

Speed Skate New Brunswick (SSNB)

ATHLETE DEVELOPMENT

Provincial Team Policy



October 11th 2019

to September 1st 2021

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1.0 Introduction to Speed Skating New Brunswick (SSNB) Provincial Team Program

Speed Skate New Brunswick supports the long term development of athletes by implementing developmentally appropriate programming. It endorses Speed Skate Canada's 'Cutting Edge' Long-term Athlete Development Model and its 'Racing on Skates' Competition Review.

Athletes pass through several stages of physical, cognitive & emotional development as they make their way from learning to walk, developing fundamental movement skills, agility, balance coordination then sport skills and so on. Some will take this base of physical literacy and combine it with a dedication and commitment to excel in sport, while others will participate for other reasons. All athletes are equally important and will hopefully continue to participate in the sport long after their physical skills peak.

In New Brunswick, it is the club programs that take on the responsibility for recruiting and nurturing young athletes into the sport of speed skating. As athletes begin to mature, Speed Skate New Brunswick begins to compliment club programs by providing opportunities for committed skaters to come together, and train. Sometimes this will be alongside other committed skaters from other provinces. SSNB will also provide assistance in the form of coaching and financial support for selected skaters to attend identified events.

This document outlines the policies and guidelines that govern SSNB's Provincial Team Program.

The goals of the SSNB provincial team program are to *provide our skaters with the opportunity to:*

- a) develop individual skating performance through exposure to advanced training and competition,*
- b) develop life skills for our skaters through the provision of positive leadership and experiences,*
- c) develop teams of New Brunswick skaters who individually and collectively meet their full potential, and*
- d) develop coaches, managers and officials through experience and training at provincial team events.*

This document is intended to be a template for the direction of skaters within SSNB for the 2017-2019 seasons.

SSNB-AD reserves the right to make changes based on unforeseen changes at the National Level, at the Provincial level as deemed appropriate to suit required changes in the SSNB Competitions kit development and on a yearly basis to standards as required.

2.0 Terms and Definitions

2.1 Provincial Team Program

The provincial team program includes all events supported by the athlete development committee (ADC) for the purpose of developing athletes to their highest potential, and those events for which SSNB is invited to send individuals or teams of athletes. Typically, events will include in-province and out of province ST training camps & out of Province LT Training Camps; also competitions such as: Quebec Short track or Canada Cup Long Track competitions, Canadian Championships and National Team Selection events.

2.2 Eligibility

A skater must be registered with SSNB and training in the province in that skating season to be eligible to participate in its provincial team program. Otherwise, skaters must reside in the province, or maintain a residence in the province (i.e. parent's home) and be following a supervised speed skating training program at a recognized out of province club or training centre.

2.3 Age Groupings

A skater's national age group is determined by SSC based on his or her age on June 30th prior to the competition. SSNB will not provide Provincial Team activities before the Train to Train stage of development which is 11 for girls and 12 for boys, but training sessions may be offered by SSNB for younger, more physically developed, athletes on occasion. Groups are defined as follows:

Train to Train:

Boys aged 12, 13, 14 and 15 on June 30th prior to the start of the skating season, and Girls aged 11, 12, 13 and 14 on June 30th prior to the start of the skating season.

Train to Compete:

Junior B – Boys and Girls aged 15-16 on June 30th prior to the start of the skating season, and

Junior A – Boys and Girls aged 17-18 on June 30th prior to the start of the skating season, Neo-Senior – Men and women aged 19-22 on June 30th prior to the start of the skating season

2.4 Protocol

This is the official event results report issued by the chief recorder and provided by the event organizer. The protocol lists each skater's time and position in each distance skated, as well as the overall points gained by the skater. The protocol is accepted as the "official" record for a properly sanctioned event.

2.5 Sanctioned Events

A sanctioned event is an event that has gained the written sanction of a Provincial, Territorial, or other International Skating Union (ISU) member association.

2.6 Times

A skater's official time is that recorded in the event protocol. An event may use an electronic timing system or hand held timing, but only times achieved in a sanction event will be considered for ranking or performance standard.

