

HIGH PERFORMANCE BULLETIN 188

National/NextGen Program Selection

December 2018

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The fundamental strategic purpose of the High Performance Bulletin (HPB) for team selection is to establish provisions that are designed to select athletes to teams who will perform at the highest level, and achieve the best possible results for Canada at Olympic Games and World Single Distance Championships.

The High Performance Committee Long Track (HPC-LT) will issue Bulletins periodically throughout the season informing athletes, coaches, the Officials Development Committee, other SSC Committees and SSC Branches of updates and/or changes with respect, but not limited, to selection criteria and/or competitions.

The HPC-LT reserves the right to modify or change the policies and criteria contained herein in the event that exceptional circumstances arise and that any such changes are, in the opinion of the HPC-LT, in the best interests of the High Performance (HP) program. In these situations, athletes and coaches will be advised of any changes as soon as is feasible after they are confirmed by the HPC-LT.

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1. Philosophy and Principles

Athletes will be selected based on whom the HPC-LT determines are in the best position to achieve the best possible results for Canada at international competitions; such as the Olympic Games, World Single Distance Championships, and/or World Cups.

The HPC-LT intends to select athletes to each Program as objectively as possible. Subject to Byes as per Bulletin 185 Appendix C – Guidelines for the Allocation of Byes, the HPC-LT, for that purpose, and at its determination, will primarily use criteria such as time/placing at a specific competition or competitions, and/or ranking after a series of competitions, as described in this Bulletin as the criteria in selecting athletes.

The Long Track program will be led through three program principles in order to achieve success:

- i. Performance focused
- ii. Speed Skating Canada Coach driven
- iii. Athlete Supported

1.1. Performance Focused

To instill and develop a performance focused team is the philosophy that any identification or selection to the National Programs Pool or Team is earned not deserved. The individual and team accomplished gains in a High Performance mentality will significantly increase our chances of success. This principle, in and of itself, will offer considerable opportunity to uplift the performance of the speed skating national program.

1.2. Coach Driven Within the Canadian Speed Skating Way

The investment in building a team and the 'Canadian Speed Skating Way' identifies a High Performance environment for current and ongoing success of Speed Skating Canada's long track HP program. This performance concept focuses on a daily training environment with Team Pursuit, Mass Start and Team Sprint creative strategies and a tighter team at high level competitions, supportive of decisions based on Team performance objectives at World Cups and World Single Distance Championships.

Emphasizing the World Cup performance focus will highlight attention to the top racing team, placing more importance on a higher number of World Cup wins and top 10 performances. Specific compete habits will be identified and controlled for top

skaters who have been selected to compete internationally knowing that success on the international stage is a requirement for eventual Olympic podium finishes.

1.3. Athlete Empowered

Taking the emphasis away from the outcomes and empowering the athletes to channel their energy into performance related processes and outcomes, contributing to medal performances in Beijing and beyond. It is our goal to establish qualitative and quantitative behaviour standards within the program goals. The leadership, coaches and Integrated Support Team (IST) will drive the structure, content and delivery of strategies and beliefs aiding the athlete to thrive in a performance focused environment within the program.

2. National Program

2.1. Goals

The goals of Speed Skating Canada's National program are to:

- To select athletes to Teams who will achieve consistent international medal performances, and perform at the highest level internationally on behalf of Canada at the World Single Distance Championships and the 2022 Olympic Winter Games - and beyond.
- To nominate the maximum number of medal potential athletes to a World Cup or World Championships Team for Olympic Individual Distances and Team Events.

2.2. Daily Training Environment

The National program will have access to a world-class daily training environment at a National Training Centre (Calgary or Quebec City). A world class training environment includes the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities
 - Dedicated hours per day and days per year
 - Access at a reasonable cost
- Full-time high performance coaching
- Access to IST and the necessary facilities to support IST functions
- Training partners at the appropriate performance level
- A High Performance lifestyle, culture and atmosphere

2.3. Nomination

Athletes achieving Senior International Carding priorities, as per Bulletin 187 – Carding Criteria will be nominated for the National Program.

Athletes may also be added to the National Program on the basis of the following:

- The athlete being awarded an injury card from Sport Canada (AAP); or,
- At the absolute discretion of the HPC-LT.

3. NextGen Program

3.1. Goals

The goals of Speed Skating Canada’s NextGen program are to:

- Help the next generation of targeted athletes and teams 8-5 years from an Olympic podium performance to progress along the Athlete Pathway;
- Provide full-time high performance coaching support for the targeted athletes and teams;
- Provide enhanced daily training environment support through a partnership between Speed Skating Canada, Own the Podium, and the Canadian Sport Institute Network.

