

**Long Track Elite Athlete Pathway**  
Speed Skating Canada  
Olympic Oval | University of Calgary, Faculty of  
Kinesiology



## **Table of Contents**

Preamble	p.3
Interpretation of the Pathway	p.5
5 Stages of the SSC Elite Athlete Pathway	p.6
Stage 1 – PTSO/Club Program/ T2T	p.7
Stage 2 – Regional Training Centre/ T2T -> L2C	p.13
Stage 3 – National Development Pool / T2C	p.21
Stage 4 – Senior National Pool / L2W	p.30
Stage 5 – Senior National Elite Pool / T2W	p.35
Neo Senior / Senior Development Pool	p.41
Time Standards	p.48

## Preamble

This document describes the elite athlete pathway for Long Track Speed Skating in Canada. The pathway is a collaborative partnership between Speed Skating Canada (SSC), the Calgary Olympic Oval (The Oval) and respective Provincial/Territorial Speed Skating Organizations (PTSOs). It involves programs and services offered at, or through, Speed Skating Clubs, Provincial/Territorial Programs, and programs and services jointly designed and delivered at the Calgary Olympic Oval by The Oval and SSC.

The intent of the Stages is to identify and gather skaters of similar competitive and training ability (within the levels of the SSC Long Term Athlete and Player Development Framework) into training groups, and to provide a clear and measurable pathway for skaters who aim to progress to the highest levels of competitive speed skating.

### Principles and Philosophy of the Elite Athlete Pathway

The pathway described below is based on and follows:

- The principles and realities of the Canadian Long Term Athlete Development (LTAD) framework
- The SSC Long Term Athlete and Participant Development Model
- The SSC Long Term Participant & Athlete Development Model (LTPAD)
- SSC's "Racing on Skates" guidelines
- SSC's Values and principles and
- The Oval's values and principles

(NOTE: All of the above can be found on the SSC or Oval websites)

The Pathway is the direct result of planning meetings and Working Groups involving Coaches, Program/Technical Directors and other stakeholders from different levels of long track skating, ranging from the development level to the elite performance level.

Stages 1, 2, 3 and 4 of the SSC/Oval Elite Athlete Pathway are designed to identify and combine athletes of similar skill and focus into highly competitive and performance focused “training groups”. Placement into these groups does not necessarily accompany any specific level of either financial or value-in-kind support. Descriptions and basis of support are determined and described separately by SSC.

By definition of criteria, Stage 5 skaters (Senior National Elite Pool) are the most skilled and highest performing skaters in Canada and from time to time may not necessarily be large enough to form an appropriately sized “training group”

As such, skaters who have reached this stage may, from time to time, train with skaters in Stage 4 (and potentially other skaters at the discretion of their coach); however, due to their performance level they will be considered as a separate Stage on the elite Skater Pathway and may possibly be eligible for additional benefits and entitlements if and when they become available.

## **Interpretation of the Pathway**

There are 5 different Stages of the Pathway as shown in the diagram on page 6.

Each step of the pathway shown in Diagram 1 corresponds to specific SSC LTPAD stages. Each step has some specific entry and eligibility requirements as well as certain considerations and recommendations for either entering or remaining at a certain step of the pathway.

In most cases the defined Stages are meant to identify separate and discrete Training Groups; however, that does not mean that, from time to time, athletes may be invited to train with different groups or with different coaches, or that some groups, at the respective coaches' discretion, may train together, either on or off ice, or at training camps.

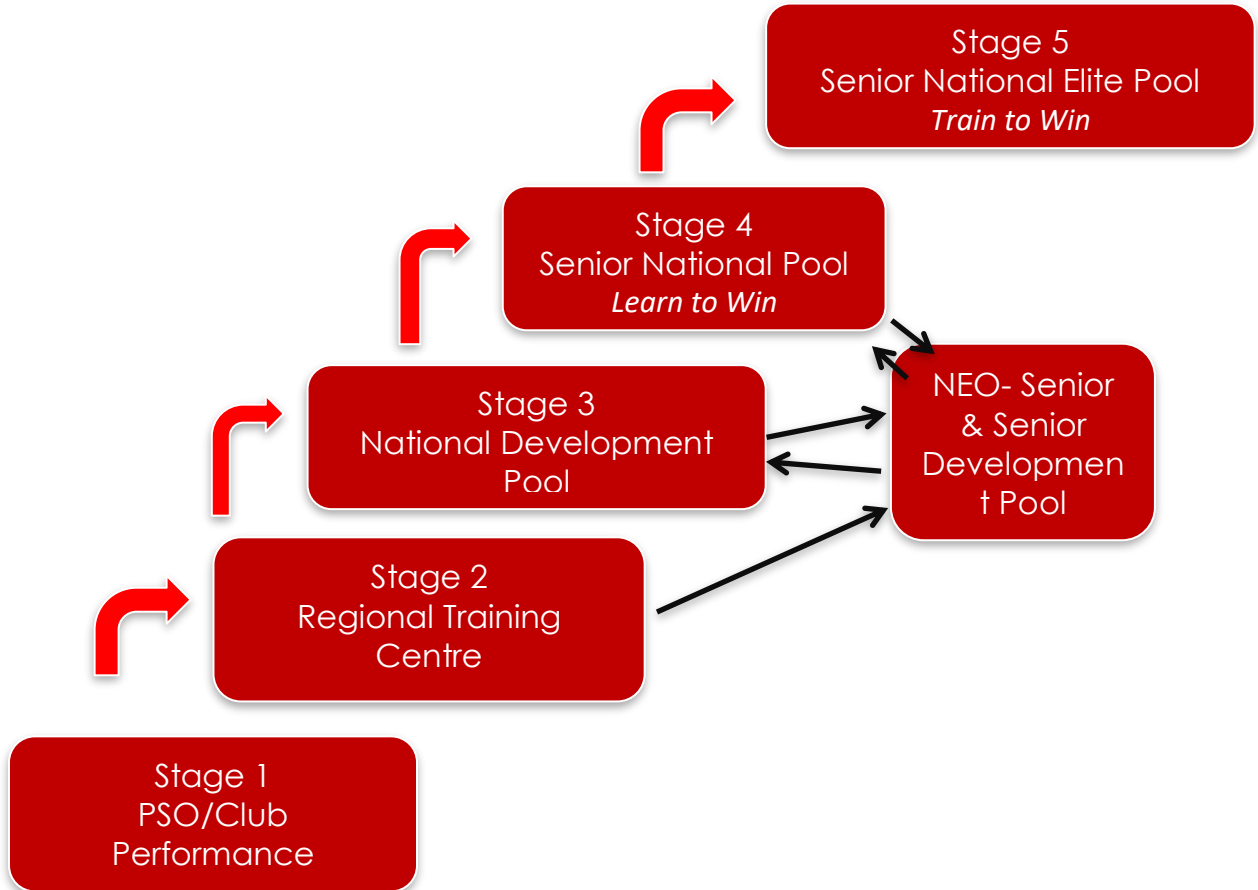
In addition to the core pathway other programs run by SSC and the Calgary Olympic Oval from time to time that will intersect with the 5 key stages. An example of other programs that may be offered by SSC or the Calgary Olympic Oval are shown below on page 6.

