

***Three Tiers of access available:***

*Tier 1 - Funded:*

Centralized and training in Fredericton under daily direction of High Performance Coach.

Daily access to High Performance Training services. Tier 1 athletes are expected to attend 90-100% of training sessions both on and off ice.

Composed of skaters competing at Elite Level or National Junior/Senior Team Trials. May also include younger athletes showing strong ability to medal nationally at the Learn to Compete or above Levels.

Funding available to FPVQ Elite, Canadian Junior Team Trials, Canadian Senior Team Trials, and Canadian Senior Qualifiers.

*Tier 2 - Funded:*

Non-Centralized and training in New Brunswick Clubs outside of Fredericton under daily direction of Club Coach and HPTG Coach. Out of province coaching provided by High Performance Coach.

Occasional access to High Performance Training services. Tier 2 athletes training out of Saint John Centre are expected to attend 90% of gym training and travel to Fredericton at minimum 1x month for group CSCA training and minimum 1 on ice practice every 2 weeks during ice season. Those outside of Fredericton and Saint John are to complete gym program in a suitable training environment and attend 1 on ice practice every 2 weeks during ice season. Special arrangements will be made for any athletes training in Northern New Brunswick who become members of Training Group.

Composed of skaters competing at Elite Level or National Junior/Senior Team Trials or have met time standards for entry, however do not reside in Fredericton. May also include younger athletes showing strong ability to medal Nationally at the Learn to Compete or above Levels.

Funding available to FPVQ Elite, Canadian Junior Team Trials, Canadian Senior Team Trials, and Canadian Senior Qualifiers.

*Tier 3 - Non-funded:*

Athletes throughout New Brunswick training under a club run & Provincial Team based training program.

Occasional access to HP training sessions during camps and select training sessions. Tier 3 athletes training out of Saint John Centre are expected to attend 75% of gym training and travel to Fredericton at minimum 1x month for group CSCA training and minimum 1 on ice practice every 2 weeks during ice season. Those outside of Fredericton and Saint John are to complete gym program in a suitable training environment and attend 1 on ice practice every 2 weeks during ice season. Special arrangements will be made for any athletes training in Northern New Brunswick who become members of Training Group

Composed of skaters competing primarily at the FPVQ EST level who have met the selection criteria.

Selection to training group from Dec 1<sup>st</sup> 2016- Nov 31<sup>st</sup> 2017 will be based on 2016-2017 results.

To continue past December 1st 2016 all athletes must attain December 1st 2016 standards.

Those who achieve standards during the 2016-2017 Season will be added to the group and those that do not achieve new standards by December 1st 2016 will be removed.

Each subsequent season standards will be raised until the HP program is a stand-alone group made up of some of the best skaters in the country.

Funded High Performance Members will be expected to train year round as part of the HP training Program.

Appendix 1: High Performance Group Letter of Commitment.

No High Performance Group services or funds will be available to athlete until signed and completed form is returned to SSNB HPTG Coach (Derrick MacLeod):

**Athlete's Name:** \_\_\_\_\_

**Club:** \_\_\_\_\_

As a High Performance Training Group Athlete I must maintain the following criteria:

- 1) Must meet either competitive or time standards described in Appendix 2 by selection deadlines.
- 2) Must keep a regularly updated personal training journal (Tier 1 and Tier 2). Tier 3 athletes are encouraged to do so.
- 3) Tier 1 Funded members must adhere to Centralized HP Training Program both on and off ice.
- 4) Tier 2 funded athletes must follow integrated HPTG & Club program.
- 5) Tier 1 and 2 athletes must attend the majority of HP off season and in season training camps.
- 6) Tier 1 and 2 must maintain regular attendance as outlined above at respective ice practices, off ice training, and HP level competitions.
- 7) Athletes must make every effort to be punctual for all on ice practices and dry-land sessions.
- 8) Must communicate immediately to High Performance coach any injuries, illness, or extended absence from the sport.
- 9) All athletes must adhere to SSNB Code of Conduct at all times.
- 10) Training group members must train in N.B. (stipulation of Atlantic Coaching Centre - Atlantic).
- 11) Athletes must attend all mandatory planning or communication sessions with the coach.

I, \_\_\_\_\_ understand the commitment that is required to be part of the Speed Skate New Brunswick High Performance Training group. I have read all the criteria above and realize that I will forfeit status if I do not continue to meet criteria.

Signature of Parent if athlete under 18 years of age: \_\_\_\_\_

Date \_\_\_\_\_, 20\_\_.

Signature of Athlete (required): \_\_\_\_\_

Date \_\_\_\_\_, 20\_\_.

Signature of Club Coach (Tier 2 and 3 Athletes): \_\_\_\_\_

Date \_\_\_\_\_, 20\_\_.