



# **CROSS COUNTRY BC**

## **2020-2021 CCBC ATHLETE AGREEMENT**

### **BC SKI TEAM**

#### **Introduction**

The BC Ski Team (BCST) is the highest-level cross-country ski program in the province of British Columbia for athletes tracking towards the National Ski Team and international podium results.

This program requires a high level of commitment to both the athlete's club training program and the BC Ski Team program. By signing the 2020-21 CCBC Athlete Agreement (BC Ski Team), an athlete is confirming their understanding of and commitment to the BC Ski Team program expectations.

#### **Benefits**

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

- the opportunity to attend five BC Ski Team training camps on a cost sharing basis;
  - o CCBC Spring Testing Camp – TBD, Whistler
  - o CCBC Haig Glacier Camp #2 – July 20-28, Canmore
  - o National Ski Team/BCST Camp – Penticton
    - Option #1 – Sept 14-23
    - Option #2 - Sept 18-20
  - o CCBC Fall Testing Camp – Oct 15-19, Whistler
  - o CCBC Snow Camp – Nov 12-16, Vernon
- performance enhancement support – see Appendix A;
- access to the CCBC B-Tour (Europe) provided trip-specific additional criteria have been met;
- access to race support at the World Jr/U23 Trials;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12 [here](#);
- access to team clothing paid partially by CCBC;
- support from provincial coaches with respect to annual training plans (if required); and
- support from provincial coaches with respect to selecting ski equipment.

## Obligations

The athlete will:

- read and sign the CCBC Athlete Code of Conduct and to act in accordance with the Code of Conduct at all times: [Click here](#)
- complete the 2020 True Sport Clean online course (Canadian Anti-Doping Program) prior to June 21<sup>st</sup>, 2020 - <https://cces.myabsorb.com?KeyName=FISU-XCSki-E> (If asked for a key: FISU-XCSki-E)
- submit their comprehensive annual training plan (YTP) for the 2020-21 season to the Provincial Coach before May 31<sup>st</sup>, 2020 (if training in BC);
- fill in Training Peaks in a timely manner (within one week of the current date), and allow access to the Provincial Coach (if training in BC);
- maintain an athlete training log and submit to the Provincial Coach by May 15<sup>th</sup>, 2021;
- monitor their iron levels, which as a minimum would include a serum ferritin test at the start of the 2020-21 ski year;
- wear BC Ski Team race suits when participating on CCBC-led trips to international competitions;
- have appropriate training and monitoring equipment in good working order - see Appendix B; and
- complete the expectations/requirements outlined below.

## BC Ski Team Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
U18 Boys/Girls	<p><b>Mandatory requirements for U18 Boy/Girl athletes</b></p> <ul style="list-style-type: none"><li>• Pay a registration fee of \$200.00</li><li>• Attend the following:<ul style="list-style-type: none"><li>o CCBC Spring Testing Camp – TBD, Whistler</li><li>o CCBC Fall Testing Camp – Oct 15-19, Whistler</li></ul>Extenuating circumstances will be taken into consideration</li><li>• Attend a minimum of two weekends of BC Cup races in 2021</li><li>• Attend a minimum of 2 of the following 4 FIS sanctioned races – NorAm (Canmore, AB), NorAm (Rossland, BC), Western Canada Cup (Red Deer, AB) or NorAm World Jr/U23 Trials (Whistler, BC) during the 2020-21 ski season</li><li>• Attend the 2021 National Championships</li></ul>

U20/U23 Men/Women	<p><b>Mandatory Requirements fo U20/U23 Men/Women athletes if training in BC</b></p> <ul style="list-style-type: none"> <li>• Attend the following: <ul style="list-style-type: none"> <li>o CCBC Spring Testing Camp – TBD, Whistler</li> <li>o CCBC Fall Testing Camp – Oct 15-19, Whistler</li> </ul> <p>Extenuating circumstances will be taken into consideration.</p> </li> <li>• Attend a minimum of one weekend of BC Cup races in 2021</li> <li>• Attend a minimum of 2 of the following 4 FIS sanctioned races – NorAm (Canmore, AB), NorAm (Rossland, BC), Western Canada Cup (Red Deer, AB) or NorAm World Jr/U23 Trials (Whistler, BC) during the 2020-21 ski season</li> <li>• Attend the 2021 National Championships</li> </ul>

### **BC Ski Team Athletes Training Outside of BC**

U20/U23 athletes that are BC residents, but training outside of BC, have access to the same benefits as athletes training in BC. In this case, however, their obligations are limited to:

- read and sign the CCBC Athlete Code of Conduct and to act in accordance with the Code of Conduct at all times: [Click here](#)
- complete the 2020 True Sport Clean online course (Canadian Anti-Doping Program) prior to June 21<sup>st</sup>, 2020 - <https://cces.myabsorb.com?KeyName=FISU-XCSki-E> (If asked for a key: FISU-XCSki-E)
- monitoring their iron levels, which as a minimum would include a serum ferritin test at the start of the 2020-21 ski year;
- wearing BC Ski Team race suits when participating on CCBC-led trips to international competitions; and
- having appropriate training and monitoring equipment in good working order - see Appendix B.

## **Recommendations**

In order to receive the best training oversight, CCBC asks that athletes training in BC provide their current ferritin level [in correct scientific units) to the Provincial Coach before June 1<sup>st</sup>, 2020 (prior to the Haig Glacier Camp).

The CCBC May Testing Camp and the CCBC Fall Testing Camp are important. Attending these two camps is a priority.

## **Team Fee**

The 2020-21 team fee for U18 athletes is \$200.00. There is no fee for older team members.

BC Ski Team athletes U20 and younger who are residing/training in BC are required to submit a 'Commitment to Excellence' cheque for \$200.00. The purpose of this is to encourage athletes to be accountable for the obligations and expectations outlined in this Athlete Agreement.