Hand held times are accepted to be recorded as 0.2 seconds less than electronic times due to the timer's delayed reaction to the starting signal. To standardize times for ranking purposes, 0.2 seconds is added to all hand held times.

Hand held times achieved at sanctioned meets outside of New Brunswick may be used by skaters to achieve meet standards for out of province competitions. An exception to this rule is where the use of a hand held time displaces another qualified New Brunswick skater (Skater A) from said event, and, where adding the 0.2 seconds onto the hand held time would rank the skater behind Skater A.

Skaters who attend non-provincial team events outside of the Atlantic region must send SSNB's Technical Director & SSNB Statistician, a copy of the event protocol within two weeks of the competition if times are to be considered for ranking and event qualification purposes.

2.6.1 Incorrect Times

The ADC has the power to investigate and strike from the record times recorded in official protocols. A notice of the intent to investigate a time recorded in a protocol must be provided to the effected skater within a week of the event. If the event takes place outside of the Atlantic region, ADC has one week from the receipt of the protocol to provide notice of intent.

The ADC must be able to clearly demonstrate that a time has been recorded inaccurately or credited to the wrong skater for a time to be erased. The effected skater shall be provided with an opportunity to make his or her case for the time before the ADC and in person, if he or she wishes to do so. The skater may also concede the time in question and agree to its removal from the record by writing such to the ADC.

2.7 SSNB Ranking List Criteria

SSNB shall maintain a ranking list of all competitive skaters aged 11 and older for girls and 12 and older for boys. The ranking list shall be published after the first Maritime Competition of the season and shall only consider events that take place from the time of the first Maritime competition to the completion of the Canadian Youth Short Track Championships or Short Track Canada Cup Juniors or Seniors Final each year, whichever comes later. Skaters will be ranked according to the following SSC Age criteria.

Girls (age as of June 30th)	Skaters Ranked on best combined times after the 1st Maritime competition of the year
11	200 + 400m + (1500m/3) total time on 100m track
12	200 + 400m + (1500m/3) total time on 100m track
13	200 + 400m + (1500m/3) total time on 100m track
14	200 + 400m + (1500m/3) total time on 100m track
15-16 (Junior B)	500m + 1000m + 1500m (total time) on 111m track
17-18 (Junior A)	500m + 1000m + 1500m (total time) on 111m track
Neo Senior	500m + 1000m + 1500m (total time) on 111m track
Open	500m + 1000m + 1500m (total time) on 111m track
Boys (age as of June 30th)	Ranked on
12	200 + 400m + (1500m/3) total time on 100m track
13	200 + 400m + (1500m/3) total time on 100m track
14	200 + 400m + (1500m/3) total time on 100m track
15	200 + 400m + (1500m/3) total time on 100m track
15-16 (Junior B)	500m + 1000m + 1500m (total time) on 111m track
17-18 (Junior A)	500m + 1000m + 1500m (total time) on 111m track
Neo Senior	500m + 1000m + 1500m (total time) on 111m track
Open	500m + 1000m + 1500m (total time) on 111m track

2.8 Standards

A standard is a level of performance, expressed as a time, or a percentage of a National record, or other set measure. It is used to limit entry into an event to those of a certain ability for reasons of safety, developmental appropriateness, to obtain a more closely competitive group, to limit the number of athletes available for such an event, and within New Brunswick, to provide athletes with a visible incentive to “strive for the bar”.

2.8.1 Funding Standards

Given that SSNB has limited funding, the ADC may set Funding Standards for some events. In such cases, only athletes that attain the funding standards will be supported.

2.8.2 Standard for Movement from 100M track to 111M track

Principle: The purpose of moving to the 111m track is for skaters to be able to qualify for Quebec Provincial or National competitions once they are age eligible.

Track standards are set based on speeds being within those required to achieve the Quebec provincial entry standard, which are a combined 500m and 1000m time on the 111m track of 147sec for males and 156sec for females.

Skaters age is defined by their age on June 30th.

