

ATHLETE DEVELOPMENT

Provincial Team Policy



**SPEED
SKATING
NEW BRUNSWICK
PATINAGE
DE VITESSE
NOUVEAU-BRUNSWICK**

November 1st, 2023

to April 15th, 2025

Online at: <https://speedskatenb.ca/provincial-team/>

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1.0 Introduction to Speed Skate 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 Skating Canada's Long-term Athlete Development Model.

Athletes pass through several stages of physical, cognitive & emotional development as they develop fundamental movement skills such as agility, balance, coordination, and speed. Athletes participate in sport for a variety of social, physical, emotional, and competitive reasons. All athletes are equally important and will hopefully continue to participate in sport throughout life.

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 mature, SSNB compliments 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 also aids in the form of coaching and 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.*

SSNB-AD reserves the right to make changes based on unforeseen competition changes at the National and Provincial levels.

2.0 Terms and Definitions

2.1 Provincial Team Program

The provincial team program includes all events supported by the Athlete Development and Coaching Committee (ADC) for the purpose of developing athletes to their highest potential. Events include in and out of province training camps, and competitions in disciplines of short track and Long Track Speed Skating,

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. In addition, 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 their age as of July 1st of each skating season. SSNB will not provide Provincial Team activities before the Train-to-Train stage of development which is 11 years.

Below is a graphic of LTAD stages and available competitions:

LTPAD Stage (some will enter stages earlier/later than others)	Age as of July 1st of skating season	Competitions Framework <small>*qualification needed</small>					
	Age	Provincial (Club and SSNB)	National (SSC)	Long Track (NS,FPVQ,SSC)	Quebec Level (FPVQ)	International LT/ST (ISU)	Canada Games (2027/2031 only) (CGC)
Active Start	4-5	Club Based Learn to Skate					
Fundamentals	5-8	Mini Meets (club/provincial)		Nova Scotia, Quebec Centre, Canada Youth (11-13 years)* etc			
Fundamentals/Learn to Train	9-11	Provincial and Atlantic Based Meets					
Train to Train	11		Canada Youth ST*		Provincial*		
	12						
	13 (C1)		Canada Juniors 14-15 & Finale*	Canada Cup *			
	14 (C2)		Canada Juniors 14-15, Canada Juniors & Finale*	Canadian Junior Selection*/Canada Cups	Provincial/Elite*	World Juniors, FISU and World Cups/Championships *	Long Track and Short Track eligible*
15 (B1)	Canada Juniors 16-18, Canada Juniors & Finale *						
Learn to Compete	16(B2)			Canada Cup *	Provincial, Elite, University Circuit (1 day)*	World Cup, FISU and Championships *	
	17 (A1)						
	18 (A2)						
Train to compete	19						Long Track Eligible*
	20						
Learn/Train to win or active for Life	21+						
	30+						
Special Olympics	Special Olympics		Special Olympics				

2.4 Protocol

This is the official competition results 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

The skater's official time is recorded in the event protocol. It can be done using electronic or handheld timing at a sanctioned event.

It is commonly accepted that hand-held timers record times 0.2 seconds slower than electronic timers. To ensure fairness, 0.2 seconds is added to all hand-held times for ranking purposes.

Skaters in New Brunswick may use hand-held times achieved at sanctioned meets in other provinces to meet the standards for out-of-province competitions. However, if adding the 0.2 seconds to the hand-held time would result in ranking below another qualified skater from New Brunswick, the hand-held time cannot be used.

Skaters who participate in team events outside of the Atlantic region must send a copy of the competition results to the SSNB's Technical Director and Statistician within two weeks if they want those times to be considered for rankings and event qualifications.

2.6.1 Incorrect Times

The ADC has the power to investigate and remove incorrectly recorded times in official protocols. Notice of intent to investigate must be given to the skater within a week of the event. If the event is outside the Atlantic region, the ADC has one week from the receipt of the protocol to provide notice. The ADC must clearly show that a time has been recorded inaccurately or credited to the wrong skater to remove it. The skater will have the chance to present their case to the ADC, either in person or in writing.

