

# Alberta Amateur Speed Skating Association

## Skater Development Bulletin 2011-12

Sept 12, 2011



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## The Skater Development Bulletin and Committee

### 1. Objectives and Goals

The objectives and goals of the Skater Development Bulletin (SDB) and the Skater Development Committee (SDC) are to implement the Long Term Participation and Athlete Development (LTPAD) principles while:

- 1.1. assisting in the development of skaters at all levels up to the Nationally Supported Level.
- 1.2. creating and implementing criteria for the selection of Provincial A, B, C, and Development Teams, the Badge Program, distribution of funds and other related matters;
- 1.3. providing competition guidance to assist in the implementation of LTPAD principles;
- 1.4. providing a set of guidelines and protocols to be followed in situations arising; and
- 1.5. helping to ensure a safe environment

### 2. The Skater Development Committee Structure

- 2.1. The SDC consists of the Vice President (VP) Skater Development, the Short Track (ST) and Long Track (LT) Skater Representatives, and when possible, one appointed member from each club. The committee shall work with the Technical Director (TD).
- 2.2. SDC members must be paid-up members in the current season of an Alberta speed skating club and of the Alberta Amateur Speed Skating Association (AASSA).
- 2.3. The club representatives are the liaison between the clubs and the SDC and are responsible for communicating between the clubs and the SDC.
- 2.4. The VP Skater Development is elected at the AASSA Annual General Meeting (AGM).
- 2.5. Club Representatives are elected or appointed to the SDC by their club's executive.
- 2.6. The SDC reports to the AASSA Executive and Board.
- 2.7. The full SDC meets at least three times a year to meet their objectives and goals.
- 2.8. The VP Skater Development can call a closed meeting to discuss confidential issues.
- 2.9. When an urgent decision is required concerning matters covered in this Bulletin and the full SDC is not scheduled to meet such that the SDC can consider the matter, the VP Skater Development may use his or her discretion by applying the following guidelines:
  - 2.9.1. If the decision is required immediately, and no other SDC members nor the TD can be contacted immediately, the VP may make the necessary decision alone.
  - 2.9.2. If the VP has time to consult with other SDC members, they may form an ad hoc committee of at least two other SDC members plus the TD. The full SDC should be informed of any such

decision as soon as possible after the decision is made.

2.10. Three members of the SDC can call a meeting of the full SDC.

2.11. If an SDC member is asked (or asks) to withdraw from a discussion due to a perceived conflict of interest, then the committee member may have another member of their club act in their place during discussions and for voting purposes. Athlete representatives can have other qualified athletes act in their place.

### **3. Authority of the SDC**

3.1. The SDC shall decide and resolve matters:

3.1.1. of eligibility of Alberta skaters to the Provincial A,B,C and Development Teams and Badge Program;

3.1.2. of allocation of Alberta suits to regional and national age class competitions;

3.1.3. of branch approval and registration to all LT and ST competitions;

3.1.4. pertaining to the Provincial Teams or the Skater Development Bulletin (SDB).

3.2. The SDC has the right to modify or change the policies in the SDB when exceptional circumstances arise, where such changes are clearly in the best interest of the Skater Development program. In these situations, any changes will be made public as soon as they are confirmed by the SDC.

3.3. Requests to the SDC to modify or change the policies in the SDB pursuant to section 3.2 shall be made by the Technical Director, club representatives, or the Chair of the SDC.

### **4. The Appeal Process**

Any skater, coach, or club may appeal the decision of the SDC, in which case the following procedure will be followed:

4.1. the matter shall be referred to the AASSA Ombudsman Committee;

4.2. the AASSA Ombudsman Committee will consider the document or criteria that the decision was based on; statements from the body who made the decision; and statements from the appellant;

4.3. the AASSA Ombudsman Committee will indicate when a decision will be made;

4.4. the decision will be sent to the appellant in writing; and

4.5. the general membership of AASSA will be made aware of the decision by memo when appropriate.

## 5. Naming of Provincial Teams and Skater Development Bulletin (SDB) Release Date Objective

The SDB should be released as soon as possible each year with the names of the Provincial Team. The objective will be to release the updated SDB by the July 31 preceding the season it governs, provided the national ranking lists are available and subject to any changes necessitated by developments at the SSC AGM.

