

Provincial Team (PT) High-Performance Bulletin

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Overview

The Provincial Team (PT) is the top tier of Manitoba's Athlete Development Program and is by **invitation only**. The PT is an elite Provincial training group targeted toward athletes who are currently participating at National level competitions or Championships. These athletes are demonstrating motivation to achieve top performances at those events and exhibit the technical fundamentals to train and compete at a high level in both short track and long track.

The PT is designed for athletes training at the Provincial level as a pathway towards training at a High-Performance Centre in Canada. The overall goal of the program is to ensure that our skaters are being adequately supported at the provincial level.

Objectives

- To develop athletes by:
 - Focusing on the physical development of speed, strength, aerobic endurance and agility.
 - Focusing on optimizing competitive development and strategies.
 - Improving overall knowledge of sport science concepts.
- To provide athletes and coaches with an educational environment that promotes and enhances knowledge of advanced training development and procedures.
- The long-term mission is to produce nationally and internationally competitive skaters.

Expectations

1. **Commitment:** Athletes must exhibit a strong commitment to PT training programs and practice schedules at all times. Expect 12-16 hours of training per week, which will take place in the mornings and evenings during the week, plus on Saturdays (Sundays are generally off, but on a rare occasion we pick up ice)
2. **Speed Skating Disciplines:** Athletes are expected to train in both short and long track disciplines.
3. **Attendance:** Full (100%) attendance is recommended at all scheduled PT sessions (on-ice and off), please notify the coach if this is not possible.
4. **Training Camps:** Training camps will be organized throughout the training season. These camps will include mini Summer Camps, a Short Track camp, and a Long



Track camp. These are not mandatory but are strongly encouraged, and are currently at the expense of the athlete, for travel and accommodations.

5. **Training Sessions:** Attendance will be monitored, and athletes should arrive early to allow adequate time to prepare for each training session. Approval and subsequent provisions for missed practices will be managed by the Provincial team coach, assuming notice is provided before the scheduled practice time. Examples of acceptable absence from training:
 - Other sport training and/or competition activities
 - School Commitments
 - Vacations
 - Illness/Injury
 - Work Commitments (schedule should be provided to the Provincial Coach)
6. **Equipment:** Athletes must have the required equipment for off-ice training sessions as outlined by the Provincial Coach. As well as, appropriate on-ice gear as required for National short track and long track competitions. Some off-ice necessities are as follows: Road bike and trainer, or optionally a stationary bike trainer, corner belts (turn cables), heart rate monitor (detailed further in the document), good quality and supportive running shoes, and training apparel.
7. **Travel:** Athletes will be responsible for making their own travel arrangements for competition/training camp trips and are encouraged to contact the coach before booking to confirm their schedules.
8. **Community Service:** Each member of the PT will be expected to volunteer a minimum of 15 hours of speed skating related community service. Functions include but are not limited to; Open Houses, Public Awareness and Promotion Events, Winnipeg School Races, Coaching, sharpening of Speed Skating Manitoba skates and more.

Attitude and Behaviour

PT members are expected to display a positive attitude, strong work ethic, respect for coaching staff/managers, fellow skaters, competitors and officials and mutual support of team members. Speed Skating Manitoba (SSM) will monitor and note athlete behavior in the following areas:

- Derogatory or negative behavior towards coaches and fellow skaters
- The use of obscene language or swearing or dangerous and intimidating behavior



- Low Attendance or Regularly late without a valid excuse
- Lack of effort: during training and or assisting with mats
- Poor attitude or work ethic
- Disrespectful to fellow skaters, coaches, competitors and officials
- Failure to comply with the SSM code of conduct and ethics
- Any other behavior deemed unacceptable by coaches and staff

If an athlete does not meet these expectations, the coach may remove the athlete from training temporarily or for the entirety of the practice. If this becomes a regular occurrence a meeting will be arranged between the parent, athlete, coach and executive to discuss the issue and plan for additional action.

Program Benefits

1. **Sport Science Support:** This support will be delivered through an integrated support team via a coach driven model. Using the resources available, we intend to educate PT members on the expectations of a high-performance athlete. These services may include;
 - Team-based sport psychology seminar
 - Planning & periodization guidance
 - physiological assessments
 - Team-based nutritional seminar
 - A comprehensive strength & conditioning program

The exact nature of these services will be determined by the Provincial Coach in concert with the Integrated Support Team and may change based on the specific needs of the team.

2. **Strength and Conditioning:** Generally, 1-2 sessions per week. During the training and competitive season, cancellations will occur for training periodization or rest. These sessions will be supervised by a strength coach and on a limited basis the Provincial Coach.
3. **Dryland Sessions:** Generally, 2 group dryland sessions per week from May through September. These sessions may include (but not limited to) the following activities; Cycling, Imitations, Running, In-line Skating and more. Sessions may be canceled for the purposes of rest. Not all sessions will be supervised by a Provincial Coach. Throughout the competitive season (October - March) there will be intermittent dryland sessions as deemed necessary by the coach. Dryland sessions commonly



take place at the RINK training center. Location may change, but is generally located in central Winnipeg.

