

# Alberta World Cup Academy Athlete Program and Guidelines

---



<b><u>ABOUT US - ALBERTA WORLD CUP ACADEMY</u></b>	<b>3</b>
VISION	3
MISSION	3
<b><u>ATHLETE DEVELOPMENT</u></b>	<b>3</b>
<b><u>RACE PROGRESSIONS: WHO IS THE ACADEMY FOR?</u></b>	<b>4</b>
<b><u>SCHOLARSHIP CRITERIA AND PROGRAM COVERAGE</u></b>	<b>5</b>
<b><u>2010/2011 PROGRAM CALENDAR</u></b>	<b>6</b>
OFF-SEASON SCHEDULE	6
<b><u>COMPETITION SCHEDULE</u></b>	<b>8</b>
<b><u>CODE OF CONDUCT</u></b>	<b>9</b>
<b><u>TRAINING PLANS, TRAINING LOGS AND MANDATORY EQUIPMENT</u></b>	<b>10</b>
<b><u>SPONSORS AND SUPPLIER POOLS</u></b>	<b>10</b>
<b><u>VOLUNTEERING AND COMMUNITY SERVICE</u></b>	<b>11</b>
ATHLETE UPDATES FOR AWCA PUBLICATION	11
COACHES	12
RESOURCES	12
<b><u>MORE ABOUT US</u></b>	<b>13</b>
ALBERTA CROSS COUNTRY WORLD CUP SOCIETY - AWCS	13
<b><u>FOUNDING CLUBS – CNSC AND FNSC</u></b>	<b>13</b>
CANMORE NORDIC SKI CLUB - CNSC	13
FOOTHILLS NORDIC SKI CLUB - FNSC	13
<b><u>APPENDIX A: PROGRAM FEES AND SCHOLARSHIP SCHEDULE</u></b>	<b>14</b>
SCHOLARSHIPS	14
PAYMENT SCHEDULE	14
<b><u>APPENDIX B: APPLYING FOR THE ACADEMY</u></b>	<b>15</b>

## **About Us - Alberta World Cup Academy**

The Alberta World Cup Academy (AWCA) is a part of the Cross Country Canada national training centre system. As a National Development Centre (NDC) our goals are to further the development of cross-country skiing as a sport, through the development of programs and services for athletes, coaches and officials enabling them to

- compete,
- deliver and
- organize

At international standards of excellence.

### **Vision**

Athletes, Coaches and Officials from the Alberta World Cup Academy will be recognized leaders of and contributors to Canada's national cross-country ski program, competing with the best in the world.

### **Mission**

To initiate and augment development opportunities in Alberta that target nationally competitive Athletes, Coaches and Officials, preparing them for subsequent levels of success.

The Academy will:

- Deliver an athlete development system that supplements existing local, regional and national programs, respecting the "Long Term Development Model" Canada has adapted
- Develop new long term coaching apprenticeship opportunities
- Expand development opportunities for officials

## **Athlete Development**

The tenets of athlete development at the Alberta World Cup Academy are:

Alberta World Cup Academy will:

1. Provide programs that are unique in Canada, are athlete centered, and that set new standards for athlete performance.
2. Prepare athletes to be ready for entry to national teams and for international success.
3. Support all athlete with the same levels of technical support, regardless of their performance profile or scholarship status
4. Maintain an athlete to coach ratio at roughly 8:1.
5. Accommodate full time year round training and competition schedules. Only athletes that have graduated from high school are eligible.

## Race Progressions: Who is the Academy for?

The Academy is targeted at athletes that have graduated from high school and are focused and committed to performance in cross-country skiing. Academy athletes are expected to make a year round commitment to the sport and the team. Ideal candidates are athletes training for long term international success.

The Academy is based in the Bow Corridor (Calgary, Canmore, Banff area) and all athletes are expected to reside in the Bow Corridor.

Specific training plans will be centered on individual athlete goals and individual athlete development, and where appropriate, racing events will focus on performance at:

- Trials for World Junior/Senior Championships
- Trials for World Cups
- Junior/Senior Nationals
- Trials for Provincial Teams for Canada Games

Highlighted area indicate AWCA targeted competitions.