## Speed Skating Canada (SSC) Competitions

### 6. SSC Age Categories

The following age categories for ST and LT Mass Start competitions will be implemented for the 2011-12 season

| CATEGORY NAME           | SKATER'S AGE |         | CALCULATION OF AGE                                |
|-------------------------|--------------|---------|---|
|                         | MALE         | FEMALE  |   |
| FUNDAMENTALS (FUND)     | 6 to 9       | 6 to 8  | Age of participant on July 1st prior to the event |
| LEARNING TO TRAIN (L2T) | 10 to 12     | 9 to 11 |   |
| TRAINING TO TRAIN (T2T) | 12           | 11      | Age of participant on July 1st prior to the event |
|                         | 13           | 12      |   |
|                         | 14           | 13      |   |
|                         | 15           | 14      |   |
| JUNIOR B                | 15 or 16     |         | Age of participant on July 1st prior to the event |
| JUNIOR A                | 17 or 18     |         |   |
| NEO SENIOR B            | 19 or 20     |         |   |
| NEO SENIOR A            | 21 or 22     |         |   |
| SENIOR                  | 23+          |         |   |
| MASTERS 30+             | 30+          |         |   |
| MASTERS 35+             | 35+          |         |   |
| MASTERS 40+             | 40+          |         |   |
| MASTERS 45+             | 45+          |         |   |
| MASTERS 50+             | 50+          |         |   |
| MASTERS 55+             | 55+          |         |   |
| MASTERS 60+             | 60+          |         |   |
| MASTERS 65+             | 65+          |         |   |
| MASTERS 70+             | 70+          |         |   |
| MASTERS 75+             | 75+          |         |   |
| MASTERS 80+             | 80+          |         |   |
| MASTERS 85+             | 85+          |         |   |

In any one meet, a skater is limited to the events of an age category. A skater may compete in a different category if it is deemed to be developmentally appropriate in accordance with guidelines established by SSC's Competitions Development Committee.

For SSC Championships, a skater under the age of 23 may only skate in an their age category or an older age category.

## 7. International Skating Union (ISU) Age Categories

The following age categories for ST and LT ISU competitions will be implemented for the 2011-12 season;

Junior a skater who has reached the age of 14 but not the age of 19, by July 1 2011

Senior a skater who has reached the age of 19, by July 1<sup>st</sup> 2011

## 8. SSC Sanctioned Events

The following table sets out the distances officially recognized by SSC for the age categories. Distances for Fundamentals, L2T and T2T are based on the 100m track. Distances for Junior B, A and Senior categories are based on the 111m track. For Alberta competitions, please refer to the AASSA Competition Bulletin posted on the AASSA web site.

|                         | SKATER'S AGE |         | SHORT TRACK                               |  | LONG TRACK  |   |
|-------------------------|--------------|---------|---|--|---|---|
|                         | MALE         | FEMALE  | INDIVIDUAL                                | TEAM                                       | INDIVIDUAL  | TEAM  |
| FUNDAMENTALS (FUND)     | 6 to 9       | 6 to 8  | 27m*, 50m, 100m, 200m                     | N/A  | 25m, 50m, 100m, 200m  | N/A   |
| LEARNING TO TRAIN (L2T) | 10 to 12     | 9 to 11 | 27m*, 50m, 100m, 200m, 300m, 3000m        | Relay: 2000m                               | 25m, 50m, 100m, 200m, 300m, 400m, 3000m   | Relay: 5 laps                               |
| TRAINING TO TRAIN (T2T) | 12           | 11      | 27m*, 100m, 200m, 300m, 400m, 500m, 3000m |  | Relay: 3000m  |   |
|                         | 13           | 12      |   | 100m, 200m, 300m, 400m, 500m, 1500m, 3000m |   | 100m, 200m, 300m, 500m, 2400m, 3000m, 5000m |
|                         | 14           | 13      |   |  |   |   |
|                         | 15           | 14      |   |  |   | Relay: 5 laps<br>Team Pursuit: 6 or 8 laps  |
| JUNIOR B                | 15 or 16     |         | 111m, 500m, 1000m, 1500m, 3000m           | Relay: 3000m, 5000m                        | 100m, 500m, 1000m, 1500m, 3000m, 5000m  | Team Pursuit: 6 or 8 laps                   |
| JUNIOR A                | 17 or 18     |         |   |  |   |   |
| NEO SENIOR B            | 19 or 20     |         |   |  |   |   |
| NEO SENIOR A            | 21 or 22     |         |   |  |   |   |
| SENIOR                  | 23+          |         |   |  |   |   |
| MASTERS 30+             | 30+          |         | 500m, 777m, 1000m, 1500m                  | Relay: 3000m                               | 500m, 1000m, 1500m, 3000m<br>Marathon Distances: see special regulations for marathon | Team Pursuit: 6 or 8 laps                   |
| MASTERS 35+             | 35+          |         |   |  |   |   |
| MASTERS 40+             | 40+          |         |   |  |   |   |
| MASTERS 45+             | 45+          |         |   |  |   |   |
| MASTERS 50+             | 50+          |         |   |  |   |   |
| MASTERS 55+             | 55+          |         |   |  |   |   |
| MASTERS 60+             | 60+          |         |   |  |   |   |
| MASTERS 65+             | 65+          |         |   |  |   |   |
| MASTERS 70+             | 70+          |         |   |  |   |   |
| MASTERS 75+             | 75+          |         |   |  |   |   |
| MASTERS 80+             | 80+          |         |   |  |   |   |
| MASTERS 85+             | 85+          |         |   |  |   |   |

