



CROSS COUNTRY BC

2023-24 CCBC ATHLETE AGREEMENT BC SKI TEAM

Congratulations, you have been nominated for the 2023-24 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 commitment level to the athlete's club training program and the BCST program. By signing the 2023-24 Cross country BC (CCBC) Athlete Agreement (BC Ski Team), an athlete confirms their understanding of and commitment to the BCST program expectations.

TRAINING AND COMPETITION

Cross Country BC will:

- Provide the opportunity to attend five BCST camps;
- Provide athletes with monitoring, testing schedules and results – Appendix A;
- Provide access to a 2023/24 international camp or competitive tour provided trip-specific additional criteria have been met;
- Provide/guide a training and competition schedule to meet the athlete's needs (if the club/personal coach has not completed their progressive NCCP training and achieved Comp-Dev (L2C) trained status).

The athlete will:

- Demonstrate a commitment to the training and testing programs provided by CCBC. Athletes will be required to attend all mandatory training camps (see chart below), follow the complete schedule, and complete requested Integrated Support Team (IST)

106 – 3003 – 30th Street · Vernon, BC · V1T 9J5 · Phone: 250-545-9600

E-mail: office@crosscountrybc.ca · Website: www.crosscountrybc.ca



written and physical testing. Exceptions must be approved by the Provincial Coach before the athlete accepts a position on the BCST;

- Demonstrate a desire to work hard.

UNIFORM AND EQUIPMENT

Cross Country BC will:

- Provide access to BCST clothing (subsidized by CCBC): podium jacket, warm-up top/bottom and race suit;
- Provide technical advice in selecting ski equipment (if required);
- Provide the option of purchasing Fischer skis hand-picked from the Fischer factory.

The athlete will:

- Have appropriate training equipment in good working order;
- Record into Training Peaks their daily training using a smartwatch with heart rate recording capabilities;
- Wear BCST race suits when participating in CCBC-led trips to international competitions. If an athlete has NOT purchased a BCST suit, it is the obligation of the athlete to borrow one for these trips.

ADMINISTRATION

Cross Country BC will:

- Provide sports eligibility for External Sport Credit – Athlete 11 or Athlete 12. Click [here](#);

The athlete will:

- Read, sign and act by the CCBC Athlete Code of Conduct. Click [here](#);
- Complete the 2023 True Sport Clean online course (Canadian Anti-Doping Program) before June 21st, 2023 - <https://zone4.ca/reg.asp?id=20976>.

COMMUNICATION

The athlete will:

- Notify the Provincial Coach of any health-related problems or other legitimate reasons that prevent the athlete's training or the athlete from fulfilling any obligations under this Agreement. In the event of injury, the athlete will provide the CCBC Athlete

Development Coordinator with a certificate from a medical doctor describing the nature of the injury within one week of the diagnosis of the injury.

- Communicate quarterly, in person or electronically, with the Provincial Coach (as a minimum);
- Follow the monitoring system set up for the BCST (Training Peaks and athlete log), and fill them out in a timely manner;
- Take individual responsibility for both training and racing performances.
- Work towards specific goals and utilize appropriate communication methods with the Provincial Coach and their club coach. This includes reporting training adaptations and fatigue monitoring anomalies.

Complete the expectations/requirements outlined below.

Category	Expectations
U18	Mandatory Requirements
Camps <ul style="list-style-type: none"> • CCBC May Testing Camp - mandatory • CCBC Haig Glacier Camp - optional • CCBC Rollerski Camp - mandatory • CCBC Fall Testing Camp - recommended • CCBC Snow Camp - optional 	<ul style="list-style-type: none"> • Pay an initial team registration fee of \$250.00 • Attend the following: <ul style="list-style-type: none"> ⇒ CCBC May Testing Camp ⇒ CCBC Rollerski Camp • Attend a minimum of two weekends of BC Cup races • Attend the 2024 National Championships

Category	Expectations
U20/U23	Mandatory Requirements (if training in BC)
Camps <ul style="list-style-type: none"> • CCBC May Testing Camp - mandatory • CCBC Haig Glacier camp - optional • CCBC Rollerski Camp - mandatory • CCBC Fall Testing Camp - optional 	<ul style="list-style-type: none"> • Attend the following: <ul style="list-style-type: none"> ⇒ CCBC May Testing Camp ⇒ CCBC Rollerski Camp • Attend a minimum of one weekend of BC Cup races • Attend the 2024 National Championships • Attend a minimum of two FIS Sanctioned race weekends (i.e. Canada Cups, World Jr/U23 Trials) during the 2023/24 season

<ul style="list-style-type: none"> • CCBC Snow Camp - optional 	<ul style="list-style-type: none"> • Attend the 2024 national championships
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BCST 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 the following:

- Reading and signing the CCBC Athlete Code of Conduct, and acting by the Code of Conduct at all times. Click [here](#);
- Completing the 2023 True Sport Clean online course (Canadian Anti-Doping Program) before June 21st, 2023 - <https://zone4.ca/reg.asp?id=20976>;
- Monitoring their iron levels, which as a minimum, would include a serum ferritin test at the start of the 2023-24 ski year;
- Wearing BC Ski Team race suits when participating in CCBC-led trips to international competitions;
- Having appropriate training and monitoring equipment in good working order - see Appendix B.

Recommendations for All BCST Athletes

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 1st, 2023 (before the Haig Glacier Camp).

Team Fee

The 2023-24 team fee for U18 athletes is \$250.00. There is no fee for older team members.

Athletes U20 and younger residing/training in BC must submit a 'Commitment to Excellence' cheque for \$200.00. The purpose of this requirement 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 at the end of the ski year provided the athlete fulfills the terms of the Athlete Agreement before May 15th, 2024. 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 training year via one drive link. Individualized programs can also be acquired if requested.

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

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

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

Physiotherapy: Individual functional movement assessment.

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"> • High visibility clothing or vest for rollerski training • Rollerski gloves • Sunglasses/protective eyewear for low light rollerskiing as well • 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>) • Helmet that is not cracked • Rollerskis and classic and skate • Rollerski repair kit (<i>pole glue, rollerski tips, lighter, spare bearings, 2 wrenches, etc</i>) • Water bottle belt or holder • Canteen 1 litre minimum • Headlamp • Heart rate monitor and strap. Wrist monitor is not accepted • Running shoes • Running tights full leg • Running shorts/shirt • Headband/buff • Running hat • Roller and ball for self massage • Sunscreen 	<ul style="list-style-type: none"> • Classic and skate skis • Classic and skate boots • Ski gloves/mitts • Toque, headband and buff • Racing suit • Over jacket (<i>down or similar material</i>) • Ski vest • Rain jacket • 2 pairs thermals top and bottom • Ski boot covers • Running shoes • Water bottle carrier or water belt • Warm up top and bottom (<i>team warmups</i>) • Heartrate monitor • Canteen 1 litre minimum • Headlamp • Sunglasses/glasses • Roller and ball for self massage • Sunscreen