4. **Heart Rate Monitor:** Heart rate monitors are required and are the responsibility of the athlete to supply. (Polar H-10 Strap)
5. **Short Track Ice Sessions:** Summer ice will take place (June - September) 1-2 times per week. Expect summer sessions to be held at Dakota, Stride Place in Portage La Prairie, and at the RINK (McGillivray). These sessions will be intermittent as summer ice is tricky to secure.
Fall/Winter ice expectation, 1-2 sessions per week during the competitive season (October - November), time and location to be determined. Expect the Venue to be Dakota and/or the RINK and expect practice time to be early morning (6:25 - 7:45am) or right after school. Occasional Saturday sessions may be held at Stride Place in Portage. There will be no SSM short track sessions during December and January due to the shift in focus to long track, and the availability of the Long Track Oval that is maintained by SSM.
*Ice times are subject to cancellation or rescheduling due to competition or scheduling conflicts, or conflicts beyond our control.
6. **Long Track Ice Sessions:** During the long track season (December-March) the PT training will occur during separately scheduled times, established at a later date. Expect 3-4 group long track sessions per week. Long track sessions will be held generally right after school (5:00 pm), and it is recommended that athletes with longer distances to drive should arrange their school schedule to accommodate.
7. **Annual Plan:** Each PT athlete accompanied by a parent (if under 18) should meet with the provincial coach to discuss an individual competition plan for the season. Meetings may be set up via video conference, or in-person. Although individual YTPs and micros will not be prepared for skaters, advice will be given for what competitions should be attended and strategies for lead-up and recovery after.
8. **High-Performance Competitions:** All PT athletes are strongly encouraged to travel to a minimum of 2 High-Performance Competitions per season. SSM will provide a coach to the events listed below if there are a minimum of 3 Manitoba skaters registered:
 - Can Am Long Track
 - John Rose Open Long Track
 - Neo Junior and Junior Long Track Championships
 - Canadian Youth Long Track Championships
 - Canada Youth Short Track Championships West



The coach provided will either be the Provincial coach or an adequate substitute. Alternatively, if SSM can not send a coach, SSM will request a coach from another province to help with the SSM skaters. PT skater's should be able to manage competitions without a coach, and this independence is critical for their sport development.

9. NEW: SSM Camps: SSM Short Track and Long Track camp included in fees. (\$300 value)

10. NEW: Team jackets from 4F plus a team t-shirt (\$600 value)

11. NEW: Team/Individual Photos are included in fee. (\$60 value)

12. NEW: Banquet and breakfast of Champions Tickets are included in fee. (\$110 value)

Curriculum

Starting in May all PT skaters will be provided with a YTP calendar that shows the general training schedule for the whole year, including camps, and competitions. Detailed weekly programs (Micro's) will be released with specific details pertaining to the program for the following week. Therefore, every week, the athletes and parents will be provided with micro for the coming week to verify specific training locations, times, and programs.

Tentative Spring Schedule (May and June): A typical week will have 2-3 group training sessions, in addition to supplementary workouts to be completed at the responsibility of the athlete. Heart rate data for all individual workouts are required to be sent to the coach.



Fee Structure

The cost to participate in the PT is **\$3,475 (+GST)**. Fees for the PT can be paid in full (by e-transfer to executivedirector@speedskatingmb.com or cheque) or can be paid for in four (4) or eight (8) installments with post-dated cheques or scheduled e-transfers:

Full Payment Option:

Due on or before June 1,	\$ 3648.75 (GST included)
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4 Installment Option:

Due on or before June 1,	\$ 1398.75 (GST included)
Due on or before August 1,	\$ 750.00 (GST included)
Due on or before October 1,	\$ 750.00 (GST included)
Due on or before December 1,	\$ 750.00 (GST included)

8 Installment Option:

Due on or before June 1,	\$ 848.75 (GST included)
Due on or before July 1,	\$ 400.00 (GST included)
Due on or before August 1,	\$ 400.00 (GST included)
Due on or before September 1,	\$ 400.00 (GST included)
Due on or before October 1,	\$ 400.00 (GST included)
Due on or before November 1,	\$ 400.00 (GST included)
Due on or before December 1,	\$ 400.00 (GST included)
Due on or before January 1,	\$ 400.00 (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 May 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.



Stipulations

1. Skaters must re-qualify for the PT on an annual basis
2. If an individual is unable to meet the payment plan as outlined in the preceding section, exemptions can be granted in exceptional circumstances. Exemption requests must be submitted to the SSM office for approval prior to May 1st.
3. During a competition season, PT members who suffer a significant injury will maintain their team status at the time of injury. To keep this status, the athlete must also provide a Doctor's note. The athlete will be conditionally permitted to join the team the next season, subject to meeting the current selection criteria by December 31st for full entrance into the program.
4. After May 1st, if an Athlete chooses to leave the program for reasons other than medical, there will be no refund and the full program fees will be charged.
5. If a Provincial Team athlete qualifies to the National or Next Gen team, PT training fees will be 50% of the full cost if they choose to reside and train in Manitoba.



