

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

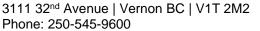
Cross Country BC will provide athletes named to the BC Development Squad with the following:

- 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: <u>CLICK HERE</u>;
- 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 18th, 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 18th, 2022: CLICK HERE (please email a screenshot of your certificate to
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 18th, 2022 : <u>CLICK HERE</u> ;
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

Category	<u>Expectations</u>
U16 Boys/Girls	Mandatory requirements for U16 Boy/Girl athletes
	Attend a minimum of three of the following:
	Attend a minimum of two weekends of BC Cup races in 2023
	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
	Attend the 2023 National Championships
U18 Boys/Girls	Mandatory Requirements for U18 Boy/Girl athletes
	Attend a minimum of three of the following: o CCBC May Camp – May 18-23, 2022 Whistler o CCBC Haig Glacier Camp #2 – July 4-12, 2022, Canmore o CCBC Revelstoke Camp – Aug 24-28, 2022 Revelstoke o CCBC Snow Camp – Nov 16-20, 2022 Vernon
	Attend a minimum of two weekends of BC Cup races in 2023
	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
	Attend the 2023 National Championships

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 1st, 2022 (prior to the Haig Glacier Camp).

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

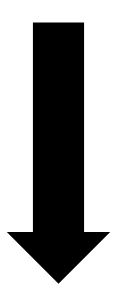
BC Development Squad athletes should have appropriate training and monitoring equipment in good working order. See Appendix A.

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**th, **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 15th, 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 • High visibility clothing or vest for rollerski Classic and skate skis training Classic and skate boots Rollerski gloves Ski gloves/mitts • Sunglasses/protective eyewear for low • Toque, headband and buff light rollerskiing as well Racing suit • Rain jacket (if rollerskiing it should be a • Over jacket (down or similar material) bright colour or you should have a high Ski vest visibility vest to go over top of jacket) Rain iacket • Classic and skate NNN/Prolink boots (all 2 pairs thermals top and bottom rollerskis used for testing at CCBC camps Ski boot covers are NNN/Prolink) Running shoes · Helmet that is not cracked • Water bottle carrier or water belt Rollerskis and classic and skate Warm up top and bottom • Rollerski repair kit (pole glue, rollerski tips, (team warmups) lighter, spare bearings, 2 wrenches, etc) Heartrate monitor • Water bottle belt or holder Canteen 1 litre minimum • Canteen 1 litre minimum Headlamp Headlamp Sunglasses/glasses • Heart rate monitor and strap. Wrist monitor • Roller and ball for self-massage is not accepted Running shoes • Running tights full leg Running shorts/shirt Headband/buff Running hat

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



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Roller and ball for self-massage

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