## **The Pathway Management Committee**

There is a Pathway Management Committee (PMC) created and comprised of members as determined by The Oval and SSC.

The PMC meets at pre-determined times throughout the year to evaluate skater's entry and continuation in respective Stages. The PMC considers coaches' recommendations and evaluations based on checklists and evaluation tools as provided in the Pathway Framework on page 6.

## The 5 Stages of the SSC Elite Athlete Pathway



Details of the Neo & Senior Development Pool Programs will be provided at the end of this document.

## **Description and Criteria for Each Stage of the Long Track Pathway**

### **Stage 1 PTSO/Club programs Train to train**





### **Primary Entry Requirements:**

- Generally younger than 15 years of age
- A general desire and commitment to high performance and excellence
- Demonstrated skill in Short or Long Track Skating (as measured by technique, training observation and or competition results)
- High levels of performance in Club or Provincial level competition

### **Accountability & Management:**

- Respective Provincial/Territorial programs will be developed in collaboration with guidelines developed by SSC and based on the Racing on Skates document.
- Provinces and Territories will develop their own programs and/or help facilitate Club programs according to their local conditions and budget restrictions.
- SSC will provide training guidelines identifying specific skill, technique, mental and physical curricula to help Provincial/Territorial and Club skaters to progress to Stage 2.
- Each Province will align their program guidelines/requirements (TO BE DEVELOPED by Provinces/Territories) for this Stage as per Racing On Skates guidelines and Elite Athlete Pathway documentation provided by SSC/Oval curricula. PTSOs will collaborate with Clubs to develop a targeted program for selected (and otherwise interested) skaters.
- SSC will provide physical, mental and technique tracking checklists and benchmark video and instruction so that skaters are prepared to transition to Stage 2
- Longitudinal data should be collected for Stage 1 skaters to develop the individual skaters “resume” in preparation for consideration for Stage 2. (needs to be developed by Western PTSO's)
- SSC/Oval coaches will be closely connected with PTSO's to advise and develop coaches.
  - This may involve local coaching/training clinics and seminars and/or national/regional best practice workshops



### **Primary Performance & Training Focus of this Stage:**

- This Stage is focused on developing physical capacities (“beginning to build the aerobic engine”) and developing basic skating technique
- Athletes at this stage will focus on both Long Track and Short Track (as is feasible given facility availability) and will not necessarily focus on any specific skating distance as yet.
- There is no specific performance or competition outcome focus at this stage  
Exposed to adequate competition from a development standpoint

### **Specific Expectations & Accountabilities for Athlete Development:**

- Athletes in this Stage are expected to attend designated Club and Provincial training programs while beginning work towards entry guidelines for the Stage 2 –Regional Training Center pathway stage
- Athletes at this stage are still in school and still engaged in multiple sports.
- It is anticipated that Club and Provincial Programs will be designed to reflect physical and technical guidelines developed by SSC so that selected athletes will be transitioned to a point where they are capable of moving up to Stage 2 by the time they are approximately 15 or 16 years of age.
- Technical development and coaching should focus on technique skills
- Athletes should continue to have fun in training and competition, and programs should be designed to continue to build a love of skating

### **Considerations for transition to next Stage:**

- The next Stage in the Pathway is Stage 2 - the “Regional Training Centre”.
- Entry to the Regional Training Centre will be based on
  - Meeting (or exceeding) minimal training levels (identified in Stage 2) AND evaluation of mental and lifestyle skill attributes based on Stage 1 and 2 Coach Recommendations according to the checklists and athlete evaluation documents provided to the PTSO and Club coaches
  - Athletes being able to provide some of their own equipment as per guidelines described in Stage 2
  - If applicable - Readiness and maturity to live in an environment away from home.
- Evaluation of Skating Specific technique identified in the annual athlete performance review and evaluated by Stage 1 & 2 coaches

## Athlete Performance and Training Resume Checklist

(for entry/selection consideration for Stage 2)

