



# CROSS COUNTRY BC

April 2015

Greetings **xxx**,

Congratulations on a successful ski season. As a result of your achievements the CCBC Athlete Development Committee has nominated you to the BC Development Squad (BCDS) for the 2015-2016 ski season.

The benefits and obligations for the BC Development Squad program, including the camp schedule, are outlined in Appendix A.

When you have made your decision, please complete the BCDS Application Form (to confirm your intention to be a member of the BC Development Squad), BCDS Registration Form and CCBC Athlete Code of Conduct Form. Mail these forms, along with your cheque for \$200.00 to the Cross Country BC office c/o Dudley Coulter no later than May 1<sup>st</sup>, 2015.

Sincerely,

Dudley Coulter

CCBC Athlete Development Coordinator

c.c. CCBC Athlete Development Committee  
Georgia Manhard, CCBC Board of Directors

Attachments:

- A - BCDS Benefits and Obligations
- B - BCDS Application Form
- C – BCDS Registration Form
- D – CCBC Athlete Code of Conduct Form

## Appendix A

### Benefits

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

- the opportunity to attend up to four BC Development Squad training camps on a cost sharing basis;
- sport eligibility for External Sport Credit – Athlete 11 [here](#);
- a current BC Development Squad racing suit for athletes that don't already have one; and
- support from BC Ski Team coaches with respect to selecting and acquiring ski equipment.

### Obligations

The BC Development Squad athlete will:

- follow a comprehensive annual training plan (a minimum of 300 sport-specific hours);
- submit their training plans to the CCBC office if our provincial funding agency requests them;
- 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
- sign the BCDS Application Form and complete their commitments to the BC Development Squad.

### Team Fee

Team fees for the 2015-16 ski year will be \$200.00. Please make the cheque out to Cross Country BC.

### Camp Schedule

The 2015 camp schedule can be found [here](#).

# Appendix B

## BCDS Application Form

### 2015-16 BC Development Squad Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
<b>Juvenile Boys/Girls</b>	<b>Mandatory requirements for Juvenile Boy/Girl athletes</b> <ul style="list-style-type: none"><li>• Pay BC Development Squad registration fee of \$200</li><li>• Attend a minimum of 3 of the following:<ul style="list-style-type: none"><li>○ Spring Dryland Camp – May 15-18, Vernon</li><li>○ Haig Glacier Camp – July TBD, Canmore, AB</li><li>○ CVTC Summer Camp – Aug 30-Sept 6, Whistler</li><li>○ Fall Dryland Camp – Sept 17-20, Revelstoke</li><li>○ Fall Snow Camp – Nov 13-17, Whistler</li></ul></li><li>• Wear BC Development Squad clothing when at BC Cup and NorAm races (including the Westerns)</li><li>• Attend a minimum of one NorAm race – the World Junior Trials, Western Canadians or NorAms (Vernon) during the 2015-16 ski season</li><li>• Attend a minimum of two BC Cup weekends of races in 2016</li></ul>
<b>Junior Boys/Girls</b>	<b>Mandatory Requirements for Junior Boy/Girl athletes</b> <ul style="list-style-type: none"><li>• Pay BC Development Squad registration fee of \$200</li><li>• Attend a minimum of 3 of the following:<ul style="list-style-type: none"><li>○ Spring Dryland Camp – May 15-18, Vernon</li><li>○ Haig Glacier Camp – July TBD, Canmore, AB</li><li>○ CVTC Summer Camp – Aug 30-Sept 6, Whistler</li><li>○ Fall Dryland Camp – Sept 17-20, Revelstoke</li><li>○ Fall Snow Camp – Nov 13-17, Whistler</li></ul></li><li>• Wear BC Development Squad clothing when at BC Cup and NorAm races (including the Westerns)</li><li>• Attend a minimum of two BC Cup weekend of races in 2016</li><li>• Attend a minimum of one NorAm race – the World Junior</li></ul>

	Trials, Western Canadians or NorAms (Vernon) during the 2015-16 ski season
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**I wish to join the BC Development Squad.** My parents are in agreement with this decision. By signing below, I am committing to the obligations as stated.

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

Athlete Email: \_\_\_\_\_

Home Club: \_\_\_\_\_

Club Coach Name: \_\_\_\_\_

Club Coach email: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Athlete's signature: \_\_\_\_\_

Parent's signature (if under 18) \_\_\_\_\_

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