

Athlete Development Committee Mandate

The Athlete Development Committee is responsible for supporting the development of skaters in Nova Scotia. The committee will work with both the Speed Skate Nova Scotia (SSNS) Board of Directors, and all NS clubs to ensure that skaters have the support they need to excel, including:

- setting competition selection guidelines
- setting time standards
- planning provincial training opportunities
- identifying skaters who are eligible to participate in events at competitions beyond the provincial level

Specifically, the Athlete Development Committee is responsible for updating the Competitions Bulletin each season, including:

- setting eligibility criteria for skaters who are interested in attending national-level competitions at the Train-to-Train level (Canada Youth Long Track and Short Track Championships) and higher
- updating the Travel Funding offered to eligible skaters at the Train-to-Train level and higher

The Athlete Development Committee will also be responsible for facilitating any provincially hosted events and initiatives for skaters in the province. This will include, but is not limited to:

- planning any provincial camps (long track, short track, dryland)
- working with NS club coaches to develop a summer training initiative for skaters who are at the Train-to-Train level or higher
- identifying other training opportunities for skaters

Finally, the Athlete Development Committee will be responsible for any planning or initiatives related to the Canada Winter Games (CWG) during non-CWG seasons. This will ensure that skaters, coaches and the Board of Directors are adequately organized and prepared before the start of a CWG year. Responsibilities will vary year-to-year but will include:

- finalizing the Qualification Package at least 6 months before the start of the CWG season (end of March 2022)
- identifying skaters who are CWG eligible in the season before the CWG season
- offering High-Performance group training opportunities to identified skaters.

The Athlete Development Committee will include at least two members, representing two different provincial clubs, at least one of whom should be a member of the Board of Directors. Documents and initiatives will be shared with all NS clubs, not represented on the committee, for feedback prior to submission to the Board of Directors.

General Administrative

- Update the Competitions Standards Bulletin each season
 - set time standards for NS skaters attending national meets
 - develop a funding plan to support eligible skaters
 - ensure qualification and competition standards for skaters wishing to attend the ST or LT Canada Cup events is accurate to Speed Skate Canada (SSC) guidelines
 - **Note:** To be completed by December 1st every season
 - communicate directly with the Competitions Committee to ensure consistency between selection guidelines and meet organization
- Select skaters to represent Nova Scotia at CYLTC and CYSTC as per Competitions Bulletin guidelines:
 - send recommendations to the SSNS board for approval (within 1 week of the qualifying competitions)
- Work with the Competitions Committee to develop/update a set of guidelines for competitions within the province of Nova Scotia based on skaters' age, for both ST and LT which includes:
 - size of track (ST), Olympic vs Mass Start (LT), recommended distances, 1-day vs 2-day competitions

Athlete Development Initiatives

- Plan the LT camp in January
 - **Note:** The Athlete Development committee will facilitate the planning but not necessarily host or coach the camp
- Develop and plan a ST training camp at the end of August/beginning of September, prior to the start of the season
 - **Note:** The Athlete Development committee will facilitate planning and/or organization but not necessarily host or coach the sessions
- Work with NS clubs to develop a holistic summer training program for skaters who are at the Train-to-Train level and higher, that emphasizes a variety of physical activities, nutrition and mental preparation
 - **Note:** This is a group initiative, which will depend on participation and cooperation between all clubs and club coaches

Canada Winter Games

- Develop a qualification package for Canada Winter Games
 - **Note:** To be completed 6 months before the CWG skating season.
- Identify skaters who are CWG eligible and provide them with more specialized training opportunities
 - **Note:** Model on NB approach
- Encourage and promote interprovincial competitions for skaters who are CWG eligible, with the goal of forming a high-performance team in the season prior to the CWG season
- Develop a coordinated training approach for ST and LT in order to maximize athlete performance
- Establish a CWG sub-committee prior to the start of the CWG season, in March 2022