



## **Callaghan Valley Training Centre 2013-14 Operational Plan**

### **Contents**

1. Overview
2. The CVTC Team
  - 2.1 2013-14 CVTC Team List
  - 2.2 CCC Talent Squad Affiliated with CVTC
  - 2.3 CVTC Team CPL History
3. The Support Team
  - 3.1 Coaching Staff
  - 3.2 Administrative Staff
  - 3.3 Sport Science & Medical Support
4. Operational Plan Objectives/Tasks
  - 4.1 Key Objectives/Tasks
  - 4.2 CVTC One-page Year Plan
5. Finances
  - 5.1 2012-14 Operational Budget
  - 5.2 Current Funding Partners
  - 5.3 Sponsors
  - 5.4 Donations
  - 5.5 Fundraising
6. Other
  - 6.1 Outreach – BC and Yukon Divisions
  - 6.2 Off-season Schedule
  - 6.3 Competitions

#### **Attachments**

HC Agreement 2012-14  
AC-WT Agreement 2013-14  
AC Agreement 2013-14  
CVTC 2013-14 One-page Year Planner  
2013-14 Operational Budget

## 1. Overview

### **New initiatives for 2013-14:**

- A full-time, paid female coach position (the first for an NDC)
- A part-time, paid assistant wax technician position
- CAMP – piloting an integrated medical support team project
- Develop a strategic plan to 2018 and beyond

### **Continuing priorities in 2013-14 (in order of priority):**

- Improving all aspects of IST support
- Marketing and communication initiatives
- Expanding outreach initiatives with a focus on the Sea to Sky Corridor
- Increasing self-help revenues (sponsorship, donations and fundraising)
- Improve monitoring and testing

### **Performance goals for 2013-14:**

#### U-23 Group (5 athletes)

- One athlete qualifies for U23 World Championships
- One top-20 result at U23 World Championships
- Six top-5 results in the U-23 category at the 2014 National Championships

#### Junior Group (4 athletes)

- Place one athlete on the 2014-15 National Junior Team
- Three top-5 results in the Junior Mens category at the 2014 National Championships
- A minimum of 3 athletes meet IPB standard to attend an NDC in 2014-15

### **The Facilities:**

- The CVTC is headquartered at the Whistler Athlete Centre (WAC) at Cheakamus Crossing, which is located between Whistler Olympic Park (Callaghan Valley) and the community of Whistler.
- WAC offers subsidized accommodations for CVTC coaches and athletes, a state-of-the-art gymnasium, testing equipment, office space, equipment storage space, etc. In addition a dedicated wax trailer and team space in the Cross Country technical building are provided at Whistler Olympic Park.
- The region offers world class cross-country ski facilities, and an extensive network of roller ski trails, a well developed outdoor recreation area with extensive trail networks suitable for hiking, running and biking as well.
- For a summary of quick facts about training in the Whistler area, visit: <http://cvtc.ca/>.

## 2. The CVTC Team

### 2.1 2012-14 CVTC Team List

First Name	Last Name	YOB	DIV	Club
Andrew	Avis	1995	ON	Highland Trailblazers
Benjamin	Osorio	1993	ON	Arrowhead Nordic Ski Club
Colin	Foley	1995	ON	Nakkertok Nordic Cross Country Ski Club
Geoffrey	Richards	1992	BC	Black Jack Cross Country Ski Club
Liam	Patterson	1995	ON	North Bay Nordic Ski Club
Martin	Schrama	1992	BC	Whistler Nordic Ski Club
Paul	Dupuis	1993	AB	Canmore Nordic Ski Club
Sam	Morris	1995	BC	Hollyburn Cross Country Ski Club
Sébastien	Dandurand	1993	AB	Canmore Nordic Ski Club

### 2.2 CCC Talent Squad Affiliated with CVTC

	First Name	Last Name		YOB	DIV	Club
1	Alexandra	Myshak-Davis		1995	BC	Telemark Cross Country Ski Club
2	Eric	Byram		1996	BC	Black Jack Cross Country Ski Club
3	Kate	Wood		1996	BC	Bulkley Valley Cross Country Ski Club
4	Katie	Weaver		1997	BC	Hollyburn Cross Country Ski Club