Key element	Preferred Benchmark or range	Athlete status or Ranking
Peak Height Velocity	Post Peak Height Velocity	YES/NO
Training Volume	<ul style="list-style-type: none"> <li>• Documented Training Log for at least the previous 12 months</li> <li>• At least 300-400 hours of training per year (over the last 1-2 years)</li> <li>• 32 weeks of skating/year (over the last 1 -2 years)               <ul style="list-style-type: none"> <li>○ Minimum 3 up to maximum of 5 on ice session per week</li> <li>○ Minimum 5 to maximum 7 training sessions per week including above ice sessions</li> </ul> </li> <li>• Off ice summer training – refer to PTSO Training template - 2-3 aerobic sessions/week</li> <li>• Off ice winter training – refer to PTSO Training template – 1-2 aerobic sessions/week</li> <li>• Introduction to basic resistance training movement</li> <li>• Year prior spend 2 to 4 weeks of access to RTC or Development Pool</li> </ul>	<p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p>
Mental Skills	<ul style="list-style-type: none"> <li>• Ranking on Mental Performance Skills (as per Mental Performance Checklist – see page 12)</li> </ul>	[ ]

### Athlete Proficiency Checklist

Technical Skills	How would you rate this skater?	Athlete Status and Comment
Demonstrate correct basic (skating) position		
Demonstrate edge control		
Demonstrate proper push sequences (side push/recovery)		
Demonstrate weight transfer		
Ability to control and execute gliding		
Demonstrate effective upper body movement		
Demonstrate proper track patterns		

5-Elite/4-Very good/3-Average/2-Below Average/1-Poor

Field testing	How would you rate this skater?	Athlete Status and Comment
Strength Test		
VO2 Max – Leger Boucher		
Vertical 1 leg jump test		
Critical Power (CP1/3)		
Growth data		

5-Elite/4-Very good/3-Average/2-Below Average/1-Poor

### Athlete Mental Performance/Life Skills Checklist

Mental Performance Criteria's	How would you rate this skater?	Athlete Status and Comment
Ability to commit and focus on specific goals		
Ability to develop a pre-race preparation plan		
Ability to develop a race plan		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)

**STAGE 2**  
**Regional Training Centre**  
**Train to Train → Learn to Compete**



## **Primary Entry & Selection Requirements:**

- Expectations will be as follows:
  - The anticipated age range for athletes selected in this Stage will be between approximately 15 and 18-years old
  - Age categories (B1, B2, A1, A2)
  - Entry Time Standard: Standards according to Appendix A on page 48
  - Post Peak Height Velocity (PHV)
  - In school
- Athletes will be selected for entry into this Stage based on their training and performance “resume” and the Technical Proficiency Evaluation (see documents prior to this Stage)
- The athlete's resume will be developed with input from their club or Provincial coach and reviewed by Stage 2 Coaches
- The Technical Proficiency Evaluation will be conducted by the Provincial Coach or Performance/Technical Director or equivalent, and verified by Stage 2 Coaches either in person or by video.
  - NOTE: that if skaters do not meet technical standards required for Stage 2 they (and their Club and/or Provincial Coach) will be provided feedback from Stage 2 coaches as to what they need to do to reach the standard
- Stage 2 Coaches will make recommendations on readiness to the Pathway Management Committee based on the information provided by the Stage 1 coaches or equivalent
- Athletes will be required to commit to Stage 2 accountabilities and expectations including, but not limited to
  - Embracing and demonstrating a commitment to a high performance lifestyle and behavior
- Minimum of 9 (July to March) months per year at the Calgary Olympic Oval



## **Accountability & Management**

- Preparation for this stage is managed by the Club or Provincial coach according to the parameters established in Stage 1 of the elite athlete pathway and supported by checklists and requirements developed by SSC and Oval staff.
- There will be regular communication and observation periods between Provincial coaches and SSC/Oval coaches for athletes with potential to move from Stage 1 to Stage 2 (RTC)
- Athlete's performance, training and field test data in Stage 2 will be tracked by SSC/Oval coaches and IST staff
- Entry into this Stage, and transition to the next Stage will be based on an evaluation by Pathway Management Committee
- Day to day coaching and maintenance of a High Performance Daily Training Environment will be the joint responsibility of SSC and the Calgary Olympic
- Coach to athlete ratio (approximately) 1:16

## **Primary Performance & Training Focus of this Stage**

- This Stage is focused on further developing skating technique and specific fitness attributes. It is NOT focused on peak performance at specific competition or elite level competition performance (although participation in competition will be required according to the Stage 2 coaches' YTPs).
- Emphasis is placed on training volume, technique, fitness, attitude, mental performance traits and commitment to excellence: and not on specific performances, rankings and/or skating times.
- Introduction to Team Pursuit and Mass Start will be an integrated part of the YTP where training and racing will be introduced.
- This stage will be focused on further developing and building on the above-mentioned elements
- Athletes will be encouraged to participate in other sports as long as it is an appropriate addition to and development of qualities needed to be developed at this stage and supported by the Stage 2 coach.

## **Specific Expectations & Accountabilities for Athlete Dev.**

- Commit to a 9 month residential program at the Calgary Olympic Oval
- As appropriate -transition from their own home living environment to a semi-independent living environment (with assistance for housing and/or home stay from SSC and the Calgary Olympic Oval)
- Commit to the training and competition program as set out by assigned Stage 2 coaches at the Oval
- Commit to an off ice program which will include additional aerobic training, strength training, mental training video review sessions and nutrition seminars
- Have the following equipment prior to being invited to the Program
  - ST & LT Skates & Skate sharpeners
  - In-line skates
  - HR Monitors
  - Good quality Road Bike
  - (Access to) slide board
  - 2 good quality pair of running shoes
  - Appropriate safety training equipment
  - Training Skin Suit
- Show year to year progressive performance improvement, based on coaches assessment (according to IAPPs), unless due to exceptional and reasonable circumstances
- Be assigned a designated SSC/Oval based coach
- The SSC Racing on Skates Manual

