

Development Team (DT) High-Performance Bulletin

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Overview

The Development Team (DT) is a speed skating development program geared towards developing speed skaters and talent transfer athletes to a competitive level regionally, with the longer term goal of competing nationally.

The DT is designed for athletes currently training at the regional level and as a pathway towards training on the Provincial Team. The overall goal of the program is to ensure that these skaters are being adequately supported in their growth as an athlete with a strong focus on technical and physiological development.

Objectives

- To develop athletes by:
 - Enhancing critical skill and Speed Skating technical proficiency.
 - Focusing on physical development to improve speed, strength, aerobic endurance, and agility.
 - Focusing on optimizing competitive development and strategies.
- To provide athletes and coaches with an educational environment that promotes and enhances knowledge of training development and procedures.
- Long-term mission is to produce nationally competitive speed skaters.

Expectations

1. **Commitment:** Athletes must exhibit a strong commitment to DT training programs and practice schedules. Expect roughly 8 hours per week of training which will include group sessions and individual work (riding, running, video guided strength and imitation sessions)
2. **Speed Skating Disciplines:** Athletes should train in both short and long track disciplines.
3. **Attendance:** Full attendance is recommended at all scheduled DT sessions (on-ice and off).
4. **Training Camps:** Athletes are encouraged to attend the SSM Short Track and Long Track camps. There are also some out of province camps that can be very beneficial and should be discussed with the coach, if interested.



5. **Training Sessions:** Athletes are to arrive early to allow adequate time to properly prepare.
6. **Equipment:** A full body cut-resistant skin suit for short track is mandatory. Athletes may be expected to purchase the following equipment for off-ice training; bike, helmet, dryland shoes, training apparel, & turn cable.
7. **Travel:** Athletes will be responsible for making their own travel arrangements for competitions and training camps. The Coach's travel arrangements for competitions will be communicated in advance and athletes should try and align their travel itinerary with that of the coach. If not, they will be responsible to source their own transportation to meet up with the team.

Attitude and Behaviour

DT members are expected to display a positive attitude, strong work ethic, respect for coaching staff/manager, fellow skaters, competitors and officials and mutual support of team members. The following is not tolerated:

- Derogatory comments or negative behaviour directed towards coaches and fellow skaters
- The use of obscene language, swearing, cursing
- Regularly late
- Lack of effort at training and not assisting with mats
- Poor attitude and work ethic
- Disrespectful to fellow skaters, coaches, competitors and officials
- Poor attendance
- Failure to comply with the Speed Skating Manitoba code of conduct and ethics
- Any other behaviour deemed unacceptable by coaches

Program Benefits

1. **Dryland Sessions:** Dryland / functional strength sessions will be incorporated into the training program for the entire year with the Coach. These sessions may include (but not limited to) the following activities; Cycling, imitations, plyometrics, and running. Most of these sessions will be 'On Your Own', with the Coach overseeing some of them.



2. **Short Track Ice Sessions:** Commencing in September there will be on-ice sessions once per week. Sessions will likely be held at the RINK (McGillivray), 6:25am start, on Fridays. Some bonus sessions may be available in August at Dakota Arena. Short Track sessions will be suspended in December, January, and will return in mid February, as the focus shifts to Long Track training during these months.
*Ice times are subject to cancellation or rescheduling due to competition conflicts, scheduling conflicts, programming changes, and/or conflicts beyond our control.
3. **Long Track Ice Sessions:** There will be regular long track ice training between December and March assuming weather conditions are conducive to the creation and maintenance of natural outdoor ice. Ideally these sessions will take the place of dryland sessions, when possible.
4. **Shared Sessions:** During the course of the season DT sessions may be combined with Provincial Team sessions to maximize coaching, facility use, and intergroup dynamics.
5. **High-Performance Competitions:** All DT athletes are encouraged to travel to and compete at a minimum of 2 inter-provincial competitions, and at least one National competition.
6. **NEW: SSM Camps: SSM Short Track and Long Track camp included in fees. (\$300 value)**
7. **NEW: Team/Individual Photos are included in fee. (\$60 value)**
8. **NEW: Banquet and breakfast of Champions Tickets are included in fee. (\$110 value)**

Curriculum

Summer Schedule:

The DT will meet, usually, two times per week through the months of July and August generally in the evening and the location will usually be the RINK Training Center. Specific locations and times will be set by the coach in June.

Fall/Winter Schedule:

Commencing in September there will be on-ice sessions weekly. Plus, one dryland and/or long track ice sessions.



*During the competitive season, cancellations may be required for the purpose of training periodization or rest and should be expected.

*Ice times are subject to cancellation due to competition conflicts, scheduling conflicts or other conflicts beyond our control.

