



# CROSS COUNTRY BC

## 2022-23 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 2022-23 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 four BC Ski Team training camps on a cost-sharing basis;
  1. CCBC Spring Testing Camp – May 18-23, 2022 Whistler BC
  2. CCBC Haig Glacier Camp #1 – June 27-July 5, 2022, Canmore AB
  3. CCBC Fall Dryland Camp – Sept 16-20, 2022 Whistler BC
  4. CCBC Snow Camp – Nov 16-20, 2022 Vernon BC
- performance enhancement support – see Appendix A;
- access to the proposed 2023 CCBC B-Tour (Europe) provided trip-specific additional criteria have been met;
- sports eligibility for External Sport Credit – Athlete 11 or Athlete 12: [CLICK HERE](#);
- access to team clothing paid partially by CCBC;
- support from provincial coaches concerning annual training plans (if required); and
- support from provincial coaches concerning 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 per the Code of Conduct at all times: [CLICK HERE](#);
- participate in the development of and sign an Athlete Cohesion Agreement during the first camp the athlete attends;
- complete the 2022 True Sport Clean online course (Canadian Anti-Doping Program) before **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 comprehensive annual training plan (YTP) for the 2022-23 season to the Provincial Coach before **May 31<sup>st</sup>, 2022** (if training in BC);
- fill in Training Peaks on time (within two weeks of the current date), and allow access to the Provincial Coach (if training in BC);
- maintain an athlete training log and submit it to the Provincial Coach by **May 15<sup>th</sup>, 2023**;
- monitor their iron levels, which as a minimum would include a serum ferritin test at the start of the 2022-2023 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	<b>Mandatory requirements for U18 Boy/Girl athletes</b> <ul style="list-style-type: none"><li>• Pay a registration fee of \$300.00</li><li>• Attend the following:<ul style="list-style-type: none"><li>○ CCBC Spring Testing Camp – May 18-23, Whistler</li><li>○ CCBC Fall Dryland Camp – Oct 16-20, Whistler</li></ul>Extenuating circumstances will be taken into consideration</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 2022–23 ski season</li><li>• Attend the 2023 National Championships</li></ul>

<u>Category</u>	<u>Expectations</u>
U20/U23 Men/Women	<p><b>Mandatory Requirements for 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 – May 18-23, Whistler</li> <li>o CCBC Fall Dryland Camp – Sept 16-20, Whistler</li> </ul>           Extenuating circumstances will be taken into consideration. </li> <li>• Attend a minimum of one weekend 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 2022–23 ski season</li> <li>• Attend the 2023 National Championships</li> </ul>

**BC Ski Team Athletes Who are Members of the Nordiq Canada Development Team**

U20 athletes that are members of both the BC Ski Team and Nordiq Canada Development Team have access to the full benefits of being a BC Ski Team member. In this case, however, their obligations are limited to:

- ❑ registering and accepting their nomination prior to **May 18<sup>th</sup>, 2022**: [CLICK HERE](#);
- ❑ reading and signing the CCBC Athlete Code of Conduct, and acting under the Code of Conduct at all times: [CLICK HERE](#);
- ❑ completing the 2022 True Sport Clean online course (Canadian Anti-Doping Program) **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](#);
- ❑ monitoring their iron levels, which as a minimum would include a serum ferritin test at the start of the 2022-2023 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.

## 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:

- registering and accepting their nomination prior to **May 18<sup>th</sup>, 2022**: [CLICK HERE](#);
- reading and signing the CCBC Athlete Code of Conduct, and acting under the Code of Conduct at all times: [CLICK HERE](#);
- completing the 2022 True Sport Clean online course (Canadian Anti-Doping Program) **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](#);
- monitoring their iron levels, which as a minimum would include a serum ferritin test at the start of the 2022-23 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

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>, 2022** (before the Haig Glacier Camp).

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

## Team Fee

The 2022–23 team fee for U18 athletes is \$300.00. There is no fee for older team members.

BC Ski Team athletes U20 and younger who are residing/training in BC, and are not members of the Nordiq Canada Development Team, 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. 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 – Performance Enhancement Support

**Strength and Conditioning (S&C):** access to team-based strength programs for the duration of the training year. Strength testing results and personalized program will be made available if requested.

**Nutrition:** access to Individual consults with Canadian Sport Institute (CSI) dietician if requested, or if the dietician has follow-up questions regarding the results of the online nutrition questionnaire.

**Mental Performance Coach:** access to YouTube talks and individual consults with Mental Performance Coach Dave Freeze. Access to two times a year consults/check-ins with the following choice of dates - Check-in 1, May 17-28<sup>th</sup>; Check-in 2, Aug 16-27; or Check-in 3, Nov 22 - Dec 3.

**Physiologist:** access to lab testing to determine HR zones through lactate and HR data. Access to V02 testing.

**Physiotherapy:** TBD

**Medical:** TBD

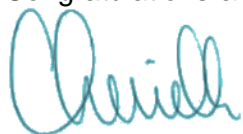
<b>Performance services/individual talks</b>	<b>BCDS</b>	<b>BCST</b>
Mental performance consults	1 x 20 min	2 x 20 min
Nutrition follow up consults	1 x 20 min	1-2 x 20 min

## 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 roller ski 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 the top of the 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>• A 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. The 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 of 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>• Heart rate 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 Ski Team! 😊



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