

Speed Skate New Brunswick 2019/2020

Provincial Team Bulletin

Overview	Page 1
Objectives	Page 1
Pathway	Page 1
Program Benefits	Page 2
Standards	Page 4
Expectations	Page 4
Conduct	Page 5
Clothing	Page 5
Appendix A (2019-2020 PT Events)	Page 6
Appendix B (Volunteering Form)	Page 7



Overview

The Speed Skate New Brunswick Provincial Team (PT) is designed for the strongest developing athletes that reside in New Brunswick. The PT is designed to complement and supplement the work of the club coaches by providing additional tools, knowledge and opportunities for development.

PT members are hardworking athletes who have shown a commitment to the sport and in their determination to improve. Members of this team are seen as great athletes, hard workers, and respectful individuals in and around the skating community.

Objectives

The goal of the PT program is to:

- Increase the number of skaters meeting FPVQ provincial standards
- Increase the number of top 6 finishes at Canada East
- Increase the number of skaters meeting the Canada Cup Long Track standards

These objectives will be fulfilled through:

- I. Providing skaters with an incentive to perform
- II. Provide skaters with supplemental opportunities to develop their technique, speed, and endurance
- III. Increase knowledge of sport science
- IV. Create a positive and hardworking training environment

Pathway

The Provincial Team is designed to give athletes that are Women 11+, Men 12+ (skating age) additional training opportunities and teachings to help them further improve their athletic ability in speed skating. The standards were designed to make it increasingly more difficult for younger athletes to achieve. This is supported by Speed Skate Canada's Long Term Participant and Athlete Development Model which outlines that younger athletes should not committee solely to one sport, and encourages athletes to be multi-sport before hitting puberty.



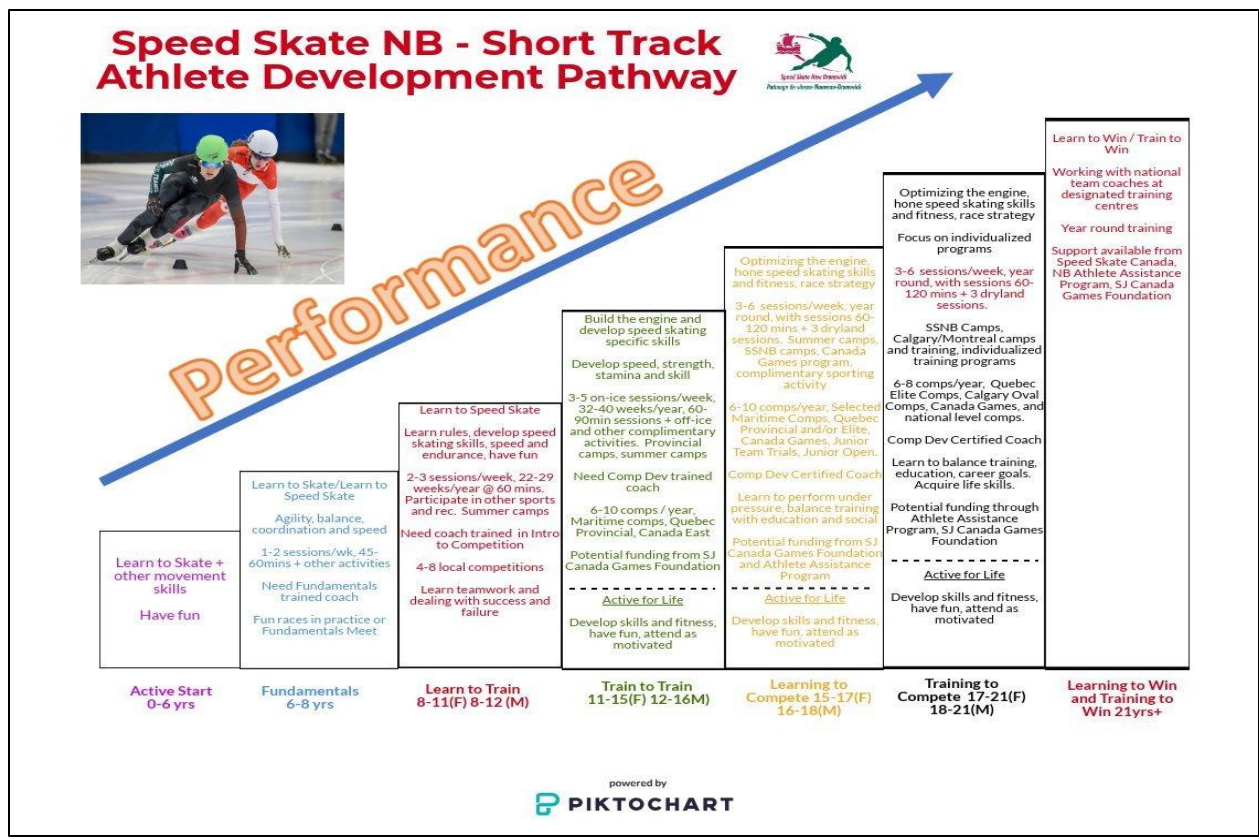


Image 1: Graphic created by Steve Harris, outlining the Performance Pathway of a Speed Skate New Brunswick short track athlete.

The Provincial Team should be seen as a stepping stone towards Speed Skate New Brunswick’s High Performance training group. For more information on the High Performance training group and the standards for this group, please see the webpage: <http://www.highperformancenewbrunswick.com/>

Program Benefits

Several events throughout the summer and winter months will be held for the PT. Dryland camps will be offered through the summer, and SSNB will endeavour to provide PT members with ice camps throughout the winter. There will also be opportunities to work with sport science, and have select camps subsidized.