2.7 SSNB Ranking List Criteria

SSNB shall maintain a ranking list of all competitive skaters aged 11 and older. The ranking list shall be published after the first Maritime Competition of the season and shall contain times from July 1st - April 15th of each season. Skaters will be ranked according to the following SSC Age criteria. Times obtained from competitions from outside the Maritimes must be sent to SSNB Technical Director within 2 weeks of the completion of the said competition.

If no 800m time available, 1000m times can be converted by using 1000M *0.80.

Skaters (age as of June 30 th)	Skaters Ranked on best combined times after the 1 st Maritime competition of the year
11 (100M track)	= 400m time in secs + (800M time in secs /2) + (1500m time in secs/3.75)
12 (100M Track)	
13 (100M Track)	
Juniors 13+ on 111m track & Senior skaters	= 500m + (1500m/3) on 111m track

2.8 Standards

A standard is a level of performance, expressed as a time, or a percentage of a national record. 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”.

Conversion for 400 to 500 = Multiply by 1.225 (i.e. $400 \times 1.25 \times 0.98$)

Conversion of 1500 (100) to 1500 (111) = multiply by 0.98

2.8.1 Funding Standards

Given that SSNB has limited funding, the ADC sets funding standards for some events. In such cases, only athletes that attain the funding standards will be supported financially.

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.

(Formula: $400\text{m time in secs} + (800\text{m times in secs}/2) + (1500\text{ time in secs}/3.75)$)

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	132 secs	135 secs	Athletes eligible for FPVQ at 13
13	132 secs	135 secs	
14+	Skater/Coach choice	Skater/Coach choice	

Notes:

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

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

3.0 Provincial Team Events

3.1 Provincial Team

The Athlete Development Committee may impose provincial camp attendance requirements as a condition of selection to provincial team events. If doing so, the Committee shall also have the power to grant exemptions. All exemptions must be asked for in advance, when possible, by email to the Technical Director. Each annual calendar will outline any attendance requirements. Exemptions are defined in Appendix A.

3.2 Provincial Team Camps

Provincial on and off-ice training camps are designed to provide skaters with opportunities to gain experience 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.

The ADC will establish and publish the eligibility criteria for each camp dependent upon the potential capacity for each event and the goals of the camp.

3.3 Canada Youth (East) Championships: (ages 10-13)

The Canada Youth Championships provide meaningful, high profile and opportunity for recognition of the best developing skaters in Canada. This event will serve as a primary introduction to national competitions where skaters represent New Brunswick in competition.

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. 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 or times converted from 111M) as described in section 2.8.
- New Brunswick has 2 guaranteed positions per age group with potential of additional spots being available based on entries from other provinces/territories.
- 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.

SSNB Provincial Team Policy (2023-25 Seasons)

Standards of Entry and funding:

- 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.”

	Formula: 400m in secs +(800m time in secs/2) + (1500m time in secs /3.75) = Total time in Secs Ex. 47 sec in 400M+ (1:36 in 800M/2) + (3:00 in 1500M/3.75) = 143 secs total		
11-Year-old - Female		11-Year-old - Male	
Total time in sec	147 secs	time in sec	138 secs
12-Year-old - Female		12-Year-old - Male	
Total time in sec	146 secs	time in sec	137 secs
13-Year-old - Female		13-Year-old - Male	
Total time in sec	140secs	time in sec	133secs

Standards are based on approx. 17th placed skaters' times in each distance at CYST 2023 East

3.4 Quebec Based competitions.

The Fédération de Patinage de Vitesse du Quebec (FPVQ) sanctions events each year to provide competition for its aspiring skaters.