## 2.3 CVTC Team CPL History

	Name	YOB	Distance					Sprint				
			2010	2011	2012	2013	2014	2010	2011	2012	2013	2014
1	Geoffrey Richards	1992	85.22	89.25	90.65	92.58		87.68	90.33	91.42	91.23	
2	Sebastien Dandurand	1993		79.48	83.70	90.64				85.09	91.52	
3	Martin Schrama	1992	85.60	89.63	87.62	88.41		84.46	89.55	87.79	90.64	
4	Paul Dupuis	1993	78.83	83.23	86.22	84.46		78.57	85.98	88.04	89.26	
5	Benjamin Osorio	1993	61.75		79.00	88.01		68.85		81.75	83.39	
6	Colin Foley	1995	68.98	74.47	81.77	87.51		67.38	74.73	79.66	82.78	
7	Sam Morris	1995	55.93	69.69	77.42	82.04		63.67	72.38	79.03	84.79	
8	Liam Patterson	1995	71.41	72.09	78.48	81.93		74.42	74.70	77.73	82.80	
9	Andrew Avis	1995			72.82	80.14				74.70	78.53	

## 3. The Support Team

### 3.1 Coaching Staff

**Head Coach:** Chris Manhard.

- Full time position.
- Former BC Ski Team athlete; competed for Canada at the World Junior Championships.
- NCCP Level 3 certified (old system).
- NCCP CCI Advanced (T2T) Facilitator (new system).
- Enrolled in NCI program (NCCP-CDAG), Sept. 2011 - Sept. 2013.
- Former BC Ski Team Head Coach and Black Jack Cross Country Ski Club Head Coach (2006-10)
- CVTC Head Coach in 2010-11, 2011-12, 2012-13.

The CVTC has a two year contract with the Chris. A medical/insurance services plan is included. See attachment "HC Agreement 2012-14" (Letter of Agreement and Job Description) for more detailed information.

**Assistant Coach/Wax Technician:** Graham Maclean.

- Approximately two-thirds time, year-round position.
- Former BC Ski Team athlete; two-time Junior National Championships aggregate winner. NCCP Level 1 Technical (old system). NCCP Community Coach certified, CCI -L2T trained and

CCI Advanced (T2T) trained (new system). See Attachment “F” – Assistant Coach: Professional Development and Career Path.

- National Ski Team staff from 2003-10, most recently in the role of Coordinator of Technical Services; contract work for National Ski Team in 2011-12 and 2012-13.
- CVTC Assistant Coach / Wax Technician in 2010-11, 2011-12 and 2012-13.

The CVTC has an annual contract with the Graham. A medical/insurance services plan is included. See attachment “AC-WT-Agreement 2013-14” (Letter of Agreement and Job Description) for more detailed information.

#### **Assistant Coach: Maria Lundgren.**

- Full-time, year-round position.
- A former member of Sweden’s National Junior Team.
- NCCP CCI Advanced (T2T) trained (new system); taking Comp-Dev program as it is rolled out.
- NCCP CCI Advanced (T2T) Facilitator (new system).
- Former Whistler Nordic Ski Club Head Coach and BC Development Squad Head Coach.
- CVTC assistant coach in 2012-13 for a small honoraria.

The CVTC has an annual contract with the Maria. See attachment “AC-Agreement 2013-14” (Letter of Agreement and Job Description) for more detailed information.

#### **Wax Technician Support**

- CVTC will be advertising for a wax tech support position for the 2013-14 season. 45 to 50 days of work at \$100/day.

### **3.2 Administrative Support**

- Bookkeeper and auditor services provided by CCBC.
- Marketing and Communications Coordinator (30% of a staff position) provided by CCBC.
- General administrative support provided by CCBC office staff.

### **3.3 Sport Science and Medical Support**

- Physiological Testing - Canadian Sport Centre – Pacific
- Team Physician - Dr. Kristen Johnson
- Massage - Melanie Barnabe
- Physiotherapist - Sean Campbell
- Nutrition - Dana Lis
- Mental Training - Larry Abbott/Shannon Thompson
- Physiology - Melissa Lacroix
- Strength and Conditioning – TBD

## 4. Operational Plan Objectives / Tasks

### 4.1 Key Objectives / Tasks

- Improve all aspects of IST support, including:
  - ✓ The level of subsidized sport science/sport medicine support available through CSI-Pacific
  - ✓ Optimize CAIP services
  - ✓ Introduce systematic education and support re sport psychology
  - ✓ Introduce systematic education and support re nutrition
  - ✓ The coordination of sport science/sport medicine specialists (create a true IST)
  - ✓ The sport-specific knowledge of the specialists
  - ✓ An integrated medical support team (CAMP)
  - ✓ Integrating strength training support into individual training programs
  
- Continue with current marketing and communication initiatives, and:
  - ✓ Increase efforts to promote the CVTC program
  - ✓ Increase efforts with respect to sponsor recruitment
  - ✓ increase/improve athlete engagement with respect to: building awareness of the CVTC in the Sea to Sky region; recognizing sponsors; CVTC communication initiatives, and fundraising initiatives
  
- Expand outreach initiatives with a focus on the Sea to Sky Corridor:
  - ✓ Regional outreach – Yukon and British Columbia (see section 6.1)
  - ✓ Provincial outreach – British Columbia (see section 6.1)
  - ✓ Local outreach – Sea to Sky Corridor (see section 6.1)
  
- Increase self-help revenues (sponsorship, donations and fundraising):
  - ✓ Increase the level of sponsor support (see section 5.3)
  - ✓ Undertake two fundraising projects:
    - Volunteer for the Canada/Whistler Ironman event
    - Host a joint CCC/CCBC/CVTC Sponsor Reception and Fundraiser
  
- Improve monitoring and testing.
  
- Increase staff capacity:
  - ✓ Establish a full-time, paid female coach position
  - ✓ Increase CCBC's Marketing and Communications Coordinator's time allocated to the CVTC program area
  - ✓ Establish a contract position for an experienced, part-time wax tech; target promising young wax technicians for apprenticeship opportunities with the CVTC wax technician team

- Start the season with a retreat for staff and athletes focussing on team cohesion - mental performance coach, Shannon Thompson.
- Launch the 2013-14 CVTC team with an informal sponsor/media event; photo opportunity.
- Improve the functional capacity of the CVTC office – shelving; printer; upgraded computers, etc.
- Encourage and financially support professional development plans for all three paid coaches affiliated with the Centre.
- Improve guidance/support for academic interests of athletes.
- Apply for Blackcomb grant to purchase a tent for race situations.
- Provide NCCP training and practical experience opportunities for all CVTC athletes.
- Implement the off-season training plan for the 2013-14 season (see section 6.2).
- Implement the competition plan for the 2013-14 season (see section 6.3).
- Develop a strategic plan to 2018 and beyond.
- Continue to raise awareness within the cross-country ski community in BC about the vital role of the CVTC in our athlete development system.

#### **4.2 CVTC One-page Year Planner**

Refer to attached “CVTC 2013-14 One-page Year Planner”.

### **5. Finances**

#### **5.1 2013-14 Operational Budget**

Refer to attached “2013-14 Operational Budget”.

#### **5.2 Current Funding Partners**

Cross Country Canada.....	\$79,200.00
Cross Country BC.....	\$50,000.00
Whistler Sport Legacies.....	\$40,000.00

Whistler Sport Legacies: free dual-area ski passes to the CVTC athletes and coaches (\$2,000 in kind); free, dedicated wax trailer and free access to a room for the team in the Technical Building at Whistler Olympic Park (in kind); free trailer for dryland training equipment (in

kind); subsidized office space (in kind); and subsidized accommodations for coaches and athletes at Whistle Athlete Centre (in kind).

Canadian Sport Institute – Pacific: free use of High Performance Gym

### 5.3 Sponsors

Bliz	In Kind	\$5,850.00
Deep Cove Outdoors	In Kind	\$2,100.00
Fisher	Discount	\$2,000.00
Halti	Discount	\$11,500.00
Icebreaker	Discount	\$2,000.00
Mizuno	Discount	\$10,000.00
Muscle MLK & Cytomax	In Kind	\$16,200.00
One-Way	Discount	\$1,000.00
Rode	Discount	\$1,000.00
Salomon	Discount	\$1,000.00
Swix	Discount	\$1,000.00
Toko	Discount	\$1,000.00
Westcomb	Discount	\$1,000.00

See sponsor page on CVTC website – <http://cvtc.ca/sponsors>.

### 5.4 Donations (tax receiptable)

Brookfield Timberlands Management	\$5,000.00
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### 5.5 Fundraising

Canada/Whistler Ironman Event	\$1,000.00
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## 6. Other

### 6.1 Outreach – BC and Yukon Divisions

#### Local Corridor Outreach: Sea to Sky

- Higher ranking club athletes in the region have been/will be invited to CVTC training camps when held at home, as well as select team training sessions. Responsibility - Maria.
- CVTC coaches and athletes will attend Coast Cup and other regional competitions when they are in the area and the events fit into their training schedule.
- CVTC coaches and athletes will support the WNSC as time allows, including taking part in the Whistler on-snow Toonie races.



- CVTC athletes will do volunteer work developing trails and providing race support for WORKA (involvement in the community).
- CVTC athletes will volunteer for the local Canada/Whistler Ironman (for which they will receive a grant).
- CVTC athletes will participate in the local 5 Peaks Running Race as ambassadors.
- CVTC athletes will participate in Lumpy’s Epic Run, a fundraiser for the Spud Valley Nordic Ski Club).
- CVTC athletes will volunteer for BC Bike Race (huge Whistler/Vancouver bike race).
- CVTC athletes will provide volunteer coaching support for the Ski S’Kool program at WOP.

### Provincial Outreach: British Columbia

- The CVTC will support the following 2013-14 provincial training camps:
  - ✓ Spring Snow Camp (BC Ski Team, Whistler, BC)
  - ✓ Haig Camp (BC Ski Team and BC Development Squad athletes, Canmore, AB)
  - ✓ Fall Dryland Training Camp (BC Ski Team and BC Development Squad athletes, Revelstoke, BC )
- The CVTC and provincial team will coordinate their efforts at the following event:
  - ✓ National Championships (Cornerbrook, NL)
  - ✓ World Junior/U23 Championship Trials (Canmore, AB)
- The CVTC will provide technical information to BC clubs at the following competitions:
  - ✓ Nor Am (Vernon, BC)
  - ✓ Nor Am (Rossland, BC)
  - ✓ Nor Am / Eastern Canadians (Cantley, QC)
  - ✓ Nor Am / Western Canadians (Prince George, BC)
  - ✓ BC Championships (Kelowna, BC)
- CVTC staff will facilitate NCCP Workshops when possible:
  - ✓ T2T (Dryland) Workshop in Vernon in August
- Deliver a Ski Preparation Clinic for club coaches. Responsibility: Graham.

### Regional Outreach: Yukon and British Columbia

- CCC Talent Squad Program. There are four athletes in the program (see section 2.2). The athletes will spend four days in August living and training with the CVTC team. YTP and support throughout the season to be provided for one of the athletes. Responsibility – Maria
- BC Ski Team Program. Among Graham’s responsibilities is BC Ski Team Head Coach. This includes leading the camp program, providing support with respect to acquiring suitable equipment, grinding skis, etc.
- Race support. To be provided to three elite senior female athletes from Canmore.

## 6.2 Off-Season Schedule

May 20-June 6	WOP, Whistler, BC	Spring Snow Camp (CVTC)
June 12	Whistler, BC	Physiological Testing (HP Gym - erg)
June 13	Vancouver, BC	Physiological Testing (lab)
June 14	Whistler, BC	Physiological Testing (in the field – roller skiing)

July 8-29	Park City, USA	Altitude Camp (CVTC)
Aug 12	Whistler, BC	Physiological Testing (HP Gym - erg)
Aug 13	Vancouver, BC	Physiological Testing (lab)
Aug 14	Whistler, BC	Physiological Testing (in the field – roller skiing)
Aug 27-S1	Whistler, BC	CCC Talent Squad Camp
Sept 9-15	Canmore, AB	Haig Glacier Camp (CVTC)
Sept 16-22	Rossland, BC	Fall Dryland Training Camp (CVTC/BJCCSC)
Sept 23-29	Revelstoke, BC	Fall Dryland Training Camp (CVTC/BCST)
Oct 10	Whistler, BC	Physiological Testing (HP Gym - erg)
Oct 11	Vancouver, BC	Physiological Testing (lab)
Oct 12	Whistler, BC	Physiological Testing (in the field – roller skiing)
Oct 14-20	Canmore, AB	Frozen Thunder Camp (CVTC)

### 6.3 Competition Schedule

<u>Date</u>	<u>Competition</u>
Nov 30-Dec 1	Alberta Cup, Canmore, AB
Dec 7-8	Nor Am, Vernon, BC
Dec 14-15	Nor Am/ World Jr/U23 Championship Trials, Rossland, BC
Jan 9-12	World Jr/U23 Championship Trials, Canmore, AB
Jan 18-19	Coast Cups #2 & 3, Whistler, BC
Jan 31-Feb 2	Nor Am / Eastern Canadian Championships, Cantley, QC
Feb 14-16	Nor Am / Western Canadian Championships, Prince George, BC
Feb 28-Mar 2	BC Championships, Kelowna, BC
Mar 15-22	National Championships, Cornerbrook, NL