- Be tested at regular intervals according to SSC/Oval IST (Sciences and Medicine) protocols
- Participate in CCES (and other relevant) Anti-Doping, ethical sport practices and other education programs as set out by CSI Calgary, SSC and the Calgary Olympic Oval
- Undertake a mix of Short Track and Long Track training and racing (to be determined by individual coaches)
- Be introduced to, and be expected to adhere to the Values & Principles of SSC and the Calgary Olympic Oval
- Be given 6 month IAPP reviews
- Be expected to embrace and practice "elite athlete life habits" and policies as outlined in the SSC/Oval Athlete Handbook and in the signed SSC/Oval Elite Athlete Agreements
- Be introduced to high performance self-management techniques and strategies

\*Athlete will be introduced to Team Pursuit and Mass Start

### **Considerations for transition to next Stage:**

- The next Stage in the Pathway is Stage 3 ...the "National Development Pool".
- Entry to the National Development Pool will be based on
  - Meeting (or exceeding) Performance standards (identified below in Stage 3) AND evaluation of mental and lifestyle skill attributes (see checklists and evaluation tools on page 18-20) and based on Stage 2 Coach and IST feedback
  - Evaluation of Skating Specific technique identified through the Athlete Technical Skill Checklist and tracked in the annual athlete performance review

**NOTE:** As stated previously – entry to the next Stage of the pathway is NOT guaranteed even if skating performance standards and/or National or



International Rankings are achieved. Coaches and the Pathway Management Committee will make individual decisions based on the overall “resume” of the athlete and their anticipated ability to commit to and perform in the next Stage.



## Criteria and checklists used for consideration to transition from Stage 2 to Stage 3

### Athlete Performance and Training Resume Checklist

Key element	Preferred Benchmark or range	Athlete status or Ranking
Peak Height Velocity	Post Peak Height Velocity	YES/NO
Training Volume	<ul style="list-style-type: none"> <li>• Ability to produce a documented training log for at least the previous 12 months               <ul style="list-style-type: none"> <li>○ At least 400 – 500 hours of training per year (over the last 1-2 years)</li> <li>○ 35-44 weeks of skating/year (over the last 1 -2 years)                   <ul style="list-style-type: none"> <li>• 4-6 on ice session per week</li> <li>• 6-9 training sessions per week including the above ice sessions</li> </ul> </li> <li>○ Off ice summer training – 2-3 aerobic sessions/week</li> <li>○ Off ice winter training – 1-2 aerobic sessions/week</li> </ul> </li> </ul>	<p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p>
Mental Skills	<ul style="list-style-type: none"> <li>• Ranking on Mental Performance Skills (as per Mental Performance Checklist – see page 20)</li> </ul>	[ ]

## Athlete Proficiency Checklist

Technical Skills	How would you rate this skater?	Athlete Status and Comment
Continuum of technical development as noted in Stage 1		
Execution of correct skating position at all times (off & on ice)		
Demonstrate proper corner lean (placement)		
Execution of proper weight transfer at any speed or stress level		
Effective pushes (straights & corners) applying correct line of force		
Execution of effective upper body movement		
Demonstrate proper track pattern		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)

Field testing	How would you rate this skater?	Athlete Status and Comment
Strength Test		
VO2 Max		
Vertical 1 leg jump test		
Critical Power (CP1/3/8)		
Wingate		
Anthropometry		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)



Mental Performance Criteria's	How would you rate this skater?	Athlete Status and Comment
Ability to compete & push oneself in training		
Ability to prepare for optimal training & racing		
Ability to execute a pre-race preparation plan		
Ability to execute a race plan		
Ability to accurately debrief race performance		
Goal setting, performance values and perspective		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)

**STAGE 3**  
**NATIONAL DEVELOPMENT POOL**  
**Train to Compete**



## **Primary Entry & Selection Requirements and Eligibility**

- Expectations will be as follows:
  - The anticipated age range for athletes selected in this Stage will be between approximately 17 and 21-years old
  - Age categories (A1, A2, Neo 1,2&3)
  - Entry Time Standard: Standards according to Appendix A on page 48
- Show year-to-year progress, performance improvement, based on coaches' evaluation (as per IAPPs), unless due to exceptional and reasonable circumstance
- Selection from stage 2 and 3 coaches' evaluations and The Pathway Management Committee

Eligibility to Stage 3 based on performance standard and ranking will not be the only requirement. Selection is also based on Stage 2, 3 and 4 coaches' evaluations and The Pathway Management Committee. The PMC still has the right to accept/reject selection based on demonstrated commitment to high performance behavior, overall readiness and complete athlete resume.

## **Accountability & Management:**

- Athlete performance data will be tracked by SSC/Oval coaches and IST according to performance standards at domestic and international Junior and Senior levels
- Entry into this Stage, and transition to the next Stage will be based on an evaluation by The PMC using:
  - Performance data
  - Field Test data
  - Mental Skill checklist data
  - Overall athlete behavior and lifestyle data
  - Holistic athlete assessment
- Day to day coaching and maintenance of a High Performance Daily Training Environment will be the joint responsibility of SSC, the Calgary Olympic Oval and IST staff

- Athletes will be assigned to a coach(es) according to their skating distance and stage of development and composition of training groups
- Athletes will generally skate in defined training groups with an assigned coach, however from time to time, at coaches' discretion, athletes may have short periods of training with a different stage coach and/or other invited athletes in order to work on specific skills/attributes
- Training groups in this stage will be designed to maintain a maximum of approximately 1:14 coach to athlete ratio

### **Primary Performance & Training Focus of this Stage:**

- Continued Development on skating technique, physical and mental skills but also on developing competition skills necessary for successful competitive outcomes – specifically at the World Junior Level
- Competition focus for athletes at this stage is Junior World Cup & World Junior Championships (for Junior age skaters) and/or Canada Cups/FISU (for neo-senior)
- Team Pursuit and Mass Start will be an integrated part of the overall racing strategy development
- May participate in no more than 1 other (complementary) sport and only as long it is a clear addition to training objectives set by coaches and does not interfere with competition requirements of this Stage

