



# CROSS COUNTRY BC

## 2022-2023 CCBC ATHLETE AGREEMENT BC DEVELOPMENT SQUAD

### Introduction

The BC Development Squad (BCDS) is a program for athletes tracking towards the BC Ski Team (and beyond). This program requires a high level of commitment to both the athlete's club training program and the BC Development Squad program.

By signing the 2022-2023 CCBC Athlete Agreement (BC Development Squad), an athlete is confirming their understanding of and commitment to the BC Development Squad program expectations.

### Benefits

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

- the opportunity to attend four 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: [CLICK 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:

- register and accept their nomination prior to **May 18<sup>th</sup>, 2022**: [CLICK HERE](#);
- read and sign the CCBC Athlete Code of Conduct and act in accordance with the Code of Conduct at all times. [CLICK HERE](#);
- complete the 2022 True Sport Clean online course (Canadian Anti-Doping Program) prior to **May 18<sup>th</sup>, 2022**: [CLICK HERE](#) (please email a screenshot of your certificate to [adcoord@crosscountrybc.ca](mailto:adcoord@crosscountrybc.ca), once completed. *This MUST be completed EVERY year*);
- complete the Whistler Sport Legacies "Release of Liability, Waiver of Claims & Assumption of Risks & Indemnity Agreement" prior to **May 18<sup>th</sup>, 2022**: [CLICK HERE](#);
- submit their annual training plans (YTPs) to the Development Squad Coach and/or Provincial Coach if requested;

## Obligations Continued

### The athlete will:

- ❑ fill in Training Peaks in a timely manner (within two weeks of the current date), and allow access to both the Development Squad Coach and Provincial Coach;
- ❑ monitor their iron levels, which as a minimum would include a serum ferritin test at the start of the 2022-2023 ski year;
- ❑ wear CCBC race suits when participating on CCBC-led trips to international competitions;
- ❑ maintain an athlete training log and submit to the Development Squad Coach and/or Provincial Coach if requested; and
- ❑ complete the expectations/requirements outlined below.

## Development Squad Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
U16 Boys/Girls	<b>Mandatory requirements for U16 Boy/Girl athletes</b> <ul style="list-style-type: none"><li>• Attend a minimum of three of the following:<ul style="list-style-type: none"><li>o CCBC May Camp – May 18-23, 2022 Whistler</li><li>o CCBC Haig Glacier Camp #2 – July 4-12, 2022 Canmore</li><li>o CCBC Revelstoke Camp – Aug 24-28, 2022 Revelstoke</li><li>o CCBC Snow Camp – Nov 16-20, 2022 Vernon</li></ul></li><li>• Attend a minimum of two weekends of BC Cup races in 2023</li><li>• Attend a minimum of one of the following three FIS sanctioned races – Canada Cup (Vernon, BC), Canada Cup (Canmore, AB) or Western Canadian Championships (TBD) during the 2022-2023 ski season</li><li>• Attend the 2023 National Championships</li></ul>
U18 Boys/Girls	<b>Mandatory Requirements for U18 Boy/Girl athletes</b> <ul style="list-style-type: none"><li>• Attend a minimum of three of the following:<ul style="list-style-type: none"><li>o CCBC May Camp – May 18-23, 2022 Whistler</li><li>o CCBC Haig Glacier Camp #2 – July 4-12, 2022, Canmore</li><li>o CCBC Revelstoke Camp – Aug 24-28, 2022 Revelstoke</li><li>o CCBC Snow Camp – Nov 16-20, 2022 Vernon</li></ul></li><li>• Attend a minimum of two weekends of BC Cup races in 2023</li><li>• Attend a minimum of two of the following four FIS sanctioned races – Canada Cup (Vernon, BC), Canada Cup (Canmore, AB), Western Canadian Championships (TBD) or World Jr/U23 Trials (TBD) during the 2022-2023 ski season</li><li>• Attend the 2023 National Championships</li></ul>

## Recommendations

In order to receive the best training oversight, CCBC asks that athletes provide their current ferritin level [in correct scientific units) to both the Development Squad Coach and Provincial Coach before June 1<sup>st</sup>, 2022 (prior to the Haig Glacier Camp).

The CCBC May Testing Camp is important. Attending this camp should be a priority.

BC Development Squad athletes should have appropriate training and monitoring equipment in good working order. See Appendix A.

## Team Fee

The team fee for the 2022-2023 ski year will be \$250.00 (to be paid on Zone4 when registering).

In addition to the team fee, BC Development Squad athletes are required to submit a post-dated (May 1, 2023) '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. It should arrive at the CCBC office, no later than **June 15<sup>th</sup>, 2022** and should be post-dated for May 1, 2023.

This cheque will NOT be deposited, but will be held and then destroyed provided the athlete fulfills the terms of the Athlete Agreement before May 15<sup>th</sup>, 2023. Extenuating circumstances will be taken into consideration.



## APPENDIX A – 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>

Congratulations & welcome to the 2022-2023 BC Development Squad! 😊



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**CROSS COUNTRY BC**

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