



## 2024-25 CCBC ATHLETE AGREEMENT BC Development Squad

### Introduction

The BC Development Squad (BCDS) is designed for BC athletes in the Training to Train (T2T-2) and Learning to Compete (L2C) stages of the Canadian Long Term Athlete Development (LTAD) model, and is a "feeder" program to the BC Ski Team program.

This program requires a high level of commitment to the athlete's club training program and the BCDS program. By signing the 2024-25 Cross Country BC (CCBC) Athlete agreement (BC Development Squad), an athlete confirms their understanding of and commitment to BCDS program expectations.

### TRAINING AND COMPETITION

#### **Cross Country BC will:**

- Provide the opportunity to attend four BCDS camps;
- Provide athletes with monitoring, testing schedules and results – Appendix A; and
- Oversee the development of 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-Int Advanced (T2T) trained status (for U16 athletes) and Comp-Dev (L2C) trained status for U18 athletes.

#### **The athlete will:**

- Demonstrate a commitment to the training and testing programs provided by CCBC. Athletes must attend two training camps (Table 1), follow the complete camp schedule, and complete the requested Integrated Support Team (IST) written and physical testing. Exceptions must be approved by the Provincial Coach before the athlete accepts a position on the BCDS;
- Demonstrate a desire to work hard; and
- Submit annual training programs (YTP) if requested.

### UNIFORM AND EQUIPMENT

#### **Cross Country BC will:**

- Provide access to a BCDS race suit; and
- Provide technical advise in selecting ski equipment (if required).

**The athlete will:**

- Have appropriate training equipment in good working order.

**ADMINISTRATION****Cross Country BC will:**

- Provide sports eligibility for External Sport Credit – Click [here](#).

**The athlete will:**

- Read, sign and act by the CCBC Athlete Code of Conduct. Click [here](#);
- Complete the 2024 True Sport Clean online course (Canadian Anti-Doping Program) before June 21<sup>st</sup>, 2024 – [click here](#); and
- Complete the Coaching Association of Canada SafeSport online course before June 21<sup>st</sup>, 2024 unless it they have completed it before. Instructions will be provided.

**COMMUNICATION****The athlete will:**

- Notify the Provincial Coach or Assistant Provincial Coach of any health-related problems or other legitimate reasons that would prevent them training or fulfilling any obligations under this Agreement. In the event of injury, the athlete will provide the CCBC Athlete Development Coordinator with a note from a medical doctor describing the nature of the injury. This will take place within one week of the diagnosis of the injury; and
- Follow the monitoring system set up for the BCDS (Training Peaks and athlete log), and fill them out in a timely manner (Table 1).

**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.

**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 toxic behaviour which does not align with the values of CCBC.

## Team Fee

The team fee for the 2024-25 ski year will be \$250.00.

In addition to the team fee, BC Development Squad athletes 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. This cheque can be sent to the CCBC Office c/o Lindsey Olineck 3111-32<sup>nd</sup> Ave Vernon, BC V1T 2M2.

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>, 2025. Extenuating circumstances will be taken into consideration.

Table 1 - Requirements

Category	Expectations
U18/U16	Mandatory Requirements
Camps	<p>MAY → SEPTEMBER</p> <ul style="list-style-type: none"><li>• Pay an initial team registration fee of \$250.00</li><li>• Update athlete log quarterly (June, Oct, Jan, April)</li><li>• Have a working Smartwatch that updates workouts on Training Peaks</li><li>• Attend a minimum of three camps</li></ul> <p>OCTOBER → MARCH</p> <ul style="list-style-type: none"><li>• Attend a minimum of two weekends of BC Cup races</li><li>• Attend a minimum of one FIS Sanctioned race weekend (i.e. Western Canadian Championships, World Jr/U23 Trials) in the 2025 calendar year</li><li>• Attend the 2025 National Championships</li></ul>
<ul style="list-style-type: none"><li>• <b>CCBC May Testing Camp - mandatory</b></li><li>• CCBC Haig Glacier Camp</li><li>• <b>CCBC Fall Testing Camp - mandatory</b></li><li>• CCBC Snow Camp</li></ul>	

## Recommendations for All BCDS Athletes

To receive the best training oversight, CCBC asks that on the BCDS to provide their current ferritin level [in correct scientific units). As it can be dangerous to train at altitude, athletes who would like to attend the Haig Glacier Camp should have a ferritin test completed and the results sent to CCBC before June 15, 2024.

## **APPENDIX A – Performance Enhancement Support**

**Strength and Conditioning (S&C):** Access to team-based strength programs for the training year via one drive link.

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

**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"> <li>• High visibility clothing or vest for rollerski 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 top of jacket</i>)</li> <li>• 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. 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> <li>• Sunscreen</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 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>• Heartrate monitor</li> <li>• Canteen 1 litre minimum</li> <li>• Headlamp</li> <li>• Sunglasses/glasses</li> <li>• Roller and ball for self massage</li> <li>• Sunscreen</li> </ul>