GAMES	CUPS	CHAMPIONSHIPS	
Alberta Winter Games (U17)	Regional Race Series – Like BCRR	Alberta Provincial Championships	Alberta Youth Championships
	Alberta Cups Series	Western Canadian Championships	
<b>Canada Winter Games (U23)</b>	Canada Cup Series	<b>Canadian National Championships</b>	<b>Canadian World Junior (U19)Trials</b>
	<b>NorAm North American Cup Series, or Euro Cup series</b>	<b>US National Championships</b>	<b>World Junior (U19) Championships</b>
Olympic Winter Games	World Cup Series	World Championships	<b>U23 World Championships</b>

## **Scholarship Criteria and Program Coverage**

The Alberta World Cup Academy uses a **team** based approach and is grounded in a fee-based program. Athletes will pay a team fee at the beginning of each year that will cover the full costs of coaching, training, competition and travel to events of the Academy program. There are no “part-time” programs, and fees are not refundable after May 1, 2010.

Program fees cover all team travel and accommodation costs for camps and competitions on the program calendar. Air travel will operate out of Calgary. Our goal is to qualify athletes to make Nationals Team racing trips – if an athlete falls short of this goal a secondary competition program will be put in place and will be user pay.

Regular AWCA training programs will operate in the Bow Valley area and local travel for training is not covered by the Academy. Racing licenses and entry fees are not covered by program fees.

All AWCA athletes will be provided the same level of support once accepted into the program. Program Fees and Scholarships Schedule is located in Appendix A.

The Alberta World Cup Academy will offer age and performance based scholarships. The available scholarships and profiles of athletes, who fall under each category, are listed below:

### Tier 1 Scholarships will be awarded to athletes meeting the following criteria:

- Selected by Cross Country Canada High Performance Committee
- Top 3 at Nationals, or selection to World Junior/U23 Championships, World Championships or Olympic Games in the previous season, or ranked top 5 on Final CPL points list
- Graduated from high school
- Junior or U23 eligible
- Meet NDC standards

### Tier 2 Scholarships will be awarded to athletes meeting the following criteria:

- Selected by Cross Country Canada High Performance Committee
- Top 5 at Nationals, or selection to World Junior/U23 Championships, World Championships or Olympic Games in the previous season, or ranked top 8 on Final CPL points list
- Graduated from high school
- Meet NDC standards

### Tier 3 Scholarships will be awarded to athletes meeting the following criteria:

- Graduated from high school
- Accepted into the program as a discretionary choice (up to 4 athletes) based on CPL and coaches discretion
- Meet NDC standards

## **2010/2011 Program Calendar**

(Dates will vary slightly pending final planning and racing calendar)

For AWCA program camps and supported competitions:

1. Travel and camp logistics will be coordinated, funded and delivered by AWCA.
2. Athletes will stay as a group at the camp accommodation provided by AWCA.

### **Off-Season Schedule**

May 3<sup>rd</sup>-5<sup>th</sup>, 2010 Medicals and Physio assessments

- Medical Check ups to establish baselines and ensure recovery from the previous season
- Physio assessments to establish protocols and priorities for offsetting imbalances

May 10<sup>th</sup>-17<sup>th</sup> TBD, 2010: On Snow camp, Sovereign Lakes/Kelowna

Objectives:

- Early Volume on snow
- Technique video analysis
- Training Plan review
- In Camp Monitoring
- Educational Focus – Nutrition/Goal Setting/Stretching

This is the time of year when most athletes are very fit and technically sharp having just completed the season and had a rest period. It is important we capitalize on the snow conditions to make technical gains.

June 21<sup>st</sup>-25<sup>th</sup>, 2010: Testing camp # 1

Objectives:

- Application of current top quality sport science
- Develop baselines
- Analyze strengths and weaknesses
- Ensure optimal health
- Educational Focus – Stretching/ Race planning

Schedule:

- VO2 Testing /Double pole Test
- June Uphill Time Trial/Uphill Run

June 26<sup>th</sup>-June 30<sup>th</sup>, 2010: Cycling Camp

Objectives:

- Early season low impact Volume
- Team Building w/ variety

July 19<sup>th</sup>-26<sup>th</sup>, 2010: On Snow Camp, Haig Glacier

Objectives:

- Volume on snow
- Technique video analysis
- In Camp Monitoring
- Educational Focus – Psychology/Long Term Perspective

Aug 13<sup>th</sup>-23<sup>rd</sup>, 2010: Whistler

Objectives:

