

SPEED SKATING CANADA

HIGH PERFORMANCE BULLETIN

#184 – National/NextGen Program Selection



November 2017

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 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 Championships, and/or World Cups.

The HPC-LT intends to select athletes to each Program objectively as possible. Subject to 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 lead 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 given spot or selection to the National Programs Training Groups is earned. The individual and team accomplished gains in a high performance mindset, will significantly increase our chances of success.

1.2. Coach Driven Within the SSC Way

The investment in building a team and the 'SSC Way' fosters 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.

Emphasising 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 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 goals, contributing to medal performances in Pyeongchang and beyond. It is our goal to establish qualitative

and quantitative behaviour standards within the program goals. The leadership, coaches and IST will drive the structure, content and delivery of strategies and beliefs aiding the athlete in this focus within the program.

2. National Program

2.1. Nomination

Athletes achieving Senior International or Senior Carding priorities, as per Bulletin 183 – 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 the podium 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 2017-2018 Canadian Ranking List in order of priority as follows:
 - a. Neo-Senior athletes (N1-N4) who have not already been selected into the National Program (Section 2) that are above the line in the Canadian Ranking – Individual Distance Final Classification and have achieved a Neo-Senior 2017-2018 world season best time in the top 10 in that distance from all sanctioned ISU competitions.
 - b. All Neo-Senior (N1-N4), Junior athletes will be ranked in the top 4 on the 2017-2018 Canadian Ranking List - Individual Distance Final Classification, and further ranked according to:
 - i. 2017-2018 Canadian Ranking List - Individual Distance Final Classification for all distances, grouping together all first place athletes, then all second place athletes, then all third place athletes, then all fourth place athletes, then;
 - ii. Neo-Senior (N1-N4) athletes will be further ranked according to their 2017-2018 world season best time from all sanctioned ISU competitions (all first place athletes, then all second place athletes, etc., and;
 - iii. Junior athletes will be selected according to their rank at the 2018 Junior World Championships.
 - c. All Senior (SR) athletes who have won a Canadian Ranking Individual Distance Final Classification will be grouped together, then further ranked according to:
 - i. 2017-2018 world season best time from all sanctioned ISU competitions.
- 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 prospects 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 following the official announcement of the 2017 – 2018 National Program and NextGen Program to confirm acceptance of their position.
- ii. 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.
- iii. Confirmation of program membership also confirms acceptance of the Terms and Conditions of the SSC Athlete Agreement.
- iv. 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.
- v. 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 (uncomfortable environment);
- 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. 2017-2018 Canadian Ranking

6.1. General Information

The Canadian Ranking system for 2017 - 2018 will include a series of competitions subject to regulations that are published by the HPC-LT.

6.2. Competitions

- i. Canada Cup #1 – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- ii. 2018 Olympic Trials – 500, 1000, 1500, 3000L, 5000M, Mass Start
 - a) (Canada Cup #2 results will be used for rankings after Canadian Championships results are allocated.)
- iii. Canada Cup #3/Canadian Junior Championships (FOR RANKING PURPOSES RESULTS ARE COMBINED – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- iv. Canada Cup #4 – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start

See Appendix A for World Cup Guidelines and Ranking Points.

6.3. Guidelines

The Canadian Ranking system provides multiple opportunities to obtain points in each individual distance, from both international and national competitions. The following defines the number of races that will be used to calculate the final 2017-2018 Canadian Rankings. 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: 5 races used for ranking
- ii. 1000m Ladies and Men: 5 races used for ranking
- iii. 1500m Ladies and Men: 3 races used for ranking
- iv. 3000m/5000m Ladies: 4 races used for ranking
- v. 5000m/10000m Men: 4 races used for ranking
- vi. Mass Start Ladies and Men: 4 races used for ranking

6.4. Canada Cup Ranking

- i. Points will be awarded as per the Canadian Ranking Scoring Tables (Appendix A).
- ii. In the case where there are two events/distance at Canada Cup 2 and only one at Olympic Selections (i.e. 500m and 1000m), the Canada Cup #2 results will be allocated after the 2018 Olympic Trial results, and within the first event of Canada Cup #2.
- iii. In the case where there are Senior and Junior events run separately, the results will be merged together and ranked by time.
- iv. In the event of an equal ranking in a distance, the athlete with the fastest time recorded at the 2018 Olympic Trials/Canada Cup #2 for that distance will assume the higher ranking.
- v. Canada Cup Ranking points will only be awarded to an athlete if they have qualified for and finish in the respective event.
- vi. Athletes who do not finish or do not start a race due to injury will not be awarded Canadian Ranking Points for that race.
- vii. Athletes who are disqualified in a race will not receive ranking points for that race.
- viii. Only Canadian athletes are eligible to receive Canada Cup Ranking points.
- ix. Athletes who have met the selection criteria for National Program (Section 2) will be ranked above the line on the 2017-2018 Canadian Ranking List.

6.5. Ranking Points

Points are awarded in accordance with the scoring tables noted below for specific events. The Canada Cup Ranking for each distance category will be determined by the accumulated points for each athlete over the season. A final Canada Cup Ranking list will be published after the season for each individual distance.

Athletes earn Canadian Ranking points (See Appendix D) at the events noted below as follows:

- i. All of the results at Canada Cups 1 and 3 will count towards the cumulative rankings;
- ii. The best time obtained at the Canada Cup #2/Olympic Trials **OR** the Canada Cup #4 will count towards the cumulative ranking;
- iii. The best individual distance result in the Fall World Cup (#1, #2, #3 or #4) and World Cup #5 as follows:

Event	Bonus points	Performance points <small>(according to finish position)</small>	Max. points <small>(available /distance)</small>
World Cup A Division	106 for a top 20 time overall from A + B Divisions	1 point for each position above 20th overall time (or 16 th overall time in 3000m, 5000m and 10000m)	125

Event	Performance points <small>(according to finish position)</small>
World Cup B Division	106 minus each position below 20th overall time from A + B Divisions to a minimum of 100 points

Appendix A – Canadian Ranking Points Scoring Table

Canadian Single Distance Championships 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.