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

How to Qualify for FPVQ (Quebec ST/LT) – (23-24 season)

SSNB Provincial Team Policy (2023-25 Seasons)

Event	Required Entry Standard	# of spots total - Quebec entries = spots for outside Quebec
Short Track		NB will know 9 days before how many spots are available (if any)
FPVQ 2-day Provincial (13+)	500m+1500m/3 < 120 seconds	140 spots total
FPVQ 1-day Provincial (13+)	500m+1500m/3 < 120 seconds	110 spots total
University (16+)	500m+1500m/3 < 120 seconds	110 spots total
FPVQ Elite	Skaters qualified for Canada Cup Finale, Group A Canada Juniors, 1 st in Quebec Provincial Meet.	
FPVQ Interregional (10-12)	400m + 800M = 153 secs F / 151.5 secs M (100M ST)	110 spots total
Long Track		
Jeunesse (10-12)	400m + 800M = 153 secs F / 151.5 secs M (100M ST)	128 Spots Total
Jeunesse (13)	500m + 1500m/3 = 120 seconds (111m ST Times)	110 spots total
Coupe Quebec (14+)	No standard unless over 110 competitors then Male 16+ = sub 44.61 (500) & Female 16+ sub 49.58 (500) - ST athletes who have not skates LT are excluded from this criteria	110 spots total

3.5 Exceptions to the Rules

3.5.1 Out of Province Skaters (Canada Youth eligible)

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

3.5.2 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 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.

3.5.3 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 male 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.

3.6 Speed Skate Canada Junior and Senior Long and Short Track Events:

3.6.1 How to Qualify for SSC Long Track competitions.

Please refer to the [SSC High Performance Long Track Bulletin](#) for full details.

Below is a summary of the Long Track Bulletin.

Jan 4-7	Canadian Junior	Must achieve a valid Qualifying Time as listed in Appendix C and be placed in the Top 30 1500m seasons best times from July 1 - Dec 5/23.
St Foy, Quebec	Ages: 16 and Up	
Jan 4-7	Canada Cup 1	500/1000/1500 - top 20 from Canadian Championships + 10 by time
		3000W/5000M- 24 skaters - 16 from Canadian Championships + 8 by time
		5000W/10000M - 12 total w/ 8 from Canadian Championships + 4 by time - all times between July 1st- Dec 5/23. Skaters must also meet standards as per Appendix C of LT HP Bulletin
St Foy Quebec	Ages - 16 & up	
Feb 2-4	Junior 14-15	All entries accepted
Fort St John, BC	Ages 14-15	No min. Time standard
Feb 9-11	Canada Youth 11-13	No min. Time standard
St Foy, Quebec		2 skaters per age/identified gender
	Age: 11,12,13	
Mar 7-10	Canada Cup Finale	40 skaters in 500/1000/1500 from Canadian Ranking + 10 by time
Calgary		32 skaters in 3000W/5000M - 24 by Ranking & 8 by time
		12 skaters in 5000W/10000M - 8 by rank & 4 by time
		For Canada Cup Finale athletes must also meet qualifying times in Appendix C of LT HP Bulletin.
	Age : 15&up	

SSNB Provincial Team Policy (2023-25 Seasons)

3.6.2 How to Qualify for SSC Short Track competitions.

Please refer to the [SSC High Performance Short Track Bulletin](#) for full details.

Below is a summary of the Short Track Bulletin.

Dec 8-10/2023	Canadian Invitational Montreal Age: 15 & up	60 Canadian + invites	NO	1.1 Via Elite FPVQ Ranking 1.2 skaters via 2023 Canadian Champs 2 - 10 entries from USA 3 - 10 international 4 - Special invites and Time Invites
Jan 19-21	Junior 16-18 Chicoutimi , PQ Age : 16,17,18	60	Yes	2 athletes per gender per Province/Territory 1) Skaters at 2023 Canadian Champs 2) 500 + 1500/3 August 1.22- Dec 31,2023
Jan 26-28,2024	Canada Cup Sherbrooke Age: 15 & up	40	NO	1) 30 from 23-24 Canadian Ranking 2) Pre-selected to Canada Champs unable to complete 4/6 events 3)500+1500/3 (Aug 12 2023-Jan. 7 2024)
March 15-17 2024	Canada Cup Finale Quebec City Age: 15 & up	40	NO	1) 1 entry from World Cup 5-6 team 2) 30 entries via 23-24 Canadian Ranking 3) Any athlete at YOG and also Canadian Champs 4) Via time 500+1500/3
March 22-29	Junior Finale Richmond BC Age : 14-18	60	NO	1. All skaters ar Junior Champs 2. Top 20 in cumulative ranking 16-18 Canadian Junior 3. Remaining spots via 500 + 1500/3 Aug 1,23-March 3,2024
March 29-31st	Canada Youth East TBC Age 11,12,13	20 per age per gender	Yes *SAFETY Standard in place	1) 2 athletes per age per gender per PTSO (NFLD, PEI, NS, NB, QC, ON, NvT) 2) Soft cap of 8 per province until 20 athletes total per age per gender 3) If 20 per age per gender not met, then soft cap is removed