3.2. Daily Training Environment

The NextGen program will have access to a world-class daily training environment thus ensuring athletes and coaches have the ability to develop their performance to an international podium standard. A world-class daily training environment includes the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities
 - Dedicated hours per day and days per year
 - Access at a reasonable cost
- Full-time high performance coaching
- Access to IST and the necessary facilities to support IST functions
- Training partners at the appropriate performance level
- A High Performance lifestyle, culture and atmosphere

3.3. Nomination

The NextGen Program will be reviewed under the following priorities and guidelines:

- i. Athletes will be ranked according to the 2018-2019 Canadian Ranking List in order of priority as follows:
 - i. Senior, Neo-Senior (N1-N4), Junior athletes who have not already been selected into the National Program (Section 2) who have won a 2018-19 Canadian Ranking List – Individual Distance Final Classification will be ranked using performance percentage to the 2018 Canadian Single Distance Championships time standard for the relevant ISU group (Senior, Neo-Senior, Junior). Junior athletes will be ranked against Neo-Senior time standards. Winner of the Mass Start will be ranked within this group based on the performance percentage of the 1500m for the relevant ISU group (Senior, Neo-Senior, Junior).
 - ii. Junior athletes that have placed in the top 8 and top 1/3 of the field at the 2019 Junior World Championships in the overall classification or individual distance events, or medal in Team Pursuit or Mass Start. These athletes will be prioritized based on the overall classification. If there is a tie between 2 or more athletes, the results in the individual distance classifications will be used to break the tie.
 - iii. All Senior, Neo-Senior (N1-N4), Junior athletes ranked from 2 to 4 on the 2018-2019 Canadian Ranking List - Individual Distance Final Classification, and further ranked by:
 - i. Using performance percentage to the 2018 Canadian Single Distance Championships time standard for the relevant ISU group (Senior, Neo-Senior, Junior). Junior athletes will be ranked against Neo-Senior time standards.
 - ii. All Senior, Neo-Senior (N1-N4), Junior athletes ranked from 2 to 4 on the 2018-2019 Canadian Ranking List for Mass Start, will be ranked based on the 2018-2019 Canadian Ranking List, then ranked based on performance percentage in the 1500m Individual Distance Final Classification for the relevant ISU group (Senior, Neo-Senior, Junior).
- ii. Athlete Prospects will be rated and ranked according to performance progression (year on year progress) and prorated as improvement progression as a percentage of World Record and Jr. World Cups reference times (average of Top 3 per distance per gender)
- iii. Athlete Progress Reports that will be completed by the coaching staff and further reviewed and evaluated by the High Performance Management Team:
 - a. Physiological performance comparison markers to a world class profile
 - b. Technique skills comparison rating to a world class profile
 - c. Mental Performance comparison rating to a world class profile
 - d. Elite Habits comparison rating to a world class profile
 - e. Health and structural tolerance comparison rating to sustain a world class training program

4. National/NextGen Program Notification and Confirmation

Once the review and nominations for all National Program athletes are finalized by Speed Skating Canada, the following processes will occur:

- i. Notification to each athlete
- ii. Confirmation to a National Program Athlete Pool

4.1. Notification

Athletes selected to a National Program (Senior or NextGen) will be advised of their selection to these pools following the Annual Spring meeting of the HPC-LT.

4.2. Confirmation to a National Program

- i. Athletes have 2 weeks (14 days) following the official announcement of the 2019 – 2020 National Program and NextGen Program to confirm acceptance (via email to the Long Track High Performance Coordinator) of their position and subsequently be required to return a signed copy of the Athlete Agreement.
- ii. Confirmation of Program membership is a commitment by the athlete to train within the athlete pathway training groups and/or approved training group led by a coach within the Speed Skating Canada program (PTSOs).
- iii. Confirmation of Program membership is a commitment by the athlete to participate fully, and ensure that they are available for selection to any representative team and will participate in the respective selection events for these Teams.
- iv. Confirmation of program membership also confirms acceptance of the Terms and Conditions of the SSC Athlete Agreement.
- v. If SSC does not receive confirmation from the athlete within the stipulated time limit that they accept their position into the Program and that they agree to the Terms and Conditions of the SSC Athlete Agreement, they will be regarded as having declined their position and any associated benefits.
- vi. Any extensions to this confirmation period must be requested in writing by the athlete and will only be considered in exceptional circumstances.

5. Training Group Composition

Athletes will be grouped according to input from all coaches within the Athlete Pathway, respective of each centre, and based on the final discretion of the High Performance Management Team.