- Volume
- Technique video analysis
- Training Plan review
- In Camp Monitoring
- Educational Focus – Refining race warm-ups/tactics/cooling down
- Baseball Tournament

Oct 1<sup>st</sup>-Oct 7<sup>th</sup>, 2010: Lake Louise Dryland Camp

Objectives:

- Volume
- Technique video analysis
- In Camp Monitoring
- Educational Focus – Nutrition/Stretching/reviewing goals

Oct 11<sup>th</sup>-15<sup>th</sup>, 2010: Testing camp # 2

Objectives:

- Application of current top quality sport science
- Track Summer improvements
- Analyze strengths and weaknesses
- Ensure optimal health
- Educational Focus – Stretching/ Race planning

Schedule:

- VO2 Testing /Double pole Test
- June Uphill Time Trial/Uphill Run

Nov 13<sup>th</sup>-17<sup>th</sup>, 2010: Lake Louise Dryland Camp

Objectives:

- Volume
- Technique video analysis
- In Camp Monitoring
- Transition from dryland to snow

## **Competition Schedule**

This competition schedule is an example **from the 2009/2010 season** to help define the overall competition program of the Academy. The final Academy competition schedule will be set for 2010/2011 as confirmed event dates become available.

For athletes that do not qualify for National Ski Team supported trips during the winter a secondary competition program will be put in place and will be user pay.

<b>Date</b>	<b>Competition</b>	<b>International Group Target = Team Qualification</b>
Early Dec	NorAm Vernon, BC	Academy Core Program (Supported)
Mid-Dec	NorAm West, TBD	Academy Core Program (Supported)
Jan 3-6 <sup>th</sup>	World Junior /Senior Trials Quebec	Academy Core Program (Supported)
Jan - TBD	OPA Races – central Europe, NorAm, SuperTour, Provincial races	User pay (Supported)
Mar 7-14	Canadian National Championships Canmore, AB	Academy Core Program (Supported)



## **Code of Conduct**

The Code of Conduct identifies the standard of behavior, which is required of all Alberta World Cup Academy members traveling to, participating at and returning from all Alberta World Cup Academy supported events.

### ALL Athletes and Coaches Shall:

1. Represent the AWCA as goodwill ambassadors, with dignity, personal integrity and within the spirit of good sportsmanship at all times both in and out of competition.
2. Show respect for:
  - a. the members of your own team
  - b. all competitors, officials and coaches participating in the event
  - c. the rules and standards set down by the event
  - d. the decisions of the Technical Officials
  - e. the people of the Event Hosting Community including staff, volunteers, spectators, local business personnel, etc.
3. Attend any Ceremonies and awards presentations, wearing the appropriate AWCA branded clothing.
4. No tobacco or illegal drug substances may be brought or consumed on any AWCA supported trips. Alcohol may not be consumed by or in the presence of athletes under the legal drinking age.
5. Be a team player – selfishness will not be tolerated and could lead to removal from the team.

### In Addition, All Coaches/Staff Shall:

1. Set a positive example for their athletes by compliance with all policies, rules and standards of conduct.
2. Act in the best interest of the athlete, avoiding all unsafe and unacceptable circumstances, and seeking advice of appropriate medical personnel before deciding if an injured athlete is to resume competition.
3. Be responsible for the conduct of their athletes at all times during AWCA supported trips.

## **Training Plans, Training Logs and Mandatory equipment**

Athletes will be provided with comprehensive training plans based on their individual development as an athlete and focused on their individual goals. Training plans will include:

- age appropriate year round training with sequencing of volume, intensity, strength training, and psychology as it applies to our sport,
- monitoring,
- education on recovery techniques,
- Sequencing of the most effective ways to improve technique.

Academy athletes will commit fully to the program and the Academy training program will be:

- the athlete's primary training plan,
- individualized to realize each athlete's best potential, and
- open to sharing and input from home club coaches

Academy athletes will be expected to log and report all training directly to the Racing Director and coaching staff in a timely manner.

All Academy athletes are responsible for providing and maintaining the following mandatory equipment:

- Elpex F1 skate roller skis with wheels in new condition
- Elpex or V2 classic roller skis – medium to fast speed
- Polar rs800 or Suunto T6 heart rate monitor

## **Sponsors and Supplier pools**

**Skier Responsibilities:** Sponsors are important to the survival of the Academy. Athletes will be expected to communicate with and service sponsors as defined by the Racing Director. Athletes are expected to conduct themselves in a manner that reflects well on Academy sponsors at all times.