Fee Structure

The cost to participate in the DT is **\$1500.00 (+GST)**. Fees for the DT can be paid in full (by e-transfer to executivedirector@speedskatingmb.com or cheque) or can be paid for in four (4) installments (by e-transfer):

Full Payment Option:

Due on or before June 1,	\$ 1575.00 (GST included)
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4 Installment Option:

Due on or before June 1,	\$ 675.00 (GST Included)
Due on or before August 1,	\$ 300.00 (GST Included)
Due on or before October 1,	\$ 300.00 (GST Included)
Due on or before December 1,	\$ 300.00 (GST Included)

Where an installment option is selected, please set up scheduled e-transfer payments. E-transfers should be made to executivedirector@speedskatingmb.com (answer: speedskating). SSM will not provide reminders for monthly payments. Reminders will only be sent for outstanding payments.

All payment plans must be received by July 1st along with the completed athlete registration form.

Past members that have missed payments, or made late payments, will be required to do the 'Full Payment' option. In this circumstance, full payment will need to be received before access to group training is allowed, and written training plans are sent.

SSM will provide Tax Receipts in January.



Other

1. Skaters must re-apply for the DT on an annual basis
2. If an Athlete chooses to leave the program for reasons other than medical there will be no refund of fees.

Important Dates

Information Session: An online Information Session for both Parents and Skaters will be held at the end of April. This will be an overview of the program as outlined in this package. A specific date will be circulated to skaters that have expressed interest in the program.

Deadline for Registration: Deadline for applications to join the DT is May 1st

Training Starts: the first week of July.

Appendix 1: DT Selection Criteria

Development Team (DT) Selection Criteria

- Selection to the Manitoba Development Team requires an application by the athlete. Application forms available upon request.
- An eligible athlete must be 9 as of July 1st, of this calendar year but has not exceeded the age of 19 as of July 1st, of this calendar year.
- Skaters should be a member of a Speed Skating Manitoba (SSM) club and in good standing with SSM, or if a talent transfer athlete they must intend to join a Speed Skating Manitoba club in the coming season (average club registration fee is \$600/year)
- All interested athletes must be assessed on-ice by a coach or representative of the High Performance Committee.
- All applications will be approved by the High Performance Committee based on the potential of the athlete to benefit from the program.
- The times displayed below in the red column are a minimum standard to join DT. Although the High Performance Committee will consider adding athletes that have not reached the standard yet, but these athletes will require an on-ice evaluation by a Provincial Program coach.



Minimum Time Standard (red column):

Canadian Youth Short Track Championships 400m Best Times Skated - 2023			
Age-Gender Category	West	East	2024 Safety Standard (125% of Fastest time: East or West)
	400m	400m	400m
11F	42.6	42.6	53.3
12F	42.7	40.7	50.9
13F	41.2	39.5	49.4
11M	40.3	40.4	50.4
12M	39.2	38.3	47.9
13M	38.7	37.9	47.4

Appendix 2: Satellite Support

Speed Skating Manitoba (SSM) will support satellite skaters who have met the minimum time standard (red column above), registered with a SSM club, that live outside of Winnipeg (no closer than 100 km from the nearest edge of the Perimeter Hwy), and because of location are not able to join the Development Team. Satellite skaters will not be charged any fees. Upon request by Satellite skaters and/or their coaches Yearly Training Plans with weekly Micros will be shared, so that the Satellite club coaches can implement regional programs that benefit from the strength and experience of the DT and PT plans. Weekly micros are specific training plans that the athlete can do at home and/or can be shared with their regional and club coaches to implement at club practices.

In addition to free access to the YTP and weekly micros, the Satellite skaters would be welcome to drop-in to group training sessions that they are able to attend in person. They would just need to notify the coach ahead of time that they are planning to attend that session. The cost per drop-in session would be \$20. Cost per mini camp is \$60. The athlete would also be eligible to purchase Team Apparel that SSM provides to the Development Team.



Appendix 3: Strength Program Add-on

The 'Strength Program Add-on' is available for an additional \$600. This additional program includes 55 strength sessions with the Provincial Team at the RINK. Minimum age for this program is 12 as of July 1st in the applying year. The \$600 will be added on to the second installment option if selected.

These sessions are in addition to the DT dryland and ice programs at the RINK with certified Kinesiologists. They would have access to the same strength and conditioning services as the PT, and would train at the same time as PT starting in May, on Monday and Friday.

This is a great option to slowly introduce an increased training load for athletes who are close to achieving PT standards.

These sessions take place Monday and Friday, with a starting time likely between 6-7pm (TBD). Once the YTP is available we will share specific dates.