Track movement standard- the combined 400m and 1500m time on the 100m track

Age	Male	Female	Notes
10	Remain on the 100m track	Remain on the 100m track	
11	Remain on the 100m track	Remain on the 100m track*	
12	Remain on the 100m track*	215 sec*	Females eligible for FPVQ at 13
13	203 sec*	215 sec*	Males eligible for FPVQ at 14
14	203 sec*	215 sec*	
15	203 sec*	Skater/Coach choice	
16+	Skater/Coach choice	Skater/Coach choice	

Notes:

*denotes Canada East eligible age – skaters need to achieve 100m track times for ranking list and ability to attend Canada East Championships.

Coaches can request a track movement via their ADC club representative to the ADC with justification as to the reason for the request.

Skaters who have achieved the Quebec entry times at a sanctioned meet will not have to return to the 100m track. They may choose to, to maintain Canada East eligibility.

3.0 Provincial Team Events

Note: Provincial Team communication is via e-mail and the SSNB website.

Note: Skaters wishing to be a part of the Provincial Team must follow the SSNB training program (At Minimum). If you are playing another sport, in the summer or fall, that conflicts with Provincial Team training, please contact the Provincial Coach at scott_beamish5@hotmail.com to help coordinate your specific training program

3.1 Provincial Team

An outline of how to become a Provincial Team member is outlined on the SSNB website under the Provincial Team tab. Current Provincial Team members are also listed under this section. <http://speedskatenb.ca/provincial-team/>

3.2 Provincial Team Camps

Provincial training camps are designed to provide skaters with opportunities to learn about the provincial athlete development program, to gain exposure to advanced coaching methods and to experience a more competitive training environment than may be afforded at the Club level. Camps may include a combination of on-ice, off-ice and classroom sessions.

3.3 Canadian Youth Short Track Championships (East):

The Canada East Short Track Championships are intended to be the focal point of athlete preparation for skaters in the Training to Train Stage of Development. The Canada East Championships provide meaningful, high profile and a potential developmentally appropriate end of season event which is a source of motivation and opportunity for recognition of the best developing skaters in Canada. This event will serve as primary introduction to national competitions where skaters represent New Brunswick in competition.

The events raced at the Canada East Championship focus on providing a positive learning environment which reinforces the training objectives for skaters in the Training to Train stage of development.

Eligibility:

- Skaters have participated in at least three sanctioned events including at least 2 events in New Brunswick, with at least one of the 3 competitions being skated on the 100m track. Two (2) of any of these three events must be between January 1st and the championships. (Those skaters who compete at the Canada Games are exempt from this requirement for that season)
- Skaters must, barring injury, illness or other extenuating circumstance complete 3 individual distances of a two day meet, or two distances in a one day meet for it to be counted as one of their sanctioned events.

Selection

- The provincial team for these events shall be selected using the SSNB ranking list (100m TRACK TIMES ONLY) as described in section 2.8.
- New Brunswick has 2 guaranteed positions per age group with the likelihood of 1 additional position and the possibility of 2 or 3 additional positions per age group.
- The ranking list for each age group will be provided to Speed Skate Canada (SSC). SSC will determine how many additional positions New Brunswick has in each age group based on the number of skaters entered by each province.
- New Brunswick skaters will be assigned positions using the ranking list starting from the first ranked skater and moving down until all eligible positions have been filled or there are no more NB skaters wishing to attend.
- All eligible athletes must notify the Technical Director of their intent to compete at the Canada East Championships a minimum of 1 month before the Competition.

Standards of Entry

- Speed Skate Canada has not established a minimum entry standard for the Canada East competition.
- Speed Skate New Brunswick has established a minimum time standard for selection to the team in an effort for every New Brunswick skater to have meaningful competition, as well as a “bar to strive for”.

