



CROSS COUNTRY BC

2018-19 BC SKI TEAM ATHLETE AGREEMENT

Team Benefits

Cross Country BC will provide athletes named to the BC Ski Team with the following:

- the opportunity to attend up to seven BC Ski Team training camps on a cost sharing basis;
- performance enhancement support – nutritionist, sport psychologist, treadmill threshold testing, etc.;
- access to team clothing paid in full by athlete or partially by CCBC;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;
- support from Provincial Team coaches with respect to annual training plans (if required) and;
- support from Provincial Team coaches with respect to selecting and acquiring ski equipment.

Athlete Obligations

The BC Ski Team athlete will:

- complete the 2018 True Sport Clean online course (Canadian Anti-Doping Program) prior to June 25th, 2018.
- follow a comprehensive annual training plan (a minimum of 350 sport-specific hours);
- submit their annual training plans (YTP) to the Provincial Coach if requested;
- monitor their iron levels, which at a minimum would include a serum ferritin test at the start of the 2018-19 ski year;
- sign the CCBC Athlete Code of Conduct and to act in accordance with the Code of Conduct at all times - <http://crosscountrybc.ca/27-athlete-code-conduct>; and
- complete the commitments outlined in the 2018-19 BC Ski Team Athlete Agreement.

Team Fee

The team fee for the 2018-19 ski year will be \$300.00.

Note: Athletes named to the National Ski Team, National Junior Team or National Development Centres will not be required to pay a BC Ski Team fee.

2018-19 BC Ski Team Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
Junior Boys/Girls	<p>Mandatory requirements for Junior Boy/Girl athletes</p> <ul style="list-style-type: none"> • Pay BC Ski Team registration fee of \$300 • Attend a minimum of 4 of the following: <ul style="list-style-type: none"> o CCBC May Snow Camp – May 17-23, Whistler o Haig Glacier Camp #1 – July 2-10, Canmore o Haig Glacier Camp #2 – July 23-31, Canmore o Dachstein Glacier Camp – July 26-Aug 14, Austria o CCBC August Camp – Aug 24-29, Revelstoke o CCBC Fall Camp – Sept 26-30, Whistler o CCBC Snow Camp – Oct 31-Nov 4, Whistler • Attend a minimum of two BC Cup weekends of races in 2019 • Attend a minimum of 2 of the following 3 FIS sanctioned races - World Jr/U23 Trials, Western Canadians or NorAms (Vernon) during the 2018-19 ski season • Attend the 2019 National Championships
<p>Junior Men/Women</p> <p>U23 Men/Women</p>	<p>Mandatory Requirements for Junior M/W & U23 athletes</p> <ul style="list-style-type: none"> • Pay BC Ski Team registration fee of \$300 • Attend a minimum of 3 of the following: <ul style="list-style-type: none"> o CCBC May Snow Camp – May 17-23, Whistler o Haig Glacier Camp #1 – July 2-10, Canmore o Haig Glacier Camp #2 – July 23-31, Canmore o Dachstein Glacier Camp – July 26-Aug 14, Austria o CCBC August Camp – Aug 24-29, Revelstoke o CCBC Fall Camp – Sept 26-30, Whistler o CCBC Snow Camp – Oct 31-Nov 4, Whistler • Attend a minimum of one BC Cup weekend of races in 2019, or the 2019 CCBC C-Tour • Attend a minimum of 2 of the following 4 FIS sanctioned races - World Jr/U23 Trials, Western Canadians or NorAms (Vernon or Canmore) during the 2018-19 ski season • Attend the 2019 National Championships