Canadian National events are governed by Speed Skate Canada and will have entry requirements. SSNB will require their own standards to receive any SSNB funding. Funded standards are set with the intent that SSNB skaters will be within the skating level to be competitive at these National competitions.

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 Coaching Staff.
3. the support of assistant coaches and managers that support the program, subsidization of costs,
4. direct funding of athletes.

The Athlete Development Committee submits a budget proposal to the board of SSNB. After considering the proposal, the board informs the Committee of the allocated amount. The Committee then determines the best use of the resources based on their established priorities and may adjust the funding within the budget to meet changing needs.

SSNB Provincial Team Policy (2023-25 Seasons)

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.

4.1 Support Allocated to Skaters

4.1.1 Individual Funding:

SSNB will cover registration cost for SSNB athletes who:

- SSC Canada Cup Long Track (16 and up) & Canadian Junior Long Track (16-18) -fund all that qualify.
- SSC Canada Cup Short Track, Canadian Invitational Short Track, Canadian Junior & Senior Championships – fund all that qualify.
- Quebec Elite – fund all that qualify.
- Quebec Provincial:
Skaters achieving the following standards.
13-15 yrs. = $500 + (1500/3)$: Skaters who have achieved 105.3 M and 109.3 F
16-18 yrs. = $500 + (1500/3)$: Skaters who have achieved 103.3 M and 108.3 F
- Coupe du Quebec (Long Track):
skaters achieving the following standards:
Male: $500M + 1500M$: sub-44.5+2:25= 189.5 secs
Female: $500 + 1500M$: sub-49.5+2:40= 209.5 secs
- Canada Junior 14-15 Short Track $500 + (1500/3)$: Skaters who have achieved 105.3 M and 109.3F
- Canada Junior 16-18 Short Track $500 + (1500/3)$: Skaters who have achieved 103.3 M and 108.3 F
- Canada Youth East Short Track 11-13: (please see 3.3 Funding Standards)
- Canada Youth Long Track 11-13: Sub 52.7 (500M) Female & sub 50.5 Male (500M)
- Canadian Long Track 14-15: (500M +1500M): sub 189.5 secs Male & sub 209.5 secs female

Quebec Jeunesse (Long Track), Interregional (ST), and Collegiate (ST) will be communicated to skaters, however at this point SSNB does not fund nor provide a coach to these events. This will be evaluated throughout the season.

Should a skater register for an event and then must withdraw for any reason, they shall be liable for any registration fees. 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.

If 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.

4.1.2 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. Due to costs, SSNB may not have coaches assigned to attend 1-day events.

5.0 Conduct, Discipline and Appeals

Speed Skating in New Brunswick has a rich history of success and fair play. Participants in the SSNB Provincial Team Development Program (skaters, coaches, AD Members, manages, and staff) are expected to behave respectfully and ethically, following the SSNB Code of Conduct. Infractions will be addressed according to SSNB's Safe Sport Policy and team members have the right to appeal sanctions through SSNB's Appeals Procedure.

5.1 Safe Sport

[SSNB Safe Sport Policy Link](#)

Complaints go direct to the Integrity counts SSC Speak up line . Complaints that are deemed provincial or club jurisdiction they will be redirected to our PSO system administrator.

The Provincial administrator or Escalation officer will decide whether it is best dealt with via our current SSNB Policies : Discipline and Complaints policy/SSNB Code of Conduct or via our provincial Safe Sport NB dispute resolution program .

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 event
- 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 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.).