



## 2026-27 CCBC ATHLETE AGREEMENT BC SKI TEAM

### Introduction

The BC Ski Team (BCST) is the top tier cross-country ski program in British Columbia for athletes tracking towards the National Ski Team and international podium results.

This program requires a strong commitment to both the athlete's club training program and the BCST program. By signing the 2026-27 Cross Country BC (CCBC) Athlete Agreement (BC Ski Team), an athlete affirms their understanding of and dedication to the BCST program expectations.

### TRAINING, MONITORING AND COMPETITION

#### Cross Country BC will:

- Provide the opportunity to attend four BCST camps;
- Provide athletes with monitoring, testing schedules and results – Appendix A;
- Provide or guide a training and competition schedule to meet the athlete's needs if the club or personal coach has not completed their progressive NCCP training and achieved Comp-Dev (L2C) trained status.

#### The Athlete will:

- Demonstrate a commitment to the training and testing programmes provided by CCBC. Athletes must attend all mandatory training camps (Table 1), adhere to the full camp schedule, and complete the required written and physical testing set by the Integrated Support Team (IST). **Any exceptions** must be approved by the Provincial Head Coach before accepting a position on the BCST;
- Show a willingness to work hard;
- Record strength in one of the three strength program apps offered by the CCBC Strength and Conditioning coach, or demonstrate the use of an equivalent level of strength program;
- Log their daily training on Training Peaks using a smartwatch with heart rate tracking features;
- Follow the monitoring system established for the BCST (Training Peaks, athlete log, and Buildr) and update it weekly. Strength should be recorded in the Buildr app after each workout;
- Record the monthly/mesocycle testing in the app provided by CCBC within one day of completion.

## UNIFORM AND EQUIPMENT

### **Cross Country BC will:**

- Provide a BCST race suit, warm-up jacket, and warm-up pants for U20 athletes. This clothing is included in the team fee. U20 athletes will also have access to a subsidized podium jacket. Note the racing suit will not change for the 2027-28 season.
- Provide an opportunity for U23 and Senior athletes to purchase BCST race suits, warm-up jackets, warm up pants at cost. U23 and Senior athletes will also have access to a subsidized podium jacket.
- Provide technical advice in selecting ski equipment (if required).

### **The Athlete will:**

- Have appropriate training equipment in good working order, i.e. HR monitor with HR strap;
- Wear the current BCST race suit and warm-ups when participating in CCBC-led on-snow camps, trips to the WJr/U23 Trials, Canada Games, and international competitions.

## ADMINISTRATION

### **Cross Country BC will:**

- Provide sports eligibility for External Sport Credit – Athlete 11 or Athlete 12. 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 21, 2026 – [click here](#); and
- Complete the Coaching Association of Canada SafeSport online course before June 21<sup>st</sup>, 2026, unless it has already been completed. Instructions will be provided.
- Sign a Team Cohesion Agreement during the May Testing Camp.

## COMMUNICATION

### **The Athlete will:**

- Notify the Provincial Coach of any health-related issues or other valid reasons that prevent the athlete from training or fulfilling any obligations under this Agreement. In case of injury, the athlete will provide the CCBC Athlete Development Coordinator and CCBC Head Coach with a medical certificate describing the injury within one week of diagnosis.
- Communicate at least quarterly, either in person or electronically, with the Provincial Head Coach.
- Take individual responsibility for both training and racing performances.
- Work towards clear goals and use suitable communication methods with the Provincial Head Coach and their club coach. This includes reporting training adjustments and fatigue monitoring anomalies.

## What happens if I do not fulfill my athlete contract obligations?

CCBC reserves the right to terminate this Agreement by providing written notice before its scheduled expiry. If this occurs, the athletes' "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 outlined in the CCBC Code of Conduct.
- b) The athlete has NOT met their responsibilities regarding 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 exhibited behaviour that conflicts with the values outlined in the team cohesion agreement.

## Team Fee

The 2026-27 team fee for U18 athletes is \$705.00. There is a \$315 team fee for U20 athletes. There is no team fee for U23 or Senior BC Ski Team athletes.

Athletes are also required to submit a "Commitment to Excellence" cheque for \$200.00. The aim of this requirement is to promote accountability among athletes regarding the obligations and expectations outlined in this Athlete Agreement.

This cheque will NOT be deposited but will be held and returned at the end of the ski season, provided the athlete fulfils the terms of the Athlete Agreement before May 15th, 2027. This cheque can be mailed to the CCBC Office c/o Lindsey Olineck, 3111-32nd Ave, Vernon, BC V1T 2M2. Extenuating circumstances will be taken into consideration.