Time may also be used to set the duration of a race in for both individual and team events with result being determined based on the total number of laps completed by the individual or team. The following durations are officially recognized by SSC for all age categories beginning with the Training to Train stage of development:

a) 10 minute individual race                      b) 10 minute two person relay

## Provincial A, B, C, and Development Teams for the 2012-13 Season

### 9. General

9.1. The SDC will use sections 10 to 18 of the SDB to define how athletes will qualify for the 2012-13 Provincial Team and how PT athletes will receive funding and/or service support for the 2011-12 season. The objectives of the support for the Provincial Teams are:

9.1.1. to help provide a pathway for club skaters to progress to the National Team; and

9.1.2. to provide support based on the level and needs of each skater on the Provincial Teams so that they can progress to the National Team

9.2. The Alberta Provincial Team consists of A, B, C, and Development Teams in both Short Track and Long Track. The size of each team is not limited and is comprised of those skaters meeting the requirements in the following areas which are further detailed in sections 10 to 18 of the SDB:

- Eligibility
- Commitment
- Performance Criteria
  - Performance Level
  - Rate of Performance Improvement - for A,B and C Teams only, skaters can achieve a higher level of status and support if in addition to meeting the performance level for Provincial A, B or C Teams they show a rate of improvement that projects them to be at the level of National Development Team level in a given number of years. this will be referred to as on the National Team Path (NTP).

### 10. Eligibility

10.1. To be eligible for any Provincial Team selection or support from AASSA a skater must:

10.1.1. be a paid-up member of an Alberta speed skating club prior to December 31<sup>st</sup> of the season in which they qualify for the Provincial A, B, C, or Development Teams, and

10.1.2. be a paid-up member of an Alberta speed skating club prior to December 31<sup>st</sup> of the season in which they are receiving support from AASSA, and

10.1.3. be a paid-up member of AASSA in the season in which they qualify for the Provincial A, B, C, or Development Teams, and

10.1.4. be a paid-up member of AASSA in the season in which they are receiving support from AASSA, and

10.1.5. hold a Speed Skating Canada (SSC) Competitive 1 membership prior to December 31<sup>st</sup>, of the season in which they qualify for the Provincial A, B, C, or Development Teams, and

10.1.6. hold a Speed Skating Canada (SSC) Competitive 1 membership prior to December 31<sup>st</sup>, of the season in which they are receiving support from AASSA, and

- 10.1.7. not be named for that season to the National Team, National Development Team or a Talent Squad\* (e.g. 2018 Team), and (\*if this status includes at least a half card from Sport Canada for that season)
- 10.1.8. have their permanent residency in Alberta unless they reside in a neighbouring province and the Alberta Speed Skating club in which they are a member is the nearest club to their home in that neighbouring province, and
- 10.1.9. be a Canadian citizen, or landed immigrant, and
- 10.1.10. have resided in Alberta in the previous 2 years, or currently reside in Alberta and are new to the sport of speed skating in the last two seasons, and
- 10.1.11. have not been a skater registered in another province in the previous 2 years, and
- 10.1.12. must not have received any funding from any other provincial or national speed skating organization (other than SSC) in the last 2 years.
- 10.1.13. However, skaters under the age of 18 who have relocated their place of permanent residency with their parents to Alberta will be exempted from requirements 10.1.10 to 10.1.12.

