



2025-26 CCBC ATHLETE AGREEMENT BC Development Squad

Introduction

The BC Development Squad (BCDS) is designed for BC athletes in the Training to Train (T2T-2) and Learning to Compete (L2C) stages of the Canadian Long Term Athlete Development (LTAD) model, and is a "feeder" program to the BC Ski Team program.

This program requires a high level of commitment to the athlete's club training program and the BCDS program. By signing the 2025-26 Cross Country BC (CCBC) Athlete agreement (BC Development Squad), an athlete confirms their understanding of and commitment to BCDS program expectations.

TRAINING AND COMPETITION

Cross Country BC will:

- Provide the opportunity to attend three BCDS camps, with the possibility of a fourth camp;
- Provide athletes with monitoring, testing schedules and results – Appendix A; and
- Oversee the development of 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-Int Advanced (T2T) trained status (for U16 athletes) and Comp-Dev (L2C) trained status for U18 athletes.

The Athlete will:

- Demonstrate a commitment to the training and testing programs provided by CCBC.
- Attend a minimum of three training camps (two of which are mandatory – Table 1), follow the complete camp schedule, and complete the requested Integrated Support Team (IST) written and physical testing. Exceptions must be approved by the Provincial Head Coach before the athlete accepts a position on the BCDS;
- Demonstrate a desire to work hard; and
- **CSI Carded Athletes**
 - a. Complete the monthly/mesocycle testing documents provided by CCBC within one day of completion. This document will be provided at the May Camp.

UNIFORM AND EQUIPMENT

Cross Country BC will:

- Provide access to a BCDS race suit which is subsidized by CCBC; and
- Provide technical advice in selecting ski equipment (if required).

3111 32nd Ave Vernon BC V1T 2M2. Phone: 250-545-9600

adcoord@crosscountrybc.ca | www.crosscountrybc.ca



The Athlete will:

- Have appropriate training equipment in good working order.

ADMINISTRATION**Cross Country BC will:**

- Provide sports eligibility for External Sport Credit – Click [here](#).

The Athlete will:

- Read, sign and act by the CCBC Athlete Code of Conduct. Click [here](#);
- Complete the 2025 True Sport Clean online course (Canadian Anti-Doping Program) before June 21st, 2025 – [click here](#); and
- Complete the Coaching Association of Canada SafeSport online course before June 21st, 2025 unless it they have completed it before. Instructions will be provided.

COMMUNICATION**The Athlete will:**

- Notify the Provincial Coach or Assistant Provincial Coach of any health-related problems or other legitimate reasons that would prevent them training or fulfilling any obligations under this Agreement. In the event of injury, the athlete will provide the CCBC Athlete Development Coordinator with a note from a medical doctor describing the nature of the injury. This will take place within one week of the diagnosis of the injury; and
- Follow the monitoring system set up for the BCDS (YTP, Training Peaks and athlete log), and fill them out in a timely manner (Table 1).
- **CSI Carded Athletes**
 - a. Follow the monitoring system set up for the BCST (Individual YTP, Training Peaks, athlete log and Buildr). See Table 1 for more information.

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. If this Agreement is terminated prior to its scheduled expiry, the athlete's "Commitment to Excellence" cheque will be deposited.

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 toxic behaviour which does not align with the values of CCBC.

Team Fee

The team fee for the 2025-26 ski year will be \$330.00.

In addition to the team fee, BC Development Squad athletes are required to submit a “Commitment to Excellence” cheque for \$200.00. The purpose of this is to encourage athletes to be accountable for the obligations and expectations outlined in this Athlete Agreement. This cheque can be sent to the CCBC Office c/o Lindsey Olineck 3111-32nd Ave Vernon, BC V1T 2M2.

This cheque will NOT be deposited, but will be held and then destroyed provided the athlete fulfills the terms of the Athlete Agreement before May 15th, 2026. Extenuating circumstances will be taken into consideration.

Table 1 - Requirements

Category	Expectations
U18/U16	Mandatory Requirements
<p><u>Camps</u></p> <ul style="list-style-type: none"> • CCBC May Testing Camp – May 14 – 19, 2025 mandatory • Possible CCBC Haig Glacier Camp – July 2 – 8, 2025 • CCBC Fall Testing Camp – Sept 17 – 21, 2025 mandatory • CCBC Snow Camp – November 11 – 16, 2025 	<p><u>MAY → SEPTEMBER</u></p> <ul style="list-style-type: none"> • Pay an initial team registration fee of \$250.00 • Update CCBC athlete log • Have a working Smartwatch that updates workouts on Training Peaks • Attend a minimum of three camps <p><u>CSI Carded Athletes</u></p> <ul style="list-style-type: none"> • Update CCBC athlete log daily or by the 5th of each month • Update Buildr after each strength workout • Complete the monthly testing form on the sixth day of each rest block <p><u>OCTOBER → MARCH</u></p> <ul style="list-style-type: none"> • Attend a minimum of two weekends of BC Cup races • Attend a minimum of one FIS Sanctioned race weekend (i.e. Western Canadian Championships, World Jr/U23 Trials) in the 2025-26 calendar year • Attend the 2026 National Championships

Recommendations for All BCDS Athletes

To receive the best training oversight, CCBC asks that athletes on the BCDS to provide their current ferritin level [in correct scientific units]. As it can be dangerous to train at altitude, athletes who would like to attend the Haig Glacier Camp should have a ferritin test completed and the results sent to CCBC before June 15, 2025.

APPENDIX A – Performance Enhancement Support

Strength and Conditioning (S&C): Access to team-based strength programs for the training year via one drive link.

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

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

If you are in agreement with this document, please sign and return to CCBC Athlete Development Coordinator Lindsey Olineck at adcoord@crosscountybc.ca by April 20, 2025.

Athlete Name: _____

Signature: _____

Date: _____