The Provincial Coach will give priority to the PT members during maritime competitions, and work closely with the club coaches. During competition a PT member will get feedback through their club coach and the provincial coach (who will always discuss with the club coach) on technique, race strategy, mental focus, etc.



See Appendix A below for an outline of the 2019-2020 Provincial Team events. Camps will be set at the cost of \$25/day, with an extra \$5/hour of ice time. No attendance fee will be charged for competitions that the PT attends as a group. PT athletes will be responsible for their own travel, accommodation, food, and competition entrance fees for all PT events.

Standards

To be age eligible for the Speed Skate New Brunswick PT you must be: Women 11+yrs, Men 12+yrs old. There is no maximum age restriction. The time standards are:

	100m Track* 200m + 400m + (1500m/3)	111m Track 500m + 1000m
Women	128.25s	159.00s
Men	119.00s	150.00s

*100m track time standards are only eligible for athletes between the ages: Women 11-14, Men 12-15

You can achieve the standard for either track for you to be named on the PT. Once the standard is achieved, you will be on the PT for the remainder of that season, and for the entirety of the following season. Seasons begin/end April 1st of each year.

SSNB recognizes that an athlete may have switched into the sport late or are late developers for technique. With this in mind, athletes may be permitted onto the PT based on their off ice physical testing scores. Athletes seeking this method onto the PT should contact, or have their coach contact, the ADCC with their request. The ADCC may administer select tests including aerobic fitness, power, speed endurance, etc. to help make judgement on the request.

Additional to being great athletes, PT members should be role models and respected individuals in and around the skating community. Members are required to give back to the sport in the form of volunteering. On April 1st of each year, the volunteer form (Appendix B) must be filled out and sent to the Provincial Coach. You cannot** attend any PT events until the form is filled out, showing a minimum of 15 hours of speed skate volunteering and sent to the Provincial Coach.

** If you are named to the PT partway through a season, you are permitted to attend PT events without passing in the Appendix B form until the next April 1st date.

A list of Provincial Team Athletes will be updated regularly on the SSNB website.

Expectations

Provincial Team members are expected to attend all PT camps throughout the year. If for any reason you are unable to attend a camp, you must detail to the Provincial Coach your reason for absence. Exemptions will be given when an understandable conflict arises. SSNB understands the importance of multisport development; therefore exemptions could include such things as: participation in a sporting



tournament, provincial sporting events, high importance sporting events, medical reason, family emergencies, extracurricular events, etc.

Throughout PT events, you are expected to conduct yourself as an elite athlete in the province. This means showing up on time, wearing appropriate training clothes, having a water bottle with you, keeping a positive attitude, being respectful to others around you, and always giving your 100% effort.

The training environment for the PT is expected to be a positive one, made up of athletes that continually push themselves and their teammates to perform at the best of their ability. If behaviors such as: disrespecting others, lack of effort, physical or verbal violence, or other actions that conflict with the positive training environment, the Provincial Coach has the authority to dismiss any such athlete from the remainder of that camp.

Conduct

Provincial Team members are expected to conduct themselves as an upstanding citizen of the speed skating community. Repercussions could be had if any of the following occur:

- Any form of verbal or physical harassment
- A display of disrespect to others
- Regularly tardiness
- A distinct lack of effort during training
- Obscene language or gestures
- Absence from a Provincial Team event with no exemption given
- Other behaviors that may be deemed by a coach as unacceptable

If any of the above infractions occur, the provincial coach and/or any NB coach attending the PT event has the power to dismiss the athlete from the remainder of the PT event. Depending on the severity of the offence, the athlete(s) involved may be obligated to perform some action before being allowed to return to PT events. These actions may include: a written or verbal apology, a meeting with the PT coach, the athlete, and their parent(s), etc. An athlete will be notified by the PT coach if an action is required before returning to PT events.

If an above infraction occurs outside of a PT event, and around the speed skating community (club practice, competition, etc.), the incident could be reported to the PT coach which could have repercussions to exclude the athlete(s) from PT events until proper actions occur to resolve the incident.

Clothing

Provincial Team Athletes will be given one (1) free T-shirt annually and will be allowed to purchase once a year, at their own expense, the PT swag. Items/Prices are TBD.



Appendix A

2019-2020 SSNB PT Events

Date	Location	Event
May 18-19	Fredericton	Dryland Camp
June 22-23	Saint Andrews	Dryland Camp
July 13-14	Dieppe	Dryland Camp
August 19-23	Quispamsis	Provincial Week-long Camp
October 5-6	Campbellton	Ice Camp
Dec 30,31, Jan 2,3	Fredericton	Provincial Passing Camp
~March 1	TBD	Out of Province LT or ST competition (optional)

Table 2: List of Provincial Team events for the 2019-2020 season.



Appendix B

Volunteering Form

A Provincial Team Athlete must complete a minimum of 15 hours of volunteering in the skating community. This could be aiding with a clubs learn to skate group, assisting with club fundraising, helping with club equipment (sharpening skates for the club), assisting with meet setup, etc. There is a maximum of 2 hours each day that can be used towards the 15 total volunteer hours.

Note: Helping with setting up/taking down board pads does not count, nor does non-speed skating related volunteering!

Fill out the form below and have your club coach sign off on each session of volunteering you've done.

Date	Hours	Description of Volunteering	Coach's Signature

Total Hours (minimum 15):

