



2025-26 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 the athlete's club training program and the BCST program. By signing the 2025-26 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 four BCST camps;
- Provide athletes with monitoring, testing schedules and results – Appendix A;
- 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 must attend all mandatory training camps (see chart below), follow the complete camp schedule, and complete the requested written and physical testing by the Integrated Support Team (IST). Exceptions must be approved by the Provincial Head Coach before the athlete accepts a position on the BCST;
- Demonstrate a desire to work hard;
- Complete and record, one of the four strength programs provided by the CCBC Strength and Conditioning coach or show an equivalent level of strength program;
- Complete the monthly/mesocycle testing documents provided by CCBC within one day of completion. (document will be provided)

UNIFORM AND EQUIPMENT

Cross Country BC will:

- Provide a BCST race suit for those who do not have the current race suit, and provide access to BCST clothing subsidized by CCBC: podium jacket, warm-up coat/pants; and

3111 32nd Ave Vernon BC V1T 2M2. Phone: 250-545-9600

adcoord@crosscountrybc.ca | www.crosscountrybc.ca



- Provide technical advice in selecting ski equipment (if required)

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; and
- Wear the current BCST race suit when participating in CCBC-led trips to the WJ/U23 Trials or International competitions.

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 2025 True Sport Clean online course (Canadian Anti-Doping Program) before June 21st, 2025 – [click here](#); and
- Complete the Coaching Association of Canada SafeSport online course before June 21st, 2025 unless it they have completed it before. Instructions will be provided.

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 Head Coach (as a minimum);
- Follow the monitoring system set up for the BCST (Training Peaks, athlete log and buildr), and fill them out in a timely manner. Strength must be recorded in the buildr app after each workout.
- Take individual responsibility for both training and racing performances;
- Work towards specific goals and utilizes appropriate communication methods with the Provincial Coach and their club coach. This includes reporting training adaptations and fatigue monitoring anomalies.

What happens if I do not fulfill my athlete contract obligations?

CCBC has the right to terminate this Agreement by providing written notice prior to its scheduled expiry. If this happens, the athletes "Commitment to Excellence" cheque will be deposited.

Removal of an athlete once selected

CCBC reserves the right to terminate an athlete's contract if:

- a) The athlete has NOT fulfilled their responsibilities identified in the CCBC Code of Conduct.
- b) The athlete has NOT fulfilled their responsibilities with respect to mandatory training camps, athlete logs and competitions.
- c) The athlete has been found guilty by the CCES, WADA, or a designated body with the authority to conduct anti-doping testing, of a doping control violation.
- d) The athlete has demonstrated behaviour that does not align with the values of the team cohesion agreement.

Team Fee

The 2025-26 team fee for U18 athletes is \$330.00. There is no fee for U20/U23 or Senior BC Ski Team athletes.

Athletes must also 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, 2026. This cheque can be sent to the CCBC Office c/o Lindsey Olineck 3111-32nd Ave Vernon, BC V1T 2M2.

Extenuating circumstances will be taken into consideration.

BCST ATHLETES TRAINING OUTSIDE OF BC

U20/U23 athletes who 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:

- Read and sign the CCBC Athlete Code of Conduct and act by the Code of Conduct at all times. Click [here](#);
- Complete the 2025 True Sport Clean online course (Canadian Anti-Doping Program) before June 21st, 2025 – [click here](#);
- Complete the Coaching Association of Canada SafeSport online course before June 21st, 2025 unless it they E completed it before. Instructions will be provided;
- Monitor their iron levels, which as a minimum, would include a serum ferritin test at the start of the 2025-26 ski year;
- Wear BC Ski Team race suits when participating in CCBC-led trips to WJ/U23 Trials or CCBC-led trips to international competitions; and
- Have appropriate training and monitoring equipment in good working order - see Appendix B.

Table 1 - Requirements

Category	Expectations
U18	Mandatory Requirements
<p>Camps</p> <ul style="list-style-type: none"> • CCBC May Testing Camp – May 14 – 19, 2025 - mandatory • CCBC Haig Glacier Camp – July 8 – 15, 2025 - optional • CCBC Fall Testing Camp – Sept 17 – 21, 2025 - mandatory. • CCBC Snow Camp – Nov 11 – 16, 2025 - optional <div> <p>Mandatory documents to complete:</p> <ul style="list-style-type: none"> • Read, sign and act by the CCBC Athlete Code of Conduct • Complete the 2025 True Sport Clean online course • Complete the Coaching Association of Canada SafeSport online course • Sign the Team Cohesion agreement </div>	<p>MAY → SEPTEMBER</p> <ul style="list-style-type: none"> • Pay an initial team registration fee of \$250.00 • Update CCBC athlete log by the 5th of each month • Update Buildr after each strength workout • Have a working Smartwatch that updates workouts on Training Peaks • Complete the monthly testing form on the sixth day of each rest block • Attend the following: <ul style="list-style-type: none"> ⇒ CCBC May Testing Camp ⇒ CCBC September Camp <p>OCTOBER → MARCH</p> <ul style="list-style-type: none"> • Attend a minimum of two weekends of BC Cup races • Attend a minimum of two FIS Sanctioned race weekends (i.e. Canada Cups, World Jr/U23 Trials) during the 2025/26 season; at least one in the 2026 calendar year • Attend the 2026 National Championships
Category	Expectations
U20/U23/SR	Mandatory Requirements (if training in BC)

<p>Camps</p> <ul style="list-style-type: none"> • CCBC May Testing Camp - mandatory • CCBC Haig Glacier Camp - optional • CCBC Fall Testing Camp - mandatory • CCBC Snow Camp – optional <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Mandatory documents to complete:</p> <ul style="list-style-type: none"> • Read, sign and act by the CCBC Athlete Code of Conduct • Complete the 2025 True Sport Clean online course • Complete the Coaching Association of Canada SafeSport online course • Sign the Team Cohesion agreement </div>	<p>MAY → SEPTEMBER</p> <ul style="list-style-type: none"> • Update athlete log by the 5th day of each month • Have a working Smart watch that updates workouts on Training Peaks • Attend the following: <ul style="list-style-type: none"> ⇒ CCBC May Testing Camp ⇒ CCBC Fall Testing Camp <p>OCTOBER → MARCH</p> <ul style="list-style-type: none"> • Attend a minimum of one weekend of BC Cup races • Attend a minimum of two FIS Sanctioned race weekends (i.e. Canada Cups, World Jr/U23 Trials) during the 2025/26 season; at least one in the 2026 calendar year • Attend the 2026 National Championships
--	---

Recommendations for All BCST Athletes

To receive the best training oversight, CCBC asks that athletes training in BC to provide their current ferritin level [in correct scientific units). All athletes attending the May Camp will have a medical intake with a doctor and receive a blood test requisition to measure ferritin levels. Please fulfill this obligation with the Canadian Sports Institute (CSI) in a timely manner.

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.

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

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

If you are in agreement with this document, please sign and return to CCBC Athlete Development Coordinator Lindsey Olineck at adcoord@crosscountybc.ca by April 20, 2025.

Athlete Name: _____

Signature: _____

Date: _____