#### **Alberta Skaters Residing Outside the Province**

- 10.2. Provincial A,B,C and Development Team skaters who are temporarily living outside of Alberta can remain a PT member and receive support if they:
  - 10.2.1. are registered with an Alberta Club, and
  - 10.2.2. are following a training program approved by the skater's coach and the SDC, and
  - 10.2.3. continue to meet the performance criteria, and
  - 10.2.4. do not become a member of a high performance team in another province or country, and
  - 10.2.5. do not receive funding from another province or country.

#### **Alberta Skaters Returning to Alberta After Competing for Other Provinces/Countries**

- 10.3. Athletes who have been skaters in Alberta and who have temporarily resided outside of Alberta where they have skated for other provinces/countries in competition, can be reinstated as an Alberta Skater, apply for funding, and become eligible for the Alberta PT if:
  - 10.3.1. before residing outside Alberta, they requested in writing a leave of absence and the request was granted by the VP Skater Development, and
  - 10.3.2. their stay outside of Alberta was not more than 3 years, and
  - 10.3.3. at the time of relocation the skater was under the age of 18 years and relocated with his/her parents, and

10.3.4. they have a SSC Competitive 1 registration, and

10.3.5. they meet the required criteria for the Provincial Team (A, B, C, or Development).

## 11. Short Track Team Selection

Skaters will be selected to the Provincial A, B, C and Development Short Track Teams for the 2012-13 Season when the following criteria has been met:

### 11.1. Commitment:

Skaters continually show a commitment to a training program that is deemed appropriate for their age and development as determined by the skater's coach and the SDC. This must hold true for:

- the season during which they qualify for the Provincial Team, and
- the season during which they are to be supported by AASSA while on the Provincial Team.

### 11.2. Provincial A, B and C Team Performance Criteria:

For Provincial A,B and C Teams, the skaters must obtain a result\* on the 111m track in each of the specified distances in any Provincial, SSC or ISU sanctioned Short Track competition which occurred between July 1, 2011 and June 30, 2012, and that each result, when compared to Canadian Senior Records<sup>1</sup> on the 111m track that stand at the end of the 2010-11 season, must meet the following criteria:

\*(Electronic and manual times will be used with manual times having 0.2 seconds added to them.)

#### 11.2.1. Provincial Short Track A Team

**Performance level:** Either under 106% using an average of percentages from the skater's best\*\* 500m, 1000m and 1500m (or) a placing in the top 25 overall from one of the Canadian Short Track Senior Trials. (25 is decreased by the number of National Team Short Track members absent at Trials due to competing in World Championships, Olympics or other International competition).

\*\*Times can come from different competitions

**Rate of Performance Improvement:** Skaters will achieve National Team Path (NTP) status for the Provincial A Team if, in addition to meeting the A Team performance criteria, they show a rate of performance improvement that projects them meeting the National Development Team Level in 3 years or less. For ST, the National Development Team level is under 104% using the Canadian Senior Records.

**Rate of Performance Improvement Calculation – Short Track:**

*Rate of Performance Improvement will be determined by: Calculating the ratio of the most current season's average % over the Canadian records of the 3 distances compared to the previous season's. Then multiplying the current season's average % of the 3 combined distances over the Canadian record by this ratio to project the next seasons' projected percentages. Continue calculating to project future season's percentages to predict how many years to be under the given percentage for NTP Status.*

Example rate of improvement calculation:

Previous season: 2010-11 average % over Can record = 11%

Current Season: 2011-12 average % over Can record = 8%

Next Season: Ratio is  $8/11 = 0.73$  so for next season the projected % would be  $8\% \times 0.73 = 5.8\%$

In 2 Season's  $5.8\% \times 0.73 = 4.2\%$

In 3 Season's  $4.2\% \times 0.73 = 3.1\%$ .

*This means that the skater is projected to be under 104% of the Can record in 3 seasons based on their level of improvement from the previous season (2010-11).*

**11.2.2. Provincial Short Track B Team**

**Performance level:** Under 110% using an average of percentages from their best\* 500m, 1000m and 1500m or qualifying for one of the Canadian Short Track Senior Trials.

\*Times can come from different competitions

**Rate of Performance Improvement:** Skaters will achieve National Team Path (NTP) status for the Provincial B Team if, in addition to meeting the B Team performance criteria, they show a rate of performance improvement that projects them meeting the National Development Team Level in 5 years or less. For ST, the National Development Team level is under 104% using the Canadian Senior Records.

