



## 2024-25 CCBC ATHLETE AGREEMENT BC SKI TEAM

### Introduction

The BC Ski Team (BCST) is the highest-level cross-country ski program in the province of British Columbia for athletes tracking towards the National Ski Team and international podium results.

This program requires a high level of commitment to the athlete's club training program and the BCST program. By signing the 2024-25 Cross Country BC (CCBC) Athlete Agreement (BC Ski Team), an athlete confirms their understanding of and commitment to the BCST program expectations.

### TRAINING AND COMPETITION

#### **Cross Country BC will:**

- Provide the opportunity to attend four BCST camps;
- Provide athletes with monitoring, testing schedules and results – Appendix A;
- Provide access to a 2024/25 international camp or competitive tour provided trip-specific additional criteria have been met; and
- Provide/guide a training and competition schedule to meet the athlete's needs (if the club/personal coach has not completed their progressive NCCP training and achieved Comp-Dev (L2C) trained status).

#### **The athlete will:**

- Demonstrate a commitment to the training and testing programs provided by CCBC. Athletes must attend all mandatory training camps (see chart below), follow the complete camp schedule, and complete the requested written and physical testing by the Integrated Support Team (IST). Exceptions must be approved by the Provincial Coach before the athlete accepts a position on the BCST; and
- Demonstrate a desire to work hard.

## UNIFORM AND EQUIPMENT

### **Cross Country BC will:**

- Provide access to BCST clothing (subsidized by CCBC): podium jacket, warm-up top/bottom and race suit and vest;
- Provide technical advice in selecting ski equipment (if required); and
- Provide the option of purchasing Fischer skis hand-picked from the Fischer factory.

### **The athlete will:**

- Have appropriate training equipment in good working order;
- Record into Training Peaks their daily training using a smartwatch with heart rate recording capabilities; and
- Wear BCST race suits when participating in CCBC-led trips to international competitions. If an athlete has NOT purchased a BCST suit, the athlete is obligated to borrow one for these trips.

## ADMINISTRATION

### **Cross Country BC will:**

- Provide sports eligibility for External Sport Credit – Athlete 11 or Athlete 12. Click [here](#);

### **The athlete will:**

- Read, sign and act by the CCBC Athlete Code of Conduct. Click [here](#);
- Complete the 2024 True Sport Clean online course (Canadian Anti-Doping Program) before June 21<sup>st</sup>, 2024 – [click here](#); and
- Complete the Coaching Association of Canada SafeSport online course before June 21<sup>st</sup>, 2024 unless it they have completed it before. Instructions will be provided.

## COMMUNICATION

### **The athlete will:**

- Notify the Provincial Coach of any health-related problems or other legitimate reasons that prevent the athlete's training or the athlete from fulfilling any obligations under this Agreement. In the event of injury, the athlete will provide the CCBC Athlete Development Coordinator with a certificate from a medical doctor describing the nature of the injury within one week of the diagnosis of the injury;
- Communicate quarterly, in person or electronically, with the Provincial Coach (as a minimum);
- Follow the monitoring system set up for the BCST (Training Peaks and athlete log), and fill them out in a timely manner;

- Take individual responsibility for both training and racing performances; and
- Work towards specific goals and utilizes appropriate communication methods with the Provincial Coach and their club coach. This includes reporting training adaptations and fatigue monitoring anomalies.

### **BCST Athletes Training Outside of BC**

U20/U23 athletes who are BC residents but training outside of BC have access to the same benefits as athletes training in BC. In this case, however, their obligations are limited to the following:

- Read and sign the CCBC Athlete Code of Conduct and act by the Code of Conduct at all times. Click [here](#);
- Complete the 2024 True Sport Clean online course (Canadian Anti-Doping Program) before June 21<sup>st</sup>, 2024 – [click here](#);
- Complete the Coaching Association of Canada SafeSport online course before June 21<sup>st</sup>, 2024 unless it they have completed it before. Instructions will be provided;
- Monitor their iron levels, which as a minimum, would include a serum ferritin test at the start of the 2024-25 ski year;
- Wear BC Ski Team race suits when participating in CCBC-led trips to international competitions; and
- Have appropriate training and monitoring equipment in good working order - see Appendix B.

### **What happens if I do not fulfill my athlete contract obligations?**

CCBC has the right to terminate this Agreement by providing written notice prior to its scheduled expiry.

### **Removal of an athlete once selected**

CCBC reserves the right to terminate an athlete's contract if:

- a) The athlete has NOT fulfilled their responsibilities identified in the CCBC Code of Conduct.
- b) The athlete has NOT fulfilled their responsibilities with respect to mandatory training camps, athlete logs and competitions.
- c) The athlete has been found guilty by the CCES, WADA, or a designated body with the authority to conduct anti-doping testing, of a doping control violation.
- d) The athlete has demonstrated behaviour that does not align with the values of the team cohesion agreement.

## Team Fee

The 2024-25 team fee for U18 athletes is \$250.00. There is no fee for older BC Ski Team athletes.

Athletes must also submit a 'Commitment to Excellence' cheque for \$200.00. The purpose of this requirement is to encourage athletes to be accountable for the obligations and expectations outlined in this Athlete Agreement.