### **Specific Expectations & Accountabilities for Athlete Development:**

- Commit to a 10 month residential program at the Calgary Olympic Oval (approximately mid-May ~ Mid-March)
- School/Work is encouraged however it must be balanced to allow the full training plan to be implemented
- When required - Transition from their own home living environment or semi-independent living environment to a more independent living environment



Commit to the training and competition program as set out by assigned coaches at the Calgary Olympic Oval

- Commit to an off-ice program which will include (according to customized needs as determined by coach) additional aerobic training, strength training, mental training and video review sessions
- Have the following equipment prior to being invited to the Program
  - ST (custom) & LT Skates & Skate sharpeners
  - Minimum one pair of spare blades
  - In-line skates
  - HR Monitors
  - Good quality road bike
  - Access to slide board
  - 2 good quality pairs of running shoes
  - Appropriate safety training equipment
  - Training skin suit
  - Gauge to assess blades
- Show year-to-year progressive performance improvement, based on coach's evaluation (as per IAPPs), unless due to exceptional and reasonable circumstances
- Be assigned a designated SSC/ Oval based coach
- Undertake a rigorous training program which will include up to 700-hours of total training per year
  - Break down of off-ice and on-ice and Summer and Winter Training as per Racing On Skates guidelines, and as customized by assigned coach
- Be tested at regular intervals according to SSC/Oval IST (Sciences and Medicine) protocols
- Participate in CCES (and other relevant) Anti-Doping, ethical sport practices and other education programs as set out by CSI Calgary, SSC and the Calgary Olympic Oval
- Undertake a mix of Short Track and Long Track training and racing (to be determined by individual coaches)



Be introduced to and be expected to adhere to the Values & Principles SSC and the Calgary Olympic Oval

- Participate in a Total Performance Review with Coach and IST members on Technical, Tactical, Physical and Mental parameters (Individual Athlete performance Plan – IAPP) 1 – 2 times per year
- Will be provided a personal assessment with areas necessary for improvement based on overall total review
- Undertake a focused program (in collaboration with the Stage 3 coach and IST support staff) to set advanced race preparation plans and post-race analysis of personal macro- and micro-performance outcomes
- Ensure that they capitalize on CSIC “Game Plan” opportunities to enhance their life skills and education/career development
- Be expected to embrace and practice “elite athlete life habits” and policies as outlined in the SSC/Oval Athlete Handbook and signed SSC/Oval Athlete Agreements
- Effectively use and implement self-monitoring techniques with support of coach and IST members
  - Have Team Pursuit and Mass Start integrated into training and racing -

### **Considerations for transition to next Stage:**

- The next Stage in the Pathway is the “Senior National Pool”
  - NOTE: Athletes who are still improving but are no longer “age-eligible” for the National Development Pool, but have not yet made the performance/time standards for the Senior National Pool may be placed in an “Neo-Senior” Training Group
- Entry to the Senior National Pool will be based on
  - Meeting (or exceeding) Performance standards (identified below on pp 29-33) AND evaluation of mental and lifestyle skill attributes based on holistic athlete assessment and Stage 3 Coach and IST feedback





Evaluation of Skating Specific technique and racing skills identified in the annual and/or semi-annual holistic athlete performance review



**UNIVERSITY OF CALGARY**  
FACULTY OF KINESIOLOGY



**winSPORT™**  
Winter Sport Institute

**Canada**



NOTE: As stated previously – entry to the next Stage of the pathway is NOT guaranteed even if skating performance standards and National or International Rankings are achieved. Coaches and The Pathway Management Committee will make individual decisions based on the overall “resume” of the athlete and their anticipated ability to commit to and perform in the next Stage



## Criteria and checklists used for consideration to transition from Stage 3 to Stage 4

### Athlete Performance and Training Resume Checklist

Key element	Preferred Benchmark or range	Athlete status or Ranking
Peak Height Velocity	Post Peak Height Velocity	YES/NO
Training Volume	<ul style="list-style-type: none"> <li>• Ability to produce a documented training log for at least the previous 12 months               <ul style="list-style-type: none"> <li>○ At least 700 of training per year (over the last 1-2 years)</li> <li>○ 40-44 weeks of skating/year (over the last 1 -2 years)                   <ul style="list-style-type: none"> <li>○ Minimum 8 on ice session per week</li> <li>○ Minimum 5 dryland training sessions per week</li> </ul> </li> <li>○ Off ice summer training – 2-3 aerobic sessions/week totaling 3-6 hours /week</li> <li>○ Off ice winter training – 1-2 aerobic sessions/week totaling 1-3 hours per week</li> </ul> </li> </ul>	<p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p>
Mental Skills	<ul style="list-style-type: none"> <li>• Ranking on Mental Performance Skills (as per Mental Performance Checklist – see below)</li> </ul>	

## Athlete Proficiency Checklist

Technical Skills	How would you rate this skater?	Athlete Status and Comment
Continuum of technical development as noted in Stage 2		
Execution of technical efficiency to different ice conditions		
Execution of proper corner lean at any speed & lanes		
Execution of effective crossovers and elimination of double footing		
Execution of proper track pattern		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)

Field testing	How would you rate this skater?	Athlete Status and Comment
Strength Test		
VO2 Max		
Vertical 1 leg jump test		
Critical Power (CP1/3/8)		
Wingate		
Anthropometry		
Mental Performance Criteria's	How would you rate this skater?	Athlete Status and Comment
Stress management, arousal and distraction control		
Focus, imagery and competition evaluation		
Develop sound focus and refocus plans		
Demonstrate ability to use imagery to reinforce and correct key skills		
Normalize, accept and regulate emotions such as anxiety, fear and anger		
Collaborate with a Mental Performance YTP with coach		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)

**Stage 4**  
**Senior National Pool**  
**Learn to Win**





## Primary Entry Requirements and Eligibility

- Ages (19 and up)
- Performance Curve – athlete showing continued year to year improvement in targeted skating distances (as per IAPPs)
- Selection from stage 3 and 4 coaches' evaluations and The Pathway Management Committee

Eligibility to Stage 4 based on performance standard and ranking will not be the only requirement. Selection is also based on Stage 3 and 4 coaches' evaluations and The Pathway Management Committee. The PMC still has the right to accept/reject selection based on the athlete's demonstration of high performance behavior, overall readiness and their complete athlete resume.