	Combined 200m + 400m + (1500m/3)			Combined 200m + 400m + (1500m/3)
11 Year old - Female			12 Year old - Male	
Total time in sec	135.75		time in sec	128
Example :	25.5 + 48 + 62.25		Example :	24 + 45.5 + 58.5
12 Year old - Female			13 Year old - Male	
Total time in sec	132.75		time in sec	125
Ex :	25 + 47 + 60.75		Ex :	23.5 + 44.5 + 57
13 Year old - Female			14 Year old - Male	
Total time in sec	130.25		time in sec	122
Ex :	24.5 + 46.5 + 59.25		Ex :	23 + 43.5 + 55.5
14 Year old - Female			15 Year old - Male	
Total time in sec	129		time in sec	120.125
Ex :	24 + 46 + 59		Ex :	22.5 + 43 + 54.625

- Speed Skate New Brunswick has established minimum time criteria for funding athletes to attend the event. The purpose is four-fold.
 - 1) Funding is limited
 - 2) To provide parents with an indication of the level of performance required to be competitive at the event
 - 3) To establish a bar that all skaters will strive for over the season to surpass
 - 4) Based on past CEST results for a top 8 finish at the Championships.

	Combined 200m + 400m + (1500m/3)			Combined 200m + 400m + (1500m/3)
11 Year old - Female			12 Year old - Male	
Total time in sec	128.25		time in sec	119
Example : 23.5 + 45 + 59.75			Example : 22 + 41 + 56	
12 Year old - Female			13 Year old - Male	
Total time in sec	124.25		time in sec	116.5
Ex : 23 + 43 + 58.25			Ex : 21.5 + 40.5 + 54.5	
13 Year old - Female			14 Year old - Male	
Total time in sec	121.25		time in sec	114
Ex : 22.5 + 42 + 56.75			Ex : 21 + 40 + 53	
14 Year old - Female			15 Year old - Male	
Total time in sec	121.25		time in sec	112.375
Ex : 22.5 + 42 + 56.75			Ex : 20.75 + 39.5 + 52.125	

Note: Both attendance and funding standards are based off of statistical analysis of past Canada East Championships. If you have questions regarding these standards contact the SSNB Technical Director.

3.4 Quebec Provincial Events

The Fédération de Patinage de Vitesse du Quebec (FPVQ) sanctions 4 Quebec Provincial East events each year to provide competition for its aspiring skaters. Age eligibility is 13 year old females and 14 year old males (as of June 30th of the start of the skating season) and older.

It is the responsibility of the qualifying Skaters to notify the SSNB Technical Director (Scott Beamish) of their intention to attend an FPVQ Provincial Competition at least 2 weeks prior to the event.

Eligibility

The opportunity for New Brunswick skaters to participate in the event is now open to any number of skaters per category. However, New Brunswick skaters have no guarantee of being accepted into the event. Skaters will be notified if registration is refused due to registration limits into the event.

Selection and Standards of Entry

All skaters must achieve set standards (Combined 500 & 1000M time) to be eligible to participate in a FPVQ Provincial event. The standards are determined each year by the FPVQ. The standards must be attained 2 Mondays prior to the competition. Exceptions for times achieved the weekend prior to an FPVQ event can be made – But the registrant

will likely have to pay a higher registration fee.

For the first Quebec Provincial competition, last year's times may be used at the discretion of the FPVQ and SSNB. FPVQ does not accept times from Calgary or Salt Lake City.

NOTE - SSNB will only fund skaters to the Provincial circuit in Quebec, as long as they maintain the minimum entry standard for that given year.

FPVQ Provincial Standards

FPVQ standards change each season and can be found on their website or by speaking to the provincial coach.

For all Quebec Provincial meets, full cut resistant skin suits OR under suits, cut resistant socks to be worn on the outside of the skin suit & skate, safety eyewear with a strap and leather / cut resistant gloves are mandatory. All eyewear must have a full frame and a strap to hold them in place with clear lenses, the athlete's eyes must be visible through the eyewear. ALL blade tips MUST be rounded to meet FPVQ Regulations (as round as a penny at both ends).

3.5 Quebec Elite Events

Eligibility

The Fédération de Patinage de Vitesse du Quebec sanctions 4 Quebec Elite events each year to provide competition for its fastest Junior and Senior aged skaters. These events allow limited participation from outside of Quebec (participation is with the approval of the FPVQ and depends on the numbers registered in each competition)

Selection and Standards of Entry

New Brunswick skaters are selected to attend Elite meets based on the SSNB ranking list (using 500m + 1500m times on the 111m track) in the categories where the FPVQ permits NB to enter skaters. However, all skaters must achieve the set standards to be eligible to participate in a Quebec Elite event OR through FPVQ advancement criteria, set each year. The standards must be attained 2 Mondays prior to the competition. A late registration may be accepted under certain circumstances, but a late registration penalty fee will be applied, if accepted.

