiered program will provide athletes with a targeted and structured program of development resources and training opportunities to reach their full potential.

Speed Skating Canada's Long-Term Athlete Development Plan is the guiding model in developing the selection and programs and will continue as such in supporting decisions related to future selection processes and program developments.

## **Athlete Development Programs**

The multi-tiered athlete development program is composed of three distinct programs: the Provincial Training Program, the Provincial Development Program, and the Provincial Introduction Program.

The multi-tiered approach allows small training groups, comprised of athletes at a similar performance level and stage of development, to follow a targeted and structured development and training program that best addresses their needs.

In the multi-tiered athlete development program the term "Provincial Team" will only apply to the group of athletes who qualify or are selected to attend national ranking or championship events. Either Speed Skating Canada, or the Manitoba Speed Skating Association will set the qualifying criteria for individual events.

**The Provincial Training Program (PTP)** – geared towards athletes who are participating at national ranking events or championships<sup>1</sup> and are demonstrating that they are training towards top rankings at those events. The Provincial Training Program will provide the athletes with a full-time provincial program that promotes advanced resources and training sessions.

**The Provincial Development Program (PDP)** – geared towards athletes who are demonstrating that they are developing towards participating at national ranking events and championships. The Provincial Development Program will provide athletes with a training program that includes targeted and structured club and provincial program training sessions.

**The Provincial Introduction Program (PIP)** – geared towards all athletes and coaches to ensure that they are being introduced to or are introducing fundamental speed skating skills respectively. The program will act as a link for athletes to the Provincial Development Program, and the program will act as a coaching development tool.

**Note:** The information and criteria herein pertains only to the 2009-2010 athlete development program selection. A separate bulletin will be issued prior to the start of the 2009-2010 season outlining the criteria for the 2010-2011 athlete development program selection.

**Contact:** If you have any questions about the information and criteria herein please contact Todd Landon at 204-414-1102 or [mssa.coach@shaw.ca](mailto:mssa.coach@shaw.ca).

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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.

**MANITOBA SPEED SKATING ASSOCIATION  
PROVINCIAL TRAINING PROGRAM (PTP)  
INFORMATION BULLETIN**

The Manitoba Speed Skating Association (MSSA) is introducing a revised approach to its Athlete Development Programs for the 2009–2010 season. The purpose of the revised Athlete Development Program is to provide a multi-tiered approach to long-term athlete development. The multi-tiered approach recognizes athletes based on their level of performance and their stage of development to provide them with a targeted and structured program of development resources and training opportunities that will best support their development.

Speed Skating Canada's Long-Term Participant and Athlete Development (LTP/AD) plan has been the guiding model in the revisions to the program. Speed Skating Canada's LTP/AD plan will continue to be the guiding model in supporting future decisions and developments related to the program.

The multi-tiered athlete development program is composed of three distinct programs: the Provincial Training Program, the Provincial Development Program, and the Provincial Introduction Program. The multi-tiered approach creates smaller training groups, comprised of athletes at a similar performance level and development stage, following a targeted and structured development and training program that best addresses their needs.

The Provincial Training Program (PTP) is the top tier of the revised Athlete Development Program. The PTP will be geared towards athletes who are currently participating at national ranking events or championships<sup>2</sup> 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. The PTP is effectively a restructuring and improvement upon the Regional Training Centre (RTC).

The PTP will be composed of a minimum of eight (8) and a maximum of twelve (12) athletes. 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).

Athletes have been selected into the PTP for the 2009–2010 season based on their best result from two (2) distances in either short track or long track (Olympic Style) from the 2008–2009 season. The athlete's season's best short track results were factored against the Canadian Junior records to get a percentage with the two (2) 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 two (2) 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 twelve (12) athletes in the ranking were selected to form the PTP for the 2009–2010 season.

The athletes in the PTP will create a common group that will train full-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, ice sessions with provincial clubs, strength training, sport science services, and event travel and accommodations.

The weekly on-ice programs will utilize both provincial ice time and club ice time. The provincial short track ice time will include one evening per week and one morning per week. Short track ice time at clubs will be utilized at least once a week for the PTP, with each club being utilized at least once per month. During the long track season PTP training will occur during separately scheduled times.

Strength training will be scheduled once per week at Effectus Athlete Development at 5 – 25 Scurfield Boulevard in Winnipeg. During the competitive phase of the season the training will shift to a semi-weekly schedule. The sessions at Effectus will introduce the athletes to a strength program which they will be required to repeat on their own as indicated in training programs.