## Accountability & Management:

- Athlete performance data will be tracked by SSC according to performance standards at domestic and international levels
- Entry into this Stage, and transition to the next Stage will be based on an evaluation by The Pathway Management Committee using
  - Performance data
  - Field test data
  - Mental skill checklist data
  - Overall athlete behavior and lifestyle data
  - Holistic athlete assessment
- Day to day coaching and maintenance of a High Performance Daily Training Environment will be the joint responsibility of SSC and the Calgary Olympic Oval.
- Athletes will be assigned to a coach(es) according to their skating distance and stage of development
- Athletes will generally skate in defined training groups with an assigned coach, however from time to time, at coaches' discretion, athletes may have short periods of training with a different stage coach and/or other invited athletes in order to work on specific skills/attributes

- Training groups will be designed to maintain between a 1:12 coach to athlete ratio

### **Primary Performance & Training Focus of this Step:**

Will continue to develop their physical and mental attributes so that they are able to achieve peak physical and mental condition.

Athletes will also refine racing techniques and skills so that they can race at the highest level and produce “performance on demand” at pinnacle competitions for single distances as well Team Pursuit and Mass Start racing.

Specific Expectations & Accountabilities for Athlete Development:

- Commit to a year round full time training/residential program in Long Track Skating at the Calgary Olympic Oval
- Commit to the training and competition program as set out by assigned coaches at the Calgary Olympic Oval
- Commit to an off ice program which will include (according to customized needs) additional aerobic training, strength training, mental training and video review sessions
- Have the following equipment prior to being invited to the Program
  - ST & LT Skates & Skate sharpener
  - In-line skates
  - HR Monitors
  - Good quality Road Bike
  - (Access to) slide board
  - 2 good quality pair of running shoes
  - Appropriate training safety equipment
  - Training Skin Suit
- Show progressive performance improvement or no regression between year to year, unless due to exceptional and reasonable circumstances
- Performance improvement to be determined according to individual athletes' IAPPs

- Participate in SSC/Oval Research and technical development initiatives as required by coaches (specifically for the development and evaluation of new technology)
- Be assigned a designated SSC or Oval based coach
- Undertake a rigorous training program which will include approximately 700 – 900hrs of total training per year (but modified according to coach's discretion)
  - Break down of off-ice/on-ice and Summer/Winter Training as per Racing On Skates guidelines with customized by assigned coach
- Be tested at regular intervals according to SSC IST (Sciences and Medicine) protocols
- Participate in CCES (and other relevant) Anti-Doping, ethical sport practices and other education programs as set out by CSI Calgary, SSC and the Calgary Olympic Oval
- Undertake a mix of Short Track and Long Track training and racing (as determined by individual coaches)
- Be introduced to and expected to adhere to the Values & Principles of SSC and the Calgary Olympic Oval
- Participate in a Total Performance Review with Coach and IST members on Technical, Tactical, Physical and Mental parameters (Individual Athlete performance Plan – IAPP)
- Will be provided a personal assessment with areas necessary for improvement base on overall total review
- Undertake a focused program to set (in collaboration with their coach and IST support staff) advanced race preparation plans and post-race analysis of personal macro-and micro-performance outcomes
- Ensure that they capitalize on CSIC "Game Plan" opportunities to enhance their life skills and education/career development

- Be expected to embrace and practice “elite athlete life habits” and policies as outlined in the SSC Athlete Handbook and signed SSC Athlete Agreements
- Effectively use and implement self-monitoring techniques with support of your coach and IST members
- Have a basic understanding of a YTP
- Identify clear short and long term goals with coaches’ input
- Have an understanding of international travel protocols
- Be aware of the HP Bulletin and or requirements for bye policy
- Undertake appropriate self-care and rehabilitation practices
- Have Team Pursuit and Mass Start integrated into training and racing -

### **Considerations for transition to next Stage:**

- The next Stage in the Pathway is the “Senior National Elite Pool”
- Entry to the Senior National Elite Pool will be based on
  - Meeting (or exceeding) performance standards (identified in Stage 5) AND evaluation of mental and lifestyle skill attributes from your Stage 4 Coach and IST feedback

NOTE: As stated previously – entry to the next Stage of the pathway is NOT guaranteed if skating performance (time) standards and National or International Rankings are achieved. Coaches and The Pathway Management Committee will make individual decisions based on the overall “resume” of the athlete

**STAGE 5**  
**SENIOR NATIONAL ELITE POOL**  
**Train to Win**



### **Primary Entry Requirements:**

This stage is strictly limited to selection to the Senior National Team that competes in selected international events, based on other criteria determined by SSC.

Athletes must be considered likely to consistently finish in the top 8 of their targeted race distance in World Cup, World Championships and Olympic races.

The primary competitive focus is on World Cup, World Championships, Olympic Games and other elite level international competition(s).