## BCST ATHLETES TRAINING OUTSIDE OF BC

U20/U23 athletes who are BC residents but training outside of BC have access to the same benefits as athletes training in BC. In this case, however, their obligations are limited to the following:

- Read and sign the CCBC Athlete Code of Conduct, and adhere to it at all times. Click [here](#);
- Complete the 2026 True Sport Clean online course (Canadian Anti-Doping Program) before June 21, 2026 – [click here](#).
- Complete the Coaching Association of Canada SafeSport online course before June 21, 2026, unless you have already completed it. Instructions will be provided;
- Monitor their iron levels, which should at least include a serum ferritin test at the start of the 2026-27 ski year;
- Wear BC Ski Team race suits when participating in CCBC-led trips to WJ/U23 Trials or during CCBC-led trips to international competitions;

- Ensure training and monitoring equipment are in proper working condition - see Appendix B.

Table 1 - Requirements

Category	Expectations
U18	Mandatory Requirements
<div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p><b>Mandatory documents to complete:</b></p> <ul style="list-style-type: none"> <li>• Read, sign and act by the CCBC Athlete Code of Conduct</li> <li>• Complete the 2026 True Sport Clean online course</li> <li>• Complete the Coaching Association of Canada SafeSport online course</li> <li>• Sign the Team Cohesion agreement</li> </ul> </div>	<p style="text-align: center;">MAY → SEPTEMBER</p> <ul style="list-style-type: none"> <li>• Pay an initial team registration fee of \$705.00</li> <li>• Update CCBC athlete log <u>weekly</u></li> <li>• Update Buildr after each strength workout</li> <li>• Have a working HR Monitor with chest strap that updates workouts on Training Peaks</li> <li>• Complete the monthly testing form on the sixth day of each rest block</li> <li>• Attend the following: <ul style="list-style-type: none"> <li>⇒ CCBC May Testing Camp</li> <li>⇒ CCBC September Camp</li> </ul> </li> </ul> <p style="text-align: center;">OCTOBER → MARCH</p> <ul style="list-style-type: none"> <li>• Attend a minimum of two weekends of BC Cup races</li> <li>• Attend a minimum of two FIS Sanctioned Tier 1 race weekends (i.e. Canada Cups, Continental Cups, World Jr/U23 Trials) during the 2026/27 season; at least one in the 2027 calendar year</li> <li>• Attend the 2027 National Championships</li> </ul>
Category	Expectations
U20/U23/SR	Mandatory Requirements (if training in BC)

<p>Camps</p> <ul style="list-style-type: none"> <li>• <b>CCBC May Testing Camp – May 20 – 24, 2026 - mandatory</b></li> <li>• CCBC Haig Glacier Camp – July 7 – 14, 2026 - optional</li> <li>• <b>CCBC Fall Testing Camp – Sept 15 – 20, 2026 - mandatory.</b></li> <li>• CCBC Snow Camp – Nov 17-22, 2026 optional</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Mandatory documents to complete:</b></p> <ul style="list-style-type: none"> <li>• Read, sign and act by the CCBC Athlete Code of Conduct</li> <li>• Complete the 2025 True Sport Clean online course</li> <li>• Complete the Coaching Association of Canada SafeSport online course</li> <li>• Sign the Team Cohesion agreement</li> </ul> </div>	<p>MAY → SEPTEMBER</p> <ul style="list-style-type: none"> <li>• Update athlete log monthly</li> <li>• Have a working HR Monitor with chest strap that updates workouts on Training Peaks</li> <li>• Attend the following: <ul style="list-style-type: none"> <li>⇒ CCBC May Testing Camp</li> <li>⇒ CCBC Fall Testing Camp</li> </ul> </li> </ul> <p>OCTOBER → MARCH</p> <ul style="list-style-type: none"> <li>• Attend a minimum of one weekend of BC Cup races</li> <li>• Attend a minimum of two Tier 1 FIS Sanctioned race weekends (i.e. Canada Cups, Continental Cups, World Jr/U23 Trials) during the 2026/27 season; at least one in the 2027 calendar year</li> <li>• Attend the 2027 National Championships</li> </ul>
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**Recommendations for All BCST Athletes**

To ensure proper training oversight, CCBC requires athletes training in BC to provide their current ferritin levels in the correct scientific units. All athletes attending the May Camp will have a medical assessment with a doctor and receive a blood test requisition to check ferritin levels. Please complete this requirement with the Canadian Sports Institute (CSI) promptly.

**APPENDIX A – Performance Enhancement Support**

**Strength and Conditioning (S&C):** Access to team-based strength programs for the training year through one drive link. Individualised programs can also be obtained upon request.

**Nutrition:** Individual consultations with a Canadian Sport Institute (CSI) dietitian.

**Physiologist:** Lab tests to establish HR zones using lactate and HR data.

**Physiotherapy:** Individual assessment of functional movement (to be confirmed).

## APPENDIX B – List of Training and Monitoring Equipment

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

If you are in agreement with this document, please sign and return to CCBC Athlete Development Coordinator Lindsey Olineck at [adcoord@crosscountybc.ca](mailto:adcoord@crosscountybc.ca) by April 20, 2026.

Athlete Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_