This cheque will NOT be deposited but will be held and returned at the end of the ski year, provided the athlete fulfills the terms of the Athlete Agreement before May 15<sup>th</sup>, 2025. Extenuating circumstances will be taken into consideration.

Table 1 - Requirements

Category	Expectations
U18	Mandatory Requirements
Camps <ul style="list-style-type: none"> <li>• <b>CCBC May Testing Camp - mandatory.</b></li> <li>• CCBC Haig Glacier Camp – optional</li> <li>• <b>CCBC Fall Testing Camp – mandatory.</b></li> <li>• CCBC Snow Camp - optional</li> </ul>	MAY → SEPTEMBER <ul style="list-style-type: none"> <li>• Pay an initial team registration fee of \$250.00</li> <li>• Update athlete log by the 5th of each month</li> <li>• Have a working Smartwatch that updates workouts on Training Peaks</li> <li>• Attend the following:               <ul style="list-style-type: none"> <li>⇒ CCBC May Testing Camp</li> <li>⇒ CCBC September Camp</li> </ul> </li> </ul> OCTOBER → MARCH <ul style="list-style-type: none"> <li>• Attend a minimum of two weekends of BC Cup races</li> <li>• Attend a minimum of two FIS Sanctioned race weekends (i.e. Canada Cups, World Jr/U23 Trials) during the 2024/25 season; at least one in the 2025 calendar year</li> <li>• Attend the 2025 National Championships</li> </ul>

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Category	Expectations
U20/U23	Mandatory Requirements (if training in BC)
Camps <ul style="list-style-type: none"> <li>• <b>CCBC May Testing Camp - mandatory</b></li> <li>• CCBC Haig Glacier Camp - optional</li> <li>• <b>CCBC Fall Testing Camp - mandatory</b></li> <li>• CCBC Snow Camp - optional</li> </ul>	MAY → SEPTEMBER <ul style="list-style-type: none"> <li>• Update athlete log by the 5th of each month</li> <li>• Have a working Smart watch that updates workouts on Training Peaks</li> <li>• Attend the following:               <ul style="list-style-type: none"> <li>⇒ CCBC May Testing Camp</li> <li>⇒ CCBC Fall Testing Camp</li> </ul> </li> </ul> OCTOBER → MARCH <ul style="list-style-type: none"> <li>• Attend a minimum of one weekend of BC Cup races</li> <li>• Attend a minimum of two FIS Sanctioned race weekends (i.e. Canada Cups, World Jr/U23 Trials) during the 2024/25 season; at least one in the 2025 calendar year</li> <li>• Attend the 2025 National Championships</li> </ul>

### Recommendations for All BCST Athletes

To receive the best training oversight, CCBC asks that athletes training in BC to provide their current ferritin level [in correct scientific units). All athletes attending the May Camp will have a medical intake with a doctor and receive a blood test requisition to measure ferritin levels. Please fulfill this obligation with the Canadian Sports Institute (CSI) in a timely manner.

### APPENDIX A – Performance Enhancement Support

**Strength and Conditioning (S&C):** Access to team-based strength programs for the training year via one drive link. Individualized programs can also be acquired if requested.

**Nutrition:** Individual consults with Canadian Sport Institute (CSI) dietician.

**Mental Performance Coach:** Access to YouTube talks and access to individual consults.

**Physiologist:** Lab testing to determine HR zones through lactate and HR data. V02 Testing.

**Physiotherapy:** Individual functional movement assessment.

**APPENDIX B – Training and Monitoring Equipment List**

All of these items should be in good working order. If you don't own these items, please borrow them for camps.

Summer clothing and equipment	Winter clothing and equipment
<ul style="list-style-type: none"> <li>• High visibility clothing or vest for rollerski training</li> <li>• Rollerski gloves</li> <li>• Sunglasses/protective eyewear for low light rollerskiing as well</li> <li>• Rain jacket (<i>if rollerskiing it should be a bright colour or you should have a high visibility vest to go over top of jacket</i>)</li> <li>• Helmet that is not cracked</li> <li>• Rollerskis and classic and skate</li> <li>• Rollerski repair kit (<i>pole glue, rollerski tips, lighter, spare bearings, 2 wrenches, etc</i>)</li> <li>• Water bottle belt or holder</li> <li>• Canteen 1 litre minimum</li> <li>• Headlamp</li> <li>• Heart rate monitor and strap. Wrist monitor is not accepted</li> <li>• Running shoes</li> <li>• Running tights full leg</li> <li>• Running shorts/shirt</li> <li>• Headband/buff</li> <li>• Running hat</li> <li>• Roller and ball for self massage</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Classic and skate skis</li> <li>• Classic and skate boots</li> <li>• Ski gloves/mitts</li> <li>• Toque, headband and buff</li> <li>• Racing suit</li> <li>• Over jacket (<i>down or similar material</i>)</li> <li>• Ski vest</li> <li>• Rain jacket</li> <li>• 2 pairs thermals top and bottom</li> <li>• Ski boot covers</li> <li>• Running shoes</li> <li>• Water bottle carrier or water belt</li> <li>• Warm up top and bottom (<i>team warmups</i>)</li> <li>• Heartrate monitor</li> <li>• Canteen 1 litre minimum</li> <li>• Headlamp</li> <li>• Sunglasses/glasses</li> <li>• Roller and ball for self massage</li> <li>• Sunscreen</li> </ul>