



# 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 Ski Team (BCST) for the 2015-2016 ski season.

The benefits and obligations for the BC Ski Team program are outlined in Appendix A. The 2015 Cross Country BC provincial camp schedule is provided in Appendix B.

When you have made your decision, please complete the BCST Application Form (to confirm your intention to be a member of the BC Ski Team), BCST Registration Form and CCBC Athlete Code of Conduct Form. Mail these forms, along with your cheque for \$300.00 to the Cross Country BC office c/o Dudley Coulter no later than April 30<sup>th</sup>, 2015.

Sincerely,

Dudley Coulter

CCBC Athlete Development Coordinator

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

Attachments:

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

# Appendix A

## Benefits

Cross Country BC will provide athletes named to the BC Ski Team with the following:

- the opportunity to attend up to five BC Ski Team training camps on a cost sharing basis;
- current BC Ski Team clothing (racing suit and warm-ups) for athletes that don't already have a set;
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;
- support from BC Ski Team coaches with respect to annual training plans (if required);
- support from BC Ski Team coaches with respect to selecting and acquiring ski equipment; and
- support from BC Ski Team coaches with respect to ski grinding.

## Obligations

The BC Ski Team athlete will:

- follow a comprehensive annual training plan (a minimum of 350 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 BCST Application Form and complete their commitments to the BC Ski Team.

## Team Fee

Team fees for the 2015-16 ski year will be \$300.00. Please make the cheque out to Cross Country BC.

# Appendix D

## BCST Application Form

### 2015-16 BC Ski Team Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
<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 Ski Team registration fee of \$300</li> <li>• Attend a minimum of 3 of the following:               <ul style="list-style-type: none"> <li>○ May Snow Camp – May 15-19, 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 16-20, Revelstoke</li> <li>○ Fall Snow Camp – Nov 13-17, Whistler</li> </ul> </li> <li>• Wear all appropriate BC Ski Team clothing when at provincial camps and NorAm races (including the Westerns)</li> <li>• Attend a minimum of 1 of the following 3 NorAm races - World Jr/U23 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 Men/Women</b>  <b>U23 Men/Women</b>	<p><b>Mandatory Requirements for Junior M/W &amp; U23 athletes</b></p> <ul style="list-style-type: none"> <li>• Pay BC Ski Team registration fee of \$300</li> <li>• Attend a minimum of 3 of the following:               <ul style="list-style-type: none"> <li>○ May Snow Camp – May 14-18, Vernon</li> <li>○ Haig Glacier Camp – July TBD, Canmore, AB</li> <li>○ Sweden Camp – July TBD, Sweden</li> <li>○ CVTC Summer Camp – Aug 30-Sept 6, Whistler</li> <li>○ Fall Dryland Camp – Sept 16-20, Revelstoke</li> <li>○ Fall Snow Camp – Nov 13-17, Whistler</li> </ul> </li> <li>• Wear all appropriate BC Ski Team clothing when at provincial camps and NorAm races (including the Westerns)</li> <li>• Attend a minimum of one BC Cup weekend of races in 2016</li> </ul>

	<ul style="list-style-type: none"> <li>• Attend a minimum of 2 of the following 3 NorAm races - World Jr/U23 Trials, Western Canadians or NorAms (Vernon) during the 2015-16 ski season</li> <li>• Attend the 2016 National Championships</li> </ul>
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**I wish to join the BC Ski Team.** 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: \_\_\_\_\_