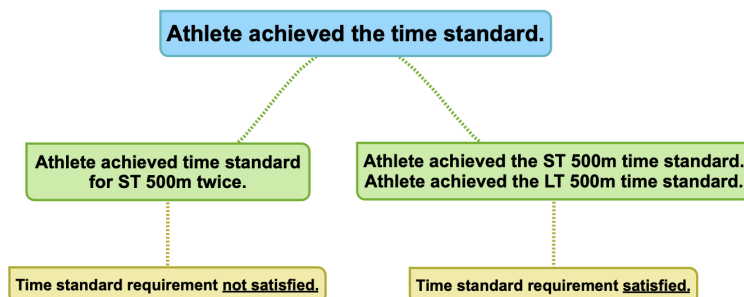
Appendix 1: PT Selection Criteria

Provincial Team (PT) Selection Criteria

Selection to the Manitoba Provincial Team Program will include the following criteria, plus an invitation by the High-Performance Committee. Therefore, skaters that meet the following criteria are not automatically named to the Provincial Team, and the High-Performance Committee holds final discretion:

- An eligible skater has reached the age of 13 prior to July 1st, but has not exceeded the Neo Senior 4 age classification age of 23 as of July 1st. The High-Performance committee maintains the discretion to invite athletes to the PT who have achieved PT time standards but have not met the age criteria.
- Skaters must be a competitive member of a SSM club and in good standing with SSM.
- Skaters must have achieved at least **two** of the following time standards in either short track or long track or both. Two time standards in the same distance will not suffice, the time standard must be skated in at least two different distances.
- Invitations will be based on the discretion of the Provincial Coach & High-Performance committee. Invitation requests to the Provincial Team may be submitted by a club coach for consideration as a letter of recommendation.

Example:



- Skaters must qualify the time standard of the age bracket to which they competed in last season. Therefore, the skaters' age as of July 1st, of the most recently completed skating season categorizes them for the age bracket they needed to achieve qualifying times in.
- Ages are established as of July 1st the qualifying year, as detailed above.
- Neo-Junior Short Track times are based on the 100m track.

Note: If a minimum of 12 skaters have not achieved the outlined criteria, the High-Performance Committee may consider additional skaters based on their percentages of the listed time standards.

Standards:

Age 14 and under _____ **Junior** _____ **Senior**
 (14&under as of July 1) (15-18 as of July 1) (19-23 as of July 1)

Long Track Time Standards							
Age 14&under (Outdoor Olympic Style)			Junior / Senior (Olympic Style)				
	Female	Male		Female		Male	
	Outdoor	Outdoor		Indoor	Outdoor	Indoor	Outdoor
500m	51.50	50.00	500m	45.00	49.00	41.00	45.00
1500m	2:50.00	2:45.50	1000m	1.30.00	1.37.50	1.21.00	1.28.50
			1500m	2.20.00	2.30.00	2.04.00	2.15.00
			3000m/5000m	4.49.00	5.17.00	7.38.00	8.14.00

Short Track Time Standards							
Female				Male			
(100m)	14&under	(111m)	Jr. / Sr.	(100m)	14&under	(111m)	Jr. / Sr.
400m	45.00	500m	52.00	400m	43.50	500m	49.50
1500m	2:55.00	1000m	1:46.00	1500m	2:50.00	1000m	1:40.00
		1500m	2:49.00			1500m	2:37.00



Appendix 2: Canadian Sport Centre Manitoba

Canadian Sport Centre Manitoba (CSCM) proudly holds its membership within the Canadian Olympic and Paralympic Sport Institute Network. Coast to coast, Canadian Sport Centres are dedicated to supporting athletes in their pursuit of success, both on and off the field of play.

CSCM's primary mission is to offer comprehensive support to current and aspiring Olympic and Paralympic athletes training in Manitoba who have demonstrated their potential on the Olympic pathway through their athletic achievements. The centre provides essential services in strength and conditioning, nutrition, mental performance, and sports medicine.

To qualify for CSCM access, skaters registered with Speed Skating Manitoba must achieve at least one Long Track Junior World time standard, or qualify for Short Track Junior World Trials.

These standards were determined and approved by Speed Skating Canada, CSCM, Sport Manitoba, and Speed Skating Manitoba.

Skaters already on the Provincial Team who achieve the standard will be given the choice to continue with PT strength programming at the RINK or switch over to the CSCM strength program. Please note that these programs are both professional and the choice may come down to preference of location.

Standards:

Short Track: The minimum criteria for short track will be qualification and attendance at the Short Track Canadian Junior World Team Trials. Specific qualification criteria detailed in the Speed Skating Canada Short Track High Performance Master Bulletin. As short track results are based more so on race strategy and execution time standards will not play a role in the qualification; it will solely be determined by qualifying for junior short track trials, and attending.



Long Track:

	500m	1000m	1500m	3000m	5000m
Ladies	42.50	1:25.00	2:12.00	4:45.00	—
Men	38.50	1:16.00	1:58.00	4:05.00	7:05.00

Appendix 3: Satellite Support

Speed Skating Manitoba (SSM) will support satellite skaters, 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 Provincial Team, but would otherwise qualify. 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 Provincial and Development Team.