For the first two Quebec Elite competitions, last year's times may be used at the discretion of the FPVQ. SSNB will register selected skaters for the Elite meets, providing that they meet the qualifying standards and are accepted by the FPVQ. Depending on the numbers accepted by the FPVQ - SSNB will send those with the better required combined times. FPVQ does not accept times from Calgary or Salt Lake City.

Skaters wishing to attend a Quebec Elite event must notify the SSNB HP coach.

FPVQ Elite Standards

FPVQ standards change each season and can be found on their website or by speaking to the provincial coach.

For all Quebec Provincial meets, full cut resistant skin suits OR under suits, cut resistant socks to be worn on the outside of the skin suit & skate, safety eyewear with a strap and leather / cut resistant gloves are mandatory. All eyewear must have a full frame and a strap to hold them in place with clear lenses, the athlete's eyes must be visible through the eyewear. ALL blade tips MUST be rounded to meet FPVQ Regulations (as round as a penny at both ends).

3.6 Exceptions to the Rules

3.6.1 Out of Province Skaters (CYSTC eligible)

Must attend a minimum of four sanctioned meets, of which two must be between January 1st and the age group nationals.

3.6.2 Illness and Injury

If a skater suffers a serious illness or injury that prevents them from participating in a provincial team out of province meet(s), or a sanctioned in-province meet(s) they may request to have one or more of these events count as part of their participation obligations by email to the ADC Chair and include supporting documentation such as doctor's notes, etc. The ADC will decide whether or not to credit the skater with the event(s). A doctor's note indicating that the athlete is fit to return to training and competition may also be requested.

3.6.3 Demonstrating Fitness after a Return from Injury or Illness

If a skater is ranked in a qualifying position in their age category based on times and has achieved all necessary standards for the National or Regional event, but suffered a significant illness or injury that impedes training and performance in competitions leading up to the final qualifying meet of the season, the skater must prove their fitness. This may require a written doctor's note clearing them to return to competition. In such a case, the athlete development committee will notify the skater that they must enter the final qualifying meet of the year. The skater will be notified at least 10 days in advance of the meet. The skater must finish the meet in a qualifying position relative to his or her peers. i.e. if 3 NB 13 year old males skaters are eligible to attend the Canada East competition, the skater must finish in one of the top 3 places. Skaters will continue to be ranked by time.

3.7 Junior and Senior National Team Selection Events

Canadian Junior and Senior Team Short and Long Track selection events are governed by Speed Skate Canada and will have entry requirements. Important information regarding these events is available in the high performance bulletin that can be found on Speed Skate Canada's web-site

3.8 Long track

At present, there are no restrictions on the number of skaters that can attend Long Track competitions and therefore, no ranking list has been required. Some competitions do require standards to be attained for entry – i.e. Canada Cup events.

SSNB supports participation in long track and funds identified events in the same manner as short track events.

4.0 Provincial Team Support

SSNB allocates support for its provincial team program in a variety of ways. It supports the program through:

1. the time, energy and expense of the ADC to manage it,
2. the time, energy and expense of the association's Technical Director and High Performance coach
3. the support of assistant coaches and managers that support the program, subsidization of costs,
4. direct funding of athletes.

The Athlete Development/Coaching Committee shall provide the board of SSNB with its proposed budget for the year. The board will consider the proposal and inform the Committee of the amount that it has to spend. The Committee will determine the best use of those resources based on the original budget and its established priorities. It shall have the flexibility to adjust the allocated funding within the budget to meet changing needs and priorities.

Funding will be provided to help off-set the costs of skater participation in funded events according to the following guidelines.

- a) Events must be designated as 'Funded Events' by the ADC
- b) Skaters must meet any SSNB Funding Performance Standards.