Once during every five-week training cycle the PTP will meet 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.

The PTP will receive travel and accommodations to 4 events during the season. The athlete and Provincial Coach will agree upon the events based on the objectives of the athlete and team's objectives for the 2011 Canada Winter Games.

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<sup>2</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.

## 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.

### **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 2008–2009 season will be factored against the Junior<sup>3</sup> Canadian records in long track (Olympic Style) and short track.
  - The athlete's season's best short track results will be factored against the Junior Canadian records to get a percentage with the two (2) lowest percentages being averaged.
  - The athlete's season's best long track (Olympic Style) results will be factored against the Junior Canadian records to get a percentage with the two (2) 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 twelve (12) athletes in the ranking will be invited to join the Provincial Training Program.

## 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 1 time a week. Session will be at Effectus Athlete Development at 5 – 25 Scurfield Boulevard. **It is mandatory that you attend all sessions.** If you are unable to attend please contact Todd 24 hours prior to the session.
- Heart Rate Monitor for your personal use as a member of the PTP program

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<sup>3</sup> Records for ISU Junior aged skaters, which are those who have not reached the age of 19 before July 1<sup>st</sup> preceding the season as per ISU rule 108.

- Short and Long Track Sessions – Minimum of 3 times a week (will include at least one morning session of short track per week)
- On-line training diary
- Minimum of 1 session per week of dryland (additional to the strength and conditioning session at Effectus Athlete Development)
- 4 Events (includes both competitions and camps) MSSA will provide transportation (includes 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.  
**Note:** Any event with more than 6 athletes registered will have a manager assigned to travel with the team. The 4 events will be developed as part of the athlete's season plan and be approved by the provincial coach. Events that qualify are:
  - Can Am Camp & Competition                      Calgary
  - Canada Cup 1    Calgary
  - Canada Cup 2    Saskatoon
  - North American LT                                      Salt Lake City/Milwaukee
  - Oval Finale    Calgary
  - Oktoberfest Camp & Competition                  Calgary
  - Winterfest     Calgary
  - RU Fast    Calgary
  - Western Regional ST Championships              SK
  - Cdn ST Championships                                Campbellton, NB

Note – if you wish to attend more than 4 events, after the 4<sup>th</sup> event you will be responsible for your own costs (may be eligible for advanced program funding for these competitions)

**NOTES:**

**Provincial Skin Suits**

MSSA will supply skin suits to athletes attending out-of-province competitions. The suits will be owned by MSSA and only be used for out-of-province competitions. There will be suits for both long and short track competitions.

**Provincial Team Jackets**

It is strongly recommended that athletes wear the MSSA provincial team jacket at all out-of-province competitions.

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

The Manitoba Speed Skating Association (MSSA) is introducing a revised approach to its Athlete Development Programs for the 2009–2010 season. The purpose of the revised Athlete Development Program is to provide a multi-tiered approach to long-term athlete development. The multi-tiered approach recognizes athletes based on their level of performance and their stage of development to provide them with a targeted and structured program of development resources and training opportunities that will best support their development.

Speed Skating Canada's Long-Term Participant and Athlete Development (LTP/AD) plan has been the guiding model in the revisions to the program. Speed Skating Canada's LTP/AD plan will continue to be the guiding model in supporting future decisions and developments related to the program.

The multi-tiered athlete development program is composed of three distinct programs: the Provincial Training Program, the Provincial Development Program, and the Provincial Introduction Program. The multi-tiered approach creates smaller training groups, comprised of athletes at a similar performance level and development stage, following a targeted and structured development and training program that best addresses their needs.

The Provincial Development Program (PDP) is the middle tier of the revised Athlete Development Program. The PDP will be geared towards athletes who are demonstrating that they are developing towards participating at national ranking events or championships<sup>4</sup>. The program will act as a link for athletes between club training and the Provincial Training Program.

The PDP will be composed of a minimum of eight (8) and a maximum of twelve (12) athletes. The athletes will be within LTP/AD stage 3–Training to Train (males 12–16 years of age, females 11–15 years of age), 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 have been selected into the PDP for the 2009–2010 season 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 twelve (12) athletes with the lowest average percentage in their four (4) qualifying times will be invited to join the PDP for the 2009–2010 season.

The athletes in the PDP will train part-time with their club and part-time with the Provincial Coach. The program will include structured club sessions, provincial ice sessions, dry-land training, and other sport science services.

