



# CROSS COUNTRY BC

## 2018-19 BC DEVELOPMENT SQUAD ATHLETE AGREEMENT

### Benefits

Cross Country BC will provide athletes named to the BC Development Squad with the following:

- the opportunity to attend up to six BC Development Squad training camps on a cost sharing basis;
- performance enhancement support – nutritionist, sport psychologist, etc.;
- sport eligibility for External Sport Credit – Athlete 11 [here](#);
- access to team clothing paid in full by athlete or partially by CCBC;
- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from provincial coaches with respect to selecting ski equipment.

### Obligations

The BC Development Squad athlete will:

- complete the 2018 True Sport Clean online course (Canadian Anti-Doping Program) prior to June 25<sup>th</sup>, 2018.
- follow a comprehensive annual training plan (a minimum of 300 sport-specific hours);
- submit their annual training plans to the Provincial Coach if requested;
- monitor their iron levels, which at a minimum would include a serum ferritin test at the start of the 2018-19 ski year;
- sign the CCBC Athlete Code of Conduct and to act in accordance with the Code of Conduct at all times - <http://crosscountrybc.ca/27-athlete-code-conduct>; and
- complete the commitments outlined in the 2018-19 BC Development Squad Athlete Agreement.

### Team Fee

The team fee for the 2018-19 ski year will be \$250.00.

## 2018-19 BC Development Squad Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
<b>Juvenile Boys/Girls</b>	<p><b>Mandatory requirements for Juvenile Boy/Girl athletes</b></p> <ul style="list-style-type: none"> <li>• Pay BC Development Squad registration fee of \$250.00</li> <li>• Attend a minimum of 3 of the following:               <ul style="list-style-type: none"> <li>o CCBC May Snow Camp – May 17-23, Whistler</li> <li>o Haig Glacier Camp #1 – July 2-10, Canmore</li> <li>o Haig Glacier Camp #2 – July 23-31, Canmore</li> <li>o CCBC August Camp – Aug 24-29, Revelstoke</li> <li>o CCBC Fall Camp – Sept 26-30, Whistler</li> <li>o CCBC Snow Camp – Oct 31-Nov 4, Whistler</li> </ul> </li> <li>• Attend a minimum of two BC Cup weekends of races in 2019</li> <li>• Attend a minimum of 1 of the following 3 FIS sanctioned races - World Jr/U23 Trials, Western Canadians or NorAms (Vernon) during the 2018-19 ski season</li> </ul>
<b>Junior Boys/Girls</b>	<p><b>Mandatory Requirements for Junior Boy/Girl athletes</b></p> <ul style="list-style-type: none"> <li>• Pay BC Development Squad registration fee of \$250.00</li> <li>• Attend a minimum of 4 of the following:               <ul style="list-style-type: none"> <li>o CCBC May Snow Camp – May 17-23, Whistler</li> <li>o Haig Glacier Camp #1 – July 2-10, Canmore</li> <li>o Haig Glacier Camp #2 – July 23-31, Canmore</li> <li>o CCBC August Camp – Aug 24-29, Revelstoke</li> <li>o CCBC Fall Camp – Sept 26-30, Whistler</li> <li>o CCBC Snow Camp – Oct 31-Nov 4, Whistler</li> </ul> </li> <li>• Attend a minimum of two BC Cup weekends of races in 2019</li> <li>• Attend a minimum of 2 of the following 3 FIS sanctioned races - World Jr/U23 Trials, Western Canadians or NorAms (Vernon) during the 2018-19 ski season</li> <li>• Attend the 2019 National Championships</li> </ul>