Group composition will take into consideration the following objectives:

- i. Ensure that the best skaters train with the best skaters;
- ii. Establish and maintain a high compete level in training to push elite performances;
- iii. Create a smaller elite team for International Competition (clear expectations and accountabilities);
- iv. Structured segment (KPI gap analysis) meetings with athletes, coaches and IST;
- v. Yearly Training Program elite focused camps.

6. 2018-2019 Canadian Ranking List

6.1. General Information

The 2018-2019 Canadian Ranking List – Individual Distance Final Classification will include a series of competitions subject to regulations that are published by the HPC-LT. The 2018-2019 Canadian Ranking List – Individual Distance Final Classification is made up of Canada Cup Ranking Points (6.4) and World Cup Ranking Points (6.5)

6.2. Competitions

The following competitions are included in the 2018-2019 Canadian Ranking List – Individual Distance Final Classification:

- i. Canada Cup #1 – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- ii. Canada Cup #2/Canadian Junior Championships/World Single Distance Championships Skate-off (WSD Skate-off) – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- iii. Canada Cup #3 – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- iv. Canada Cup #4 – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- v. The best individual distance result (2-500, 2-1000, 1-1500, 1-3000L, 1-5000M) in the Fall World Cups (#1, #2, #3 or #4), and;
- vi. The best individual distance result (2-500, 1-1000, 1-1500m, 1-3000L, 1-5000M) in World Cup #5.

See Section 6.5 for the World Cup Ranking Points table and Appendix A for the Canada Cup Ranking Points Scoring Tables.

6.3. Guidelines

The Canadian Ranking points system provides multiple opportunities to obtain points in each individual distance, from the international and national

competitions listed above in Section 6.2. The following defines the number of races that will be used to calculate the final 2018-2019 Canadian Ranking List – Individual Distance Final Classification. If athletes have raced more than the number of races indicated, only the highest ranking point performances will be used.

- i. 500 m Ladies and Men: best 6 race rankings
- ii. 1000m Ladies and Men: best 6 race rankings
- iii. 1500m Ladies and Men: best 3 race rankings
- iv. 3000m Ladies: best 3 race rankings
- v. 5000m Men: best 3 race rankings
- vi. Mass Start Ladies and Men: best 3 race rankings

6.4. Canada Cup Ranking Points

- i. Canadian Ranking points will be awarded as per the Canada Cup Ranking Scoring Tables (Appendix A).
- ii. In the case where there are Senior and Junior events run separately, the results will be merged together and ranked by time.
- iii. In the event of an equal ranking in a distance, the athlete with the fastest time recorded at Canada Cup #2 for that distance will assume the higher ranking.
- iv. Canadian Ranking points will only be awarded to an athlete if they have qualified for and finish in the respective event.
- v. Athletes who do not finish or do not start a race due to injury will not be awarded Canadian Ranking points for that race.
- vi. Athletes who are disqualified in a race will not receive ranking points for that race.
- vii. Only Canadian athletes are eligible to receive Canadian Ranking points.
- viii. Athletes who have met the selection criteria for National Program (Section 2) will be ranked above the line on the 2018-2019 Canadian Ranking List – Individual Distance Final Classification.

6.5. World Cup Ranking Points

Points are awarded in accordance with the scoring tables noted below for specific events. The 2018-2019 Canadian Ranking List – Individual Distance Final Classification for each distance will be determined by the accumulated points for each athlete over the season. A final 2018-2019 Canadian Ranking List – Individual Distance Final Classification will be published after the season for each individual distance.

Athletes can earn Canadian Ranking points at the World Cup events noted below as follows:

- i. The best individual distance result (2-500, 2-1000, 1-1500, 1-3000L, 1-5000M) in the Fall World Cup (#1, #2, #3 or #4), and;
- ii. The best individual distance result (2-500, 1-1000, 1-1500m, 1-3000, 1-5000M) in World Cup #5

Event	Baseline Points	Performance points <small>(according to finish position)</small>	Max. points <small>(available /distance)</small>
World Cup A & B Division	106 for a top 20 time overall from A + B Divisions	Add 1 point for each position above 20th overall time Minus 1 point for each position below 20 th overall time to a minimum of 100 points	125

Appendix A – Canada Cup Ranking Points Scoring Table

Canada Cup 1-4

1.	100
2.	80
3.	70
4.	60
5.	50
6.	45
7.	40
8.	36
9.	32
10.	28
11.	26
12.	24
13.	22
14.	20
15.	18
16.	17
17.	16
18.	15
19.	14
20.	13
21.	12
22.	11
23.	10
24.	9
25.	8
26.	7
27.	6
28.	5
29.	4
30.	3
31.	2
32.	1

**If two or more athletes have obtained the same rank, each athlete receives the full points assigned to the given rank.