



CROSS COUNTRY BC

2019-2020 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 five 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 2019 True Sport Clean online course (Canadian Anti-Doping Program) prior to June 21st, 2019.
- 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 2019-20 ski year;
- read the CCBC Athlete Code of Conduct and to act in accordance with the Code of Conduct at all times – [click here](#); and
- complete the commitments outlined in the 2019-20 BC Development Squad Athlete Agreement.

Team Fee

The team fee for the 2019-20 ski year will be \$250.00.

2019-20 BC Development Squad Expectations/ Requirements

| <u>Category</u> | <u>Expectations</u> |
|----------------------------|---|
| Juvenile Boys/Girls | <p>Mandatory requirements for Juvenile Boy/Girl athletes</p> <ul style="list-style-type: none"> • Pay BC Development Squad registration fee of \$250.00 • Attend a minimum of 3 of the following: <ul style="list-style-type: none"> o CCBC May Snow Camp – May 16-20, Whistler o Haig Glacier Camp #1 – July 1-9, Canmore o CCBC August Camp – Aug 20-25, Revelstoke o CCBC Fall Camp – Sept 25-29, Whistler o CCBC Snow Camp – Nov 7-11, Vernon • Attend a minimum of two weekends of BC Cup races in 2020 • Attend a minimum of 1 of the following 2 FIS sanctioned races – Nor/Am Western Canadian Championships (TBD) or NorAms (Canmore, AB) during the 2019-20 ski season • Attend the 2020 National Championships |
| Junior Boys/Girls | <p>Mandatory Requirements for Junior Boy/Girl athletes</p> <ul style="list-style-type: none"> • Pay BC Development Squad registration fee of \$250.00 • Attend a minimum of 3 of the following: <ul style="list-style-type: none"> o CCBC May Snow Camp – May 16-20, Whistler o Haig Glacier Camp #1 – July 1-9, Canmore o CCBC August Camp – Aug 20-25, Revelstoke o CCBC Fall Camp – Sept 25-29, Whistler o CCBC Snow Camp – Nov 7-11, Vernon • Attend a minimum of two weekends of BC Cup races in 2020 • Attend a minimum of 1 of the following 2 FIS sanctioned races - Western Canadian Championships (TBD) or NorAms (Canmore, AB) during the 2019-20 ski season • Attend the 2020 National Championships |