



2026-27 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 2026-27 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 four BCDS camps;
- Provide athletes with camp testing and results – Appendix A;
- 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 offered by CCBC;
- Attend at least three training camps (two of which are mandatory – see Table 1), follow the full camp schedule, and complete the requested Integrated Support Team (IST) written and physical tests. **Any exceptions** must be approved by the Provincial Head Coach.
- Demonstrate a desire to work hard.
- Follow the monitoring system established for the BCDS (Athlete log and Buildr), and update it weekly. Strength should be recorded in the Buildr app after each workout.
- Complete the monthly/mesocycle testing documents provided by CCBC within one day of completing them. This document will be provided at the May Camp.

UNIFORM AND EQUIPMENT

Cross Country BC will:

- Provide access to a BCDS race suit subsidized by CCBC.
- Provide technical advice on selecting ski equipment (if required).

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 2026 True Sport Clean online course (Canadian Anti-Doping Program) before June 21st, 2026 – [click here](#); and
- Complete the Coaching Association of Canada SafeSport online course before June 21st, 2026 unless it they have completed it before. Instructions will be provided.

COMMUNICATION**The Athlete will:**

- Notify the Provincial Coach (Chris Manhard) or the Assistant Provincial Coach (Maria Lundgren) of any health-related problems or other legitimate reasons that would prevent training or fulfilling any obligations under this Agreement. In the event of an 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 be provided within one week of the injury's diagnosis.

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 2026-27 ski year will be \$390.00.

In addition to the team fee, BC Development Squad athletes must submit a “Commitment to Excellence” cheque for \$200.00. This requirement is intended to encourage athletes to be accountable for the obligations and expectations outlined in this Athlete Agreement. The 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, 2027. Extenuating circumstances will be taken into consideration.

Table 1 - Requirements

| Category |
|--|
| U18/U16 |
| <u>Camps</u> <ul style="list-style-type: none">• CCBC May Testing Camp – May 20 – 24, 2026 mandatory• CCBC Haig Glacier Camp – June 30- July 7, 2026• CCBC Fall Testing Camp – Sept 16 – 20, 2026 mandatory• CCBC Snow Camp – November 17 – 22, 2026 |
| Mandatory Requirements & Expectations |
| <p><u>MAY → SEPTEMBER</u></p> <ul style="list-style-type: none">• Pay an initial team registration fee of \$390.00• 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 style="text-align: center;"></p> <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 2026-27 calendar year• Attend the 2027 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, 2026.

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 (to be confirmed).

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, 2026*.

Athlete Name: _____

Signature: _____

Date: _____