### **Accountability & Management:**

- Athlete performance data will be tracked by SSC according to performance standards at domestic and international levels
- Entry into this Stage will be based on an evaluation by The Pathway Management Committee primarily using Performance data; however other data may be considered from time to time as necessary
  - Field Test data
  - Mental Skill checklist data
  - Overall athlete behavior and lifestyle data
  - Holistic athlete assessment
- Day to day coaching and maintenance of a High Performance Daily Training Environment will be the joint responsibility of SSC and the Calgary Olympic Oval.
- Athletes will be assigned to a coach according to their skating distance and stage of development.
- Athletes will generally skate in defined training groups with an assigned coach, however from time to time, at coaches' discretion, athletes may have short periods of training with a different stage coach or other invited athletes in order to work on specific skills/attributes.
- Training groups will be designed to have between a maximum of 1:8 coach to athlete ratio.



### **Primary Performance & Training Focus of this Stage:**

Athletes in this Stage will continue to develop their physical and mental attributes so that they are able to achieve peak physical and mental condition.

Athletes will also refine racing tactics and skills so that they can race at the highest level and produce “podium performance on demand” at designated pinnacle competitions.

Athletes will also learn to utilize and implement advanced recovery techniques within and between competitions.

Athletes will be expected to focus completely on Long Track Speed Skating and not have a secondary sport focus (unless required or requested by their coach)

- Commit to a year round full time training/residential program in Long Track Skating at the Calgary Olympic Oval
- Commit to the training and competition program as set out by assigned coaches at the Calgary Olympic Oval
- Commit to an off ice program which will include (according to customized needs) additional aerobic training, strength training, mental training and video review sessions
- Maintain top quality equipment from the previous stage
- Show year-to-year progressive performance improvement, based on coaches evaluation (as per IAPPs), unless due to exceptional and reasonable circumstances
- Participate in Research and technical development initiatives as required by coaches (specifically for the development and/or evaluation of new technology

Commit to an appropriate focus on competitive performance and high performance lifestyle for targeted periods which may require modification of athlete’s education and/or other career objectives for a period of time in order to focus appropriately on performance objectives

## **Specific Expectations & Accountabilities for Athlete Development:**

- Be assigned a designated SSC coach
- Undertake a rigorous training program
- Break down of off-ice/on-ice and Summer/Winter Training as per Racing On Skates guidelines customized by assigned coach
- Be tested at regular intervals according to SSC IST (Sciences and Medicine) protocols
- Participate in CCES (and other relevant) Anti-Doping, ethical sport practices and other education programs as set out by CSI Calgary, SSC and the Calgary Olympic Oval
- Undertake a (limited) mix of Short Track and Long Track training to be determined by individual coaches)
- Be expected to adhere to the Values & Principles SSC and the Calgary Olympic Oval
- Participate in a Total Performance Review with Coach and IST members on Technical, Tactical, Physical and Mental parameters (IAPP)
- Will be provided a personal assessment with areas necessary for improvement based on overall total review
- Undertake a focused program to set (in collaboration with their coach and IST support staff) advanced race preparation plans and post-race analysis of personal macro-and micro-performance outcomes
- Ensure that they capitalize on CSIC "Game Plan" opportunities to enhance their life skills and education/career development
- Be expected to embrace and practice "elite athlete life habits" and policies as outlined in the SSC Athlete Handbook and signed SSC Athlete Agreements

- Effectively use and implement self-monitoring techniques with support of coach and IST members
- Be able to fully implement international travel protocols
- Have an understanding of a YTP
- Be fully aware of the HP Bulletin and or requirements for bye policy
- Undertake appropriate self-care and rehabilitation practices



## **NEO SENIOR/ SENIOR DEVELOPMENT POOL**



## **Primary Entry & Selection Requirements and Eligibility**

- Expectations will be as follows:
  - The anticipated age range for athletes selected in this group will be between approximately 19 and 25 - years of age;
  - Show commitment to high performance program, based on coaches' evaluation (as per IAPPs), unless due to exceptional and reasonable circumstance.

Selection is from Stage 2, 3, 4 and Neo Senior coaches' evaluations and The Pathway Management Committee (PMC).

The PMC still has the right to accept/reject selection based on demonstrated commitment to high performance behavior, overall readiness and a complete athlete resume.

## **Accountability & Management:**

- Athlete performance data will be tracked by the SSC and Oval coaches as well as the IST according to performance standards at domestic and international Neo/Senior levels
- Entry into this Stage, and transition to the next Stage will be based on an evaluation by The PMC using:
  - Performance data
  - Field Test data
  - Mental Skill checklist data
  - Overall athlete behavior and lifestyle data
  - Holistic athlete assessment
- Day to day coaching and maintenance of a High Performance Daily Training Environment will be the joint responsibility of SSC, the Calgary Olympic Oval and IST staff
- Athletes will be assigned to a coach(es) according to their skating distance and stage of development and composition of training groups
- Athletes will generally skate in defined training groups with an assigned coach, however from time to time, at coaches' discretion, athletes may have short periods of training with a different stage's coach and/or other invited athletes in order to work on specific skills/attributes

- Training groups in this stage will be designed to maintain a maximum of approximately 1:14 coach to athlete ratio

### **Primary Performance & Training Focus of this Stage:**

- Continued Development on skating technique, physical and mental skills but also on developing competition skills necessary for successful competitive outcomes
- Competition focus for athletes at this stage is Canada Cups/FISU (for neo-senior)
- Team Pursuit and Mass Start will be an integrated part of the overall racing strategy development
- May participate in no more than 1 other (complementary) sport and only as long as it is a clear addition to training objectives set by coaches and does not interfere with competition requirements of this Stage

### **Specific Expectations & Accountabilities for Athlete Development:**

- Commit to a 10 month residential program at the Calgary Olympic Oval (approximately mid-May ~ Mid-March)
- School/Work is encouraged however it must be balanced to allow the full training plan to be implemented
- When required - Transition from their own home living environment or semi-independent living environment to a more independent living environment
- Commit to the training and competition program as set out by assigned coaches at the Calgary Olympic Oval
- Commit to an off-ice program which will include (according to customized needs as determined by coach) additional aerobic training, strength training, mental training and video review sessions
- Have the following equipment prior to being invited to the Program:
  - ST (custom) & LT Skates & Skate sharpeners
  - Minimum one pair of spare blades