This cheque will NOT be deposited, but will be held and returned provided the athlete fulfills the terms of the Athlete Agreement before May 15<sup>th</sup>, 2021. Extenuating circumstances will be taken into consideration.

## APPENDIX A – Performance Enhancement Support

**Strength and Conditioning (S&C):** Access to team-based strength programs for the duration of the training year.

**Nutrition:** Individual consults with Canadian Sport Institute (CSI) dietitian.

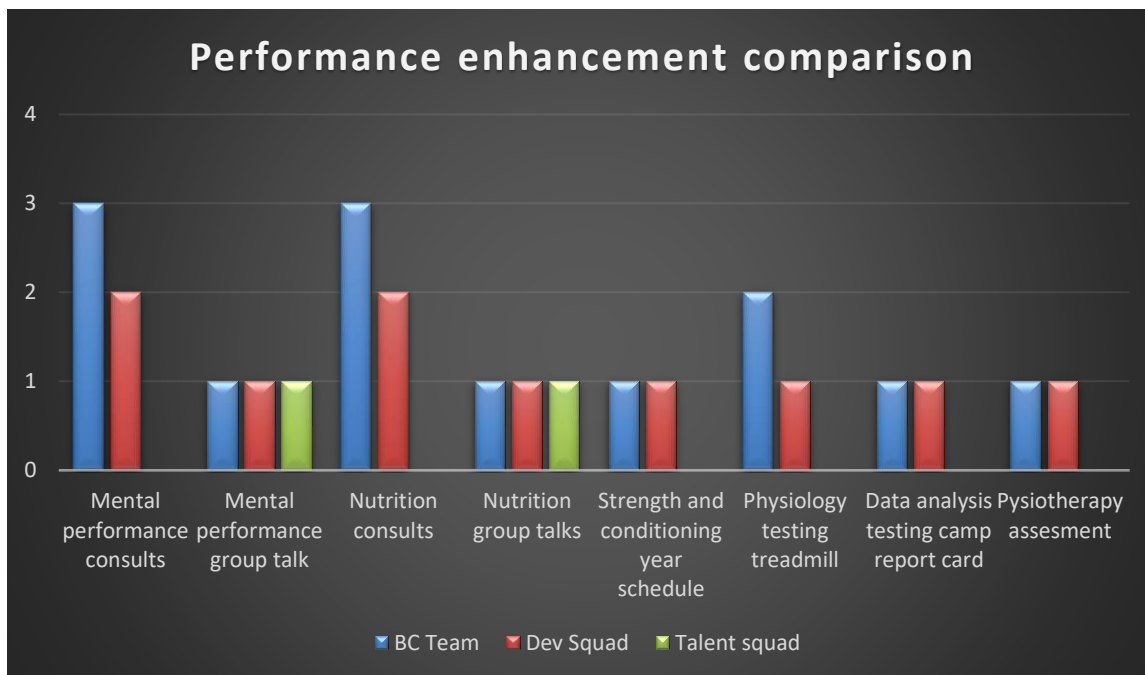
**Mental Performance Coach:** Access to YouTube talks and access to individual consults.

**Data Analytics:** Online report card after each testing camp outlining performance and progression.

**Physiologist:** Lab testing to determine HR zones through lactate and HR data. V02 Testing.

**Physiotherapy:** Individual functional movement assessment.

Performance services/individual talks	BCDS	BCST
Mental performance consults	2 x 20 min	3 x 20 min
Nutrition consults	2 x 20 min	3 x 20 min



## APPENDIX B – Training and Monitoring Equipment List

All of these items should be in good working order. If you don't own these items, please borrow them for camps.

Summer clothing and equipment	Winter clothing and equipment
<ul style="list-style-type: none"><li>• High visibility clothing or vest for rollerski training</li><li>• Rollerski gloves</li><li>• Sunglasses/protective eyewear for low light rollerskiing as well</li><li>• Rain jacket (<i>if rollerskiing it should be a bright colour or you should have a high visibility vest to go over top of jacket</i>)</li><li>• Classic and skate NNN/Prolink boots (<i>all rollerskis used for testing at CCBC camps are NNN/Prolink</i>)</li><li>• Helmet that is not cracked</li><li>• Rollerskis and classic and skate</li><li>• Rollerski repair kit (<i>pole glue, rollerski tips, lighter, spare bearings, 2 wrenches, etc</i>)</li><li>• Water bottle belt or holder</li><li>• Canteen 1 litre minimum</li><li>• Headlamp</li><li>• Heart rate monitor and strap. Wrist monitor is not accepted</li><li>• Running shoes</li><li>• Running tights full leg</li><li>• Running shorts/shirt</li><li>• Headband/buff</li><li>• Running hat</li><li>• Roller and ball for self massage</li></ul>	<ul style="list-style-type: none"><li>• Classic and skate skis</li><li>• Classic and skate boots</li><li>• Ski gloves/mitts</li><li>• Toque, headband and buff</li><li>• Racing suit</li><li>• Over jacket (<i>down or similar material</i>)</li><li>• Ski vest</li><li>• Rain jacket</li><li>• 2 pairs thermals top and bottom</li><li>• Ski boot covers</li><li>• Running shoes</li><li>• Water bottle carrier or water belt</li><li>• Warm up top and bottom (<i>team warmups</i>)</li><li>• Heartrate monitor</li><li>• Canteen 1 litre minimum</li><li>• Headlamp</li><li>• Sunglasses/glasses</li><li>• Roller and ball for self massage</li></ul>

Sincerely,



Cherielle Goold  
CCBC Athlete Development Coordinator

c.c. CCBC Athlete Development Committee