The weekly on-ice programs will utilize both club ice time and provincial ice time. Club ice time will be planned and structured in consensus with the Club Coach(es) and the Provincial Coach. Provincial short track ice time held one evening per week in conjunction with the Provincial Training Program. During the long track season PDP training will occur during separately scheduled times.

Dry-land training will be scheduled once per week during the skating season. Dry-land training sessions will 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>4</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.

### **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 twelve (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
- Higher Percentage for Advanced Program Funding
- Participation in a high performance training program
  - Dryland Training Sessions
  - Sport Science Information Sessions

## **NOTES:**

### **Provincial Skin Suits**

- MSSA will supply skin suits to athletes attending out-of-province competitions. The suits will be owned by MSSA and only be used for out-of-province competitions. There will be suits for both long and short track competitions.

### **Provincial Team Jackets**

- It is strongly recommended that athletes wear the MSSA provincial team jacket at all out-of-province 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)

### **Training Logs:**

- Training logs will be mandatory for all athletes. At the end of each month the athlete will be required to have the provincial coach verify that they are being kept up to date.

## **DEMERITS:**

**Demerits will be issued for any of the listed infractions below. A total of 5 demerits will result in the athlete's removal from the PDP. No refund**

- **Poor Attitude or Work Ethic – 1 demerit per infraction**  
A lack of effort by a skater during training includes not following the program (eg. shortening of laps, not finishing set), lack of intensity during program (eg. overextending rest time between sets), and/or being regularly late for sessions. The athlete may also be sent home or off the ice for the duration of the practice.
- **Derogatory Comments or Negative Behaviour Directed Towards Coaches and Fellow Skaters – 2 demerits per infraction**  
For inappropriate physical actions such as pushing, shoving, hitting, etc. Derogatory comments that are abusive, racist, sexist, or have a discriminatory nature. Note: Further sanctions may be taken based on the nature and severity of the incident.
- **The Use of Obscene Language, Swearing, Cursing – 2 demerits per infraction**  
Any outburst of inappropriate language (regardless of nature/intent)
- **Any other behavior deemed unacceptable by coaches – demerit based on infraction**

### **PROVINCIAL DEVELOPMENT PROGRAM INFORMATION:**

- 1) Funding for travel is not tied to admission into the program. The Advanced Programs Committee develops qualification guidelines for travel funding at the beginning of each season. The Advance Programs Funding Bulletin will be forwarded to team members when available.
- 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) Schedules for the Provincial Development Program will be issued in five-week training cycles.
- 6) Skaters must re-qualify for the Provincial Athlete Development programs on an annual basis.
- 7) 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.
- 8) 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.
- 9) To be eligible for the Provincial Athlete Development programs the athlete must have **no** outstanding bills owing to the MSSA.

**MANITOBA SPEED SKATING ASSOCIATION  
PROVINCIAL INTRODUCTION PROGRAM (PIP)  
INFORMATION BULLETIN**

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The Provincial Introduction Program (PIP) is the introduction tier of the revised Athlete Development Program. The PIP will be geared towards all athletes and coaches to ensure that they are being introduced to or are introducing fundamental speed skating skills respectively. The program will act as a link for athletes to the Provincial Development Program, and the program will act as a coaching development tool.

The PIP will be geared towards all athletes who are not already participating in the Provincial Development Program or the Provincial Training Program, and the coaches who work with those athletes.

The Provincial Coach will work with club coaches to plan and structure training sessions for the athletes in the PIP. The extent of the PIP training sessions within the club will hinge on the development level of the athletes and the objectives of the club coach. The PIP will be supplemented by provincial on-ice and off-ice workshops, held in conjunction with development competitions, for the athletes and coaches.

**PROVINCIAL INTRODUCTION PROGRAM OBJECTIVES:**

- To develop athletes by introducing fundamental movement skills
- To develop athletes by introducing critical skill and speed skating literacy.
- To develop athletes by introducing the development of physical capacities.
- To assist coaches by utilizing Speed Skating Canada's Long Term Participant and Athlete Development plan (LTP/AD).
- To assist coaches become more effective to have a meaningful impact on athletes' experience.

**PROVINCIAL INTRODUCTION PROGRAM SELECTION CRITERIA:**

- The Provincial Introduction Program is open to all athletes not currently in the Provincial Development Program or the Provincial Training Program and the coaches that work with those athletes.

**PROVINCIAL INTRODUCTION PROGRAM BENEFITS:**

- Structured club training sessions
- Regular club visits from the Provincial Coaching Coordinator
- On-ice and off-ice workshops