



# CROSS COUNTRY BC

April 22<sup>nd</sup>, 2019

Greetings!

Congratulations on a successful ski season. As a result of your achievements the CCBC Athlete Development Committee has nominated you to the BC Development Squad (BCDS) for the 2019-2020 ski season.

The benefits and obligations for the BC Development Squad are outlined below.

The 2019 Cross Country BC provincial camp schedule is available on the CCBC website at: <http://www.crosscountrybc.ca/camp-trip-schedule>.

When you have made your decision, please complete the BCDS Athlete Agreement Form (to confirm your intention to be a member of the BC Development Squad), BCDS Registration Form and CCBC Athlete Code of Conduct Form. All of this can be found and completed on Zone4: <https://zone4.ca/reg.asp?id=21033>.

The Team fee is \$250.00. You can pay your team fee by (1) credit card online, or (2) cheque in the mail. If you choose to pay by cheque, please make sure it arrives at the CCBC office no later than May 6<sup>th</sup>, 2019. Cheques should be made payable to Cross Country BC and sent c/o Cherielle Goad.

Sincerely,

Cherielle Goad  
CCBC Athlete Development Coordinator

c.c. CCBC Athlete Development Committee

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# 2019-20 BC DEVELOPMENT SQUAD ATHLETE AGREEMENT

## Benefits

Cross Country BC will provide athletes named to the BC Development Squad with the following:

- the opportunity to attend five BC Development Squad training camps on a cost sharing basis;
- performance enhancement support – nutritionist, sport psychologist, etc.;
- sport eligibility for External Sport Credit – Athlete 11 [here](#);
- access to team clothing paid in full by athlete or partially by CCBC;
- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from provincial coaches with respect to selecting ski equipment.

## Obligations

The BC Development Squad athlete will:

- complete the 2019 True Sport Clean online course (Canadian Anti-Doping Program) prior to June 21<sup>st</sup>, 2019.
- follow a comprehensive annual training plan (a minimum of 300 sport-specific hours);
- submit their annual training plans 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 2019-20 ski year;
- read the CCBC Athlete Code of Conduct and to act in accordance with the Code of Conduct at all times – [click here](#); and
- complete the commitments outlined in the 2019-20 BC Development Squad Athlete Agreement.

## Team Fee

The team fee for the 2019-20 ski year will be \$250.00.

## 2019-20 BC Development Squad Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
<b>Juvenile Boys/Girls</b>	<p><b>Mandatory requirements for Juvenile Boy/Girl athletes</b></p> <ul style="list-style-type: none"> <li>• Pay BC Development Squad registration fee of \$250.00</li> <li>• Attend a minimum of 3 of the following:               <ul style="list-style-type: none"> <li>o CCBC May Snow Camp – May 16-20, Whistler</li> <li>o Haig Glacier Camp #1 – July 1-9, Canmore</li> <li>o CCBC August Camp – Aug 20-25, Revelstoke</li> <li>o CCBC Fall Camp – Sept 25-29, Whistler</li> <li>o CCBC Snow Camp – Nov 7-11, Vernon</li> </ul> </li> <li>• Attend a minimum of two weekends of BC Cup races in 2020</li> <li>• Attend a minimum of 1 of the following 2 FIS sanctioned races – Nor/Am Western Canadian Championships (TBD) or NorAms (Canmore, AB) during the 2019-20 ski season</li> <li>• Attend the 2020 National Championships</li> </ul>
<b>Junior Boys/Girls</b>	<p><b>Mandatory Requirements for Junior Boy/Girl athletes</b></p> <ul style="list-style-type: none"> <li>• Pay BC Development Squad registration fee of \$250.00</li> <li>• Attend a minimum of 3 of the following:               <ul style="list-style-type: none"> <li>o CCBC May Snow Camp – May 16-20, Whistler</li> <li>o Haig Glacier Camp #1 – July 1-9, Canmore</li> <li>o CCBC August Camp – Aug 20-25, Revelstoke</li> <li>o CCBC Fall Camp – Sept 25-29, Whistler</li> <li>o CCBC Snow Camp – Nov 7-11, Vernon</li> </ul> </li> <li>• Attend a minimum of two weekends of BC Cup races in 2020</li> <li>• Attend a minimum of 1 of the following 2 FIS sanctioned races - Western Canadian Championships (TBD) or NorAms (Canmore, AB) during the 2019-20 ski season</li> <li>• Attend the 2020 National Championships</li> </ul>