1. Skis, boots and poles sponsorship will be the responsibility of each athlete. The Academy may be able to facilitate sponsor relationships in these categories through Academy contacts.
2. Wax and ski service sponsorship will remain the domain of the Academy. Athletes will be expected to support and promote Academy sponsors and waxing and ski service will be provided by the Academy.
3. Racing and training clothing will be provided by the Academy and its sponsors. Athletes will be expected to exclusively wear Academy clothing unless on Provincial Team or National Team supported trips
  - a. Club / Provincial Team logo may be displayed on the racing suit and on the training jacket at the Racing Directors discretion.
  - b. Racing and training clothing will accommodate commercial markings leaving room for each athlete's club logo. Allowance for individual sponsors will be made at the discretion of the Racing Director.

## **Volunteering and Community Service**

### **Athlete Updates for AWCA Publication**

Athlete updates that are thoughtful and well written are critical components of the Academy's sponsor acquisition/retention and of fundraising projects. All athletes will be expected to provide regular updates for publishing in a timely and thoughtful manner as defined by the Racing Director.

### **Community Service**

It is important to represent the Academy in a positive manner in the cross-country community. Each athlete will be expected to provide community service to the ski community on a regular basis as defined by the Racing Director.

In general, athletes will be expected to:

1. Attend home club training camps (e.g. Foothills Racing Rabbit Camp).
2. Attend National camps such as the Excite Camp.
3. Attend community service with their provincial team.
4. Attend community service with their home club
5. Athletes will be expected to volunteer for the AWCA up to 20hrs

All community service and volunteering activities will be approved by the Racing Director to ensure that it is compatible with individual training plans.

## **Coaching and Resources**

### **Coaches**

#### Mike Cavaliere, Racing Director

Mike is a former National Ski Team and Olympic coach with over a decade of experience coaching Canada's top athletes. During the 2007-2008 season Mike served as racing director for the Foothills Nordic Ski Club

#### Christian Flury, Head Coach

Christian came to the Academy in 2009 from Davos, Switzerland where he was the head coach of the Swiss Sports School Davos for the past 6 years. His extensive experience began as an athlete and he represented Switzerland at the 1996 World Junior Championships before transitioning into coaching and receiving a formal education at the Swiss Olympic Association's Federal Sport School.

#### Eric Groneveld, Apprentice Coach

Eric begins his second year with the Academy and has become an important part of the coaching staff. Eric is a Canmore native who has spent his whole life around skiing and began his coaching career after a successful junior racing career.

An integral part of the Alberta World Cup Academy is the development of coaches. Apprentice coaches will work with the Academy and founding clubs on a long term basis, providing valuable training opportunities and making a substantial contribution to the development of Academy athletes.

### **Resources**

#### Ken Hewitt, Athlete – Coach Liaison

Athletes wishing to address Academy coaching or staff issues may do so with Ken Hewitt, chairperson of the Alberta World Cup Academy Committee.

#### Rob Sofer, Strength Consultant

The Academy will have a designated strength consultant who will be responsible for designing the Academy's strength training program and assisting in technically sound and proper implementation.

#### Hugh Simpson, Physiotherapy

The Academy will have a designated physiotherapist who will be available to athletes with acute or chronic injury treatment needs as well as for assessments. Physiotherapy treatment costs are not covered by the Academy.

#### Rob Sofer, Nutrition

The Academy will have a designated nutritionist who will conduct group nutrition education sessions as well as individual nutrition consulting where required.

### Dr. Jeannie Armstrong, Medical Treatment

The Academy will have a relationship with a local general physician in the Bow Valley to provide medical support to team athletes when required. The team physicians will also coordinate further medical care where required and possible.

## **More About Us**

### **Alberta Cross Country World Cup Society - AWCS**

In 2005 The Alberta World Cup Society committed itself to legacy activities that will provide positive brand identification for the World Cup program and also ensure that the efforts of volunteers, athletes, officials and coaches have a lasting benefit to the sport of cross country skiing.

In October 2007, The AWCS formed the Alberta World Cup Academy Committee, to provide strategic direction on the nature and scope of legacy activities that will support Alberta World Cup Society objectives with respect to: Athletes, Coaches and Officials in the province of Alberta in the sport of cross-country skiing.