Given these criteria, support will be allocated by the following formula:

4.1 Support Allocated to Skaters

4.1.1 Individual Funding: [NOTE: This level of funding is TENTATIVE until final AD Budget for season is approved by the SSNB Board of Directors]

SSNB will fund athletes who are currently residing and training in NB to attend FPVQ EST and Elite competitions. SSNB will fund all NB athletes who attend Speed Skate Canada Senior or Junior Championships or Selections (included in this is the Canadian Open National Qualifiers). Canada Cup Long Track competitions will also be funded. SSNB will fund NB athletes who attend CEST based on the regulations outline in the Provincial

Team Policy. All funding amounts are the full registration cost for the designated competition.

Example

FPVQ Provincial -	Quebec Registration Fee	= \$ 90.44
	Individual Funding support	\$ 90.44
Junior Team Trials -	Registration Fees	\$ 125.00
	Individual Funding support	\$ 125.00

Should a skater register for an event and then have to withdraw for any reason, they shall be liable for any registration fees paid BY SSNB. If, at the time of the injury, a doctor's letter stating the injury is provided and accepted by the hosting association and a refund is made to SSNB , then the skater will get the same amount in a refund from SSNB.

In the event that a budget line item is not exhausted, the ADC shall have the discretion to reallocate the funds to other events.

If the number of eligible skaters exceeds the available budget, the ADC may choose to reduce funding.

4.2.2 Event Funding: SSNB may support some events by contributing towards its overall costs. This may take the form of paying registration costs and contributing to coach, travel or accommodation costs, or some combination thereof.

Example

A budget of \$500 could be set aside for a long track meet/camp. Funding will be used to pay coaching costs and the remainder to offset registration fees. Skaters will be responsible for their own accommodation costs and any outstanding travel, registration and coach costs.

4.2.3 Coach Costs: The Athletic Development Committee assigns coaches and funding for coaches to attend priority events. It is not always feasible or practical to send a coach to an event. In some cases, skaters will have to make their own coaching arrangements with the assistance of the Technical Director.

5.0 Travel Planning

The ADC shall take the lead role in planning or coordinating the travel of Team New Brunswick to various events. The ADC has the option to:

- A. Leave travel and accommodations arrangements as the responsibility of individual skaters/parents,
- B. Coordinate travel and accommodations as a team or team groupings, or
- C. Arrange the travel and accommodations for the team as a whole.

The ADC may require all athletes to travel to events as a team and or to pay their share of pre-arranged transportation should they choose not to use it.

6.0 Conduct, Discipline and Appeals

Speed Skating in New Brunswick has a long and proud tradition. Not only has the sport achieved more than its fair share of success on the national and international stage, but New Brunswick skaters, coaches, parents and managers have prided themselves in their fair and sporting actions on and off the ice.

All participants in the SSNB Provincial Team Development Program (skaters, coaches, ADC members, managers and staff) are expected to uphold the highest standards of behaviour and ethical conduct. All team members must abide by the SSNB Code of Conduct.

Infractions of the Code of Conduct shall be dealt with according to SSNB's Discipline Policy.

All team members are entitled to appeal sanctions in accordance with SSNB's Appeals Procedure.

Special Note: SSNB - ADC reserves the right to make changes to this document at any time, as situations may change in the Speed Skating community. All Provincial team members will be notified of any significant changes, as soon as practically possible.

Appendix A

General and Coach Exemptions

General Exemptions

General exemptions can be requested for the following reasons:

- Illness or injury that prevents a skater from competing or full training,
- Major family emergencies or serious illness / injury.
- Attendance at an alternate sport specific speed skating events
- Participation in a summer sport and have earned the right to compete in the Provincial or national Championship.

If a skater faces other exceptional circumstances, he/she can apply for a general exemption and a ruling will be provided by the Athlete development Committee.

Exemptions must be requested in writing, preferably by e-mail, to your club representative and copied to the Chair of Athlete development. The ADC asks that exemptions be requested at least two weeks in advance or as soon as practically possible. This helps to provide ADC with time to respond to the request before the event.

No exemption requests will be considered more than 14 days following an event.

Coach Exemptions

The Provincial Coach/Technical Director can recommend to the ADC Committee that individual skaters be granted an exemption where they feel it is in the skater's best developmental interests (e.g. need to rest nagging injury, suffering from burn out, etc.).