



# CROSS COUNTRY BC

April 13<sup>th</sup>, 2016

Greetings **xxxxxx**,

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 2016-2017 ski season.

The benefits and obligations for the BC Ski Team program are outlined in Appendix A. The 2016 Cross Country BC provincial camp schedule is available on the website:

<http://www.crosscountrybc.ca/camp-trip-schedule>

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 (online) and CCBC Athlete Code of Conduct Form. The BCST Application Form and CCBC Athlete Code of Conduct Form can either be scanned and emailed to [adcoord@crosscountrybc.ca](mailto:adcoord@crosscountrybc.ca) or mailed to the Cross Country BC office c/o Dudley Coulter no later than April 29<sup>th</sup>, 2016. The \$300.00 team fee can be paid by credit card or cheque.

Sincerely,

Dudley Coulter

CCBC Athlete Development Coordinator

c.c. Athlete Development Committee

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 six BC Ski Team training camps on a cost sharing basis;
- access to team clothing paid in full by athlete or partially by CCBC (currently undergoing review due to foreign exchange rate and other factors);
- sport eligibility for External Sport Credit – Athlete 11 or Athlete 12;
- support from Provincial Team coaches with respect to annual training plans (if required); and
- support from Provincial Team coaches with respect to selecting and acquiring ski equipment.

### **Obligations**

The BC Ski Team athlete will:

- follow a comprehensive annual training plan (a minimum of 350 sport-specific hours);
- submit their annual training plans to the Provincial Coach;
- 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 2016-17 ski year will be \$300.00. Please make the cheque out to Cross Country BC.

## Appendix D

### BCST Application Form

#### 2016-17 BC Ski Team Expectations/ Requirements

<u>Category</u>	<u>Expectations</u>
<p><b>Junior Boys/Girls</b></p>	<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 Camp – May 19-23, Whistler</li> <li>○ Haig Glacier Camp – July TBD, Canmore, AB</li> <li>○ Sweden Camp – July 29-Aug 14, Sweden</li> <li>○ CVTC Summer Camp – Aug 28-Sep 3, Whistler</li> <li>○ Fall Dryland Camp – Sept 21-25, Revelstoke</li> <li>○ Fall Snow Camp – Nov 3-7, Whistler</li> </ul> </li> <li>• Attend a minimum of 1 of the following 3 NorAm races - World Jr/U23 Trials, Western Canadians or NorAms (Vernon) during the 2016-17 ski season</li> <li>• Attend a minimum of two BC Cup weekends of races in 2017</li> </ul>
<p><b>Junior Men/Women</b></p> <p><b>U23 Men/Women</b></p>	<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 Camp – May 19-23, Whistler</li> <li>○ Haig Glacier Camp – July TBD, Canmore, AB</li> <li>○ Dachstein Glacier Camp – July 24-Aug 10, Austria</li> <li>○ CVTC Summer Camp – Aug 28-Sep 3, Whistler</li> <li>○ Fall Dryland Camp – Sept 21-25, Revelstoke</li> <li>○ Fall Snow Camp – Nov 3-7, Whistler</li> </ul> </li> <li>• Attend a minimum of one BC Cup weekend of races in 2017</li> <li>• Attend a minimum of 2 of the following 3 NorAm races - World Jr/U23 Trials, Western Canadians or NorAms (Vernon) during the 2016-17 ski season</li> </ul>

	<ul style="list-style-type: none"><li>• Attend the 2017 National Championships</li></ul>
--	--

**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: \_\_\_\_\_