## **Founding Clubs – CNSC and FNSC**

### **Canmore Nordic Ski Club - CNSC**

The Canmore Nordic Ski Club has been in existence for over 20 years and formally organized under the provisions of the Alberta Societies Act for more than ten years. The CNSC is a strong grassroots/development club with over 500 members. Programs range from Jackrabbits (over 200), through Track Attack, and Junior racers, into Masters Training/Racing and Adult learn to ski programs. The club also has a very strong biathlon program.

### **Foothills Nordic Ski Club - FNSC**

Foothills Nordic Ski Club (FNSC) is an active club in Calgary. Incorporated in 1964, FNSC has a long history of touring, back country skiing, staging major events, organizing programs and developing elite cross-country and biathlon athletes.

## **Appendix A: Program Fees and Scholarship Schedule**

Program fees will cover the full costs of coaching, training, competition and travel to events of the Academy program.

- All team travel and accommodation for camps and competitions on the program calendar are covered by the program fees and will operate out of Calgary.
- Regular AWCA training programs will operate in the Bow Valley area and local travel for training is not covered by the Academy.
- Race Licenses and entry fees are not covered by program fees.

### **Scholarships**

Scholarship monies will be awarded towards payment of Academy fees upon accepting nomination to the Academy. Athletes receiving scholarships will pay remaining program fees as scheduled below.

**Tier 1 Scholarship of \$16,000.00** (\$8,000.00 annual fee<sup>1</sup>) (67% subsidy)

**Tier 2 Scholarship of \$13,000.00** (\$11,000.00 annual fee<sup>2</sup>) (54% subsidy)

**Tier 3 Scholarship of \$11,500.00** (\$12,500.00 annual fee<sup>3</sup>) (48% subsidy)

The estimated full cost of the 2010-2011 Academy program is **\$24,000.00**.

### **Payment Schedule**

Tier 1: 10 payments of \$500.00 will be made to the Academy on the 1<sup>st</sup> of each month from June 2010 through March 2011 with \$3,000.00 payable upon accepting nomination into the Academy on May 1<sup>st</sup> 2010.

Tier 2: 10 payments of \$800.00 will be made to the Academy on the 1<sup>st</sup> of each month from June 2010 through March 2011 with \$3,000.00 payable upon accepting nomination into the Academy on May 1<sup>st</sup> 2010.

Tier 3: 10 payments of \$950.00 will be made to the Academy on the 1<sup>st</sup> of each month from June 2010 through March 2011 with \$3,000.00 payable upon accepting nomination into the Academy.

The Alberta World Cup Academy retains the right to accept or deny any application.

## **Appendix B: Applying for the Academy**

Athletes interested in applying for the Alberta World Cup Academy should do so using this one-page form. Completed applications should be sent to Assistant High Performance Director Stephane Barrette at sbarrette@cccski.com **prior to April 1<sup>st</sup>, 2010.**

If you have specific questions about the Alberta World Cup Academy please visit our website [www.albertaworldcup.com](http://www.albertaworldcup.com) or contact Mike Cavaliere by emailing [mcavaliere@albertaworldcup.com](mailto:mcavaliere@albertaworldcup.com) or calling 1-403-678-1441.

The letter of interest must include the order of the athlete's preferred NDC. A Canadian Points List of Development Squad eligible athletes (single best race points among NST selection list races, skate or classic), up to March 5<sup>th</sup>, can be found here [www.cccski.com/main.asp?cmd=doc&ID=4233](http://www.cccski.com/main.asp?cmd=doc&ID=4233). The final Development Squad selection list will be published at the end of the 2009-2010 season.

By applying to the Academy athletes are making a year round commitment to the program and agree to reside in the Bow Corridor if nominated.

Application deadline: **April 1<sup>st</sup>, 2010**

Acceptance and first payment date: May 1<sup>st</sup>, 2010.

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

FIS#: \_\_\_\_\_ CCC License #: \_\_\_\_\_

Phone #: \_\_\_\_\_

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

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

CPL points: Distance \_\_\_\_\_ Sprint \_\_\_\_\_

FIS points: Distance \_\_\_\_\_ Sprint \_\_\_\_\_

Single best CPL: Distance \_\_\_\_\_ Sprint \_\_\_\_\_

### NDC Choice

#1: \_\_\_\_\_

#2: \_\_\_\_\_

#3: \_\_\_\_\_

Long Term Athletic Goals: