



CROSS COUNTRY BC

April 22nd, 2019

Greetings!

Congratulations on a successful ski season! As a result of your achievements Cross Country BC is pleased to nominate you to the BC Ski Team (BCST) for the 2019-2020 ski season.

The benefits and obligations for the BC Ski Team program are outlined in the attached BCST Athlete Agreement.

The 2019-20 Cross Country BC provincial camp/trip schedule is available on the CCBC website: <http://www.crosscountrybc.ca/camp-trip-schedule>

When you have made your decision, please complete the BCST Athlete Agreement Form (to confirm your intention to be a member of the BC Ski Team), BCST Registration Form and CCBC Athlete Code of Conduct Form. Registration is on Zone4: <https://zone4.ca/reg.asp?id=20976>

If you are required to pay a team fee you can do so by (1) credit card online, or (2) cheque in the mail. If you choose to pay by cheque, please make sure it arrives at the CCBC office no later than May 6th, 2019. Cheques should be made payable to Cross Country BC and sent c/o Cherielle Goold.

Sincerely,

Cherielle Goold
CCBC Athlete Development Coordinator

c.c. Athlete Development Committee

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

E-mail: office@crosscountrybc.ca · Website: www.crosscountrybc.ca
Callaghan Valley Training Centre Website: www.cvtc.ca



2019-20 BC SKI TEAM ATHLETE AGREEMENT

Team Benefits

Cross Country BC will provide athletes named to the BC Ski Team with the following:

- the opportunity to attend up to six BC Ski Team training camps on a cost sharing basis;
- performance enhancement support – nutritionist, sport psychologist, treadmill threshold testing, etc.;
- access to the CCBC B-Tour (Europe) provided trip-specific additional criteria have been met;
- access to team clothing paid in full by athlete or partially by CCBC;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;
- support from Provincial Team coaches with respect to annual training plans (if required) and;
- support from Provincial Team coaches with respect to selecting and acquiring ski equipment.

Athlete Obligations

The BC Ski Team athlete will:

- complete the 2019 True Sport Clean online course (Canadian Anti-Doping Program) prior to June 21st, 2019.
- follow a comprehensive annual training plan (a minimum of 350 sport-specific hours);
- submit their annual training plans (YTP) to the Provincial Coach if requested;
- monitor their iron levels, which at a minimum would include a serum ferritin test at the start of the 2019-20 ski year;
- read the CCBC Athlete Code of Conduct and to act in accordance with the Code of Conduct at all times - [click here](#); and
- complete the commitments outlined in the 2019-20 BC Ski Team Athlete Agreement provided they are residing/training in BC. Athletes training outside of BC are not expected to meet the minimum camp requirements or compete in BC Cup races.

Team Fee

The team fee for the 2019-20 ski year will be \$300.00 for athletes competing in the Junior Boy/Girl and Junior Boy/Girl categories. Athletes competing in the Junior Men/Women and U23 categories will not be required to pay a BC Ski Team fee.

2019-20 BC Ski Team Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
Junior Boys/Girls	<p>Mandatory requirements for Junior Boy/Girl athletes</p> <ul style="list-style-type: none"> • Pay BC Ski Team registration fee of \$300 • Attend a minimum of 3 of the following: <ul style="list-style-type: none"> o CCBC May Snow Camp – May 16-20, Whistler o Haig Glacier Camp #2 – July 22-30, Canmore, AB o CCBC August Camp – Aug 20-25, Revelstoke o CCBC Fall Camp – Sept 25-29, Whistler o CCBC Snow Camp – Nov 7-11, Vernon • Attend a minimum of two weekends of BC Cup races in 2019 • Attend a minimum of 2 of the following 3 FIS sanctioned races - World Jr/U23 Trials (Mont Ste Anne, QC), Western Canadian Championships (TBD) or NorAms (Canmore, AB) during the 2019-20 ski season • Attend the 2020 National Championships
Junior Men/Women U23 Men/Women	<p>Mandatory Requirements for Junior M/W & U23 athletes residing/training in BC</p> <ul style="list-style-type: none"> • Attend a minimum of 3 of the following: <ul style="list-style-type: none"> o CCBC May Snow Camp – May 16-20, Whistler o Haig Glacier Camp #1 – July 1-9, Canmore, AB o CCBC August Camp – Aug 20-25, Revelstoke o CCBC Fall Camp – Sept 25-29, Whistler o CCBC Snow Camp – Nov 7-11, Vernon • Attend a minimum of one weekend of BC Cup races in 2020, or the 2020 CCBC B-Tour • Attend a minimum of 2 of the following 3 FIS sanctioned races - World Jr/U23 Trials (Mont Ste Anne, QC), Western Canadian Championships (TBD) or NorAms (Canmore, AB) during the 2019-20 ski season • Attend the 2020 National Championships