- In-line skates
  - HR Monitors
  - Good quality road bike
  - Access to slide board
  - 2 good quality pairs of running shoes
  - Appropriate safety training equipment
  - Training skin suit
  - Gauge to assess blades
- Show year-to-year progressive performance improvement, based on coach's evaluation (as per IAPPs), unless due to exceptional and reasonable circumstances
  - Be assigned a designated SSC/Oval based coach
  - Undertake a rigorous training program which will include up to 700-hours of total training per year
    - Break down of off-ice, on-ice Summer and Winter Training as per Racing On Skates guidelines, and as customized by assigned coach
  - Be tested at regular intervals according to SSC/Oval IST (Sciences and Medicine) protocols
  - Participate in CCES (and other relevant) Anti-Doping, ethical sport practices and other education programs as set out by CSI Calgary, SSC and the Calgary Olympic Oval
  - Undertake a mix of Short Track and Long Track training and racing (to be determined by individual coaches)
  - Be introduced to and be expected to adhere to the Values & Principles of SSC and the Calgary Olympic Oval
  - Participate in a Total Performance Review with Coach and IST members on Technical, Tactical, Physical and Mental parameters (Individual Athlete performance Plan – IAPP) 1 – 2 times per year
  - Will be provided a personal assessment with areas necessary for improvement based on overall total review

- Undertake a focused program (in collaboration with the Neo/Senior coach and IST support staff) to set advanced race preparation plans and post-race analysis of personal macro- and micro-performance outcomes
- Ensure that they capitalize on CSIC “Game Plan” opportunities to enhance their life skills and education/career development
- Be expected to embrace and practice “elite athlete life habits” and policies as outlined in the SSC/Oval Athlete Handbook and signed SSC/Oval Athlete Agreements
- Effectively use and implement self-monitoring techniques with support of coach and IST members
- Have Team Pursuit and Mass Start integrated into training and racing

### **Considerations for transition to next Stage:**

- The next Stage in the Pathway is Stage 4 “Senior National Pool”
- Entry to the Senior National Pool will be based on:
  - Meeting (or exceeding) Performance standards (identified below on pp 39) AND evaluation of mental and lifestyle skill attributes based on holistic athlete assessment and Neo/Senior Coach and IST feedback
  - Evaluation of Skating Specific technique and racing skills identified in the annual and/or semi-annual holistic athlete performance review

NOTE: As stated previously – entry to the next Stage of the pathway is NOT guaranteed even if skating performance standards and National or International Rankings are achieved. Coaches and The Pathway Management Committee will make individual decisions based on the overall “resume” of the athlete and their anticipated ability to commit to and perform in the next Stage.

## Criteria and checklists used for consideration to transition from Neo/Senior to Stage 4

### Athlete Performance and Training Resume Checklist

Key element	Preferred Benchmark or range	Athlete status or Ranking
Peak Height Velocity	Post Peak Height Velocity	YES/NO
Training Volume	<ul style="list-style-type: none"> <li>• Ability to produce a documented training log for at least the previous 12 months               <ul style="list-style-type: none"> <li>○ At least 700 of training per year (over the last 1-2 years)</li> <li>○ 40-44 weeks of skating/year (over the last 1 -2 years)                   <ul style="list-style-type: none"> <li>○ Minimum 8 on ice session per week</li> <li>○ Minimum 5 dryland training sessions per week</li> </ul> </li> <li>○ Off ice summer training – 2-3 aerobic sessions/week totaling 3-6 hours /week</li> <li>○ Off ice winter training – 1-2 aerobic sessions/week totaling 1-3 hours per week</li> </ul> </li> </ul>	<p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p> <p>[ ]</p>
Mental Skills	<ul style="list-style-type: none"> <li>• Ranking on Mental Performance Skills (as per Mental Performance Checklist – see below)</li> </ul>	

### **Athlete Proficiency Checklist**

Technical Skills	How would you rate this skater?	Athlete Status and Comments
Continuum of technical development as noted in previous training group		
Execution of technical efficiency to different ice conditions		
Execution of proper corner lean at any speed & lanes		
Execution of effective crossovers and elimination of double footing		
Execution of proper track pattern		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)

Field testing	How would you rate this skater?	Athlete Status and Comments
Strength Test		
VO2 Max		
Vertical 1 leg jump test		
Critical Power (CP1/3/8)		
Wingate		
Anthropometry		
Mental Performance Criteria's	How would you rate this skater?	Athlete Status and Comments
Stress management, arousal and distraction control		
Focus, imagery and competition evaluation		
Develop sound focus and refocus plans		
Demonstrate ability to use imagery to reinforce and correct key skills		
Normalize, accept and regulate emotions such as anxiety, fear and anger		
Collaborate with a Mental Performance YTP with coach		

(5-Elite/4-Very good/3-Average/2-Below Average/1-Poor)

## Appendix A

### Ladies Long Track Entry Time Standards

	500m	1000m	1500m	3000m
Stage 2 - Entry Time Standards	44.66	1.28.67	2.17.50	4.49.34
% of the Canadian Record	120%	122%	123%	124%
Stage 3 - Entry Time Standards	41.31	1.22.13	2.07.44	4.28.34
% of the Canadian Record	111%	113%	114%	115%

### Men's Long Track Entry Time Standards

	500m	1000m	1500m	5000m
Stage 2 - Entry Time Standards	41.18	1.20.73	2.03.43	7.25.09
% of the Canadian Record	121%	121%	121%	123%
Stage 3 - Entry Time Standards	38.11	1.14.73	1.54.25	6.56.14
% of the Canadian Record	112%	112%	112%	115%