**11.2.3. Provincial Short Track C Team**

**Performance level:** Under 115% using an average of percentages from their best\* 500m, 1000m and 1500m.

\*Times can come from different competitions

**Rate of Performance Improvement:** Skaters will achieve National Team Path (NTP) status for the Provincial C Team if, in addition to meeting the C Team performance criteria, they show a rate of performance improvement that projects them meeting the National Development Team Level in 7 years or less. For ST, the National Development Team level is under 104% using the Canadian Senior Records.

### 11.3. Provincial Short Track Development Team

**Age:** Skaters must be Junior A, B or C\* ISU age in the season that they qualify for the Provincial Development Team

\*ISU Junior C skaters can qualify for the Alberta Provincial Development Team only if they have been approved by the SDC to compete as an ISU Junior in that season.

**Performance level:** Under 115% using an average of the skater's percentages from their best\* 500m, 1000m and 1500m on the 111m track in a Provincial, SSC or ISU sanctioned Short Track Event done between July 1, 2011 and June 30, 2012 when compared to the Canadian Junior ISU records on the 111m track that stand at the end of the 2010-11 season.

\*Times can come from different competitions

### 11.4. Using Times skated outside Calgary – Short Track

To fairly allow times skated by Alberta Skaters on slower and faster ice surfaces outside of the Calgary Olympic Oval Short Track Facility, the SDC will use the following approach to adjust times skated on other ice surfaces for comparison to the Canadian Records for the purpose of Provincial Team Qualification.

The 500m times of the 10 skaters with the best 500m times from the non-Calgary competition who also skated in the most recent Calgary competition in the current season will be averaged and then compared to the averaged times of those same skaters best 500m times from the Calgary competition. The comparison will provide an adjustment ratio to apply to the Canadian Record for the slower (or faster) ice outside of Calgary that can be used to provide an adjusted record. This adjusted record will be used to determine the percentages skated at that competition. The same adjustment ratio will be used to adjust all times for all distances at that competition.

#### Example of ST Adjustment for non-Calgary Competition:

| Calgary  |                 |        | Non-Calgary |                 |        |
|----------|-----------------|--------|-------------|-----------------|--------|
|          | Canadian Record | 40.347 |             | adjusted record | 41.48  |
|          | time            | %      |             | time            | %      |
| skater A | 40.55           | 100.50 | skater A    | 41.87           | 100.95 |
| skater B | 40.60           | 100.63 | skater B    | 41.98           | 101.21 |
| skater C | 40.79           | 101.10 | skater C    | 42.11           | 101.53 |
| skater D | 40.98           | 101.57 | skater L    | 42.22           | 101.79 |
| skater E | 41.22           | 102.16 | skater D    | 42.28           | 101.94 |
| skater F | 41.23           | 102.19 | skater E    | 42.34           | 102.08 |
| skater G | 41.45           | 102.73 | skater J    | 42.79           | 103.17 |
| skater H | 41.65           | 103.23 | skater F    | 42.88           | 103.38 |
| skater I | 41.71           | 103.38 | skater G    | 43.01           | 103.70 |
| skater J | 42.29           | 104.82 | skater H    | 43.06           | 103.82 |
| skater K | 42.35           | 104.96 | skater K    | 43.27           | 104.32 |
| skater L | 42.40           | 105.09 | skater N    | 43.42           | 104.69 |
| skater M | 42.56           | 105.48 | skater I    | 43.64           | 105.22 |
| skater N | 42.68           | 105.78 | skater M    | 43.86           | 105.75 |
| skater O | 42.88           | 106.28 | skater O    | 44.12           | 106.37 |
| Average  | 41.69           |        | Average     | 42.86           |        |

Adjusted record =  $40.34 \times 42.86 / 41.69 = 41.48$  (same ratio of 1.028 is used to adjust other distance records at the same competition)

## 12. Long Track Team Selection

Skaters will be selected to the Provincial A, B, C and Development Long Track Teams for the 2012-13 Season when the following criteria has been met:

12.1. **Commitment:** Skaters continually show a commitment to a training program that is deemed appropriate for their age and development as determined by the skater's coach and the SDC. This must hold true for:

- the season during which they qualify for the Provincial Team, and
- the season during which they are to be supported by AASSA while on the Provincial Team.

### 12.2. Provincial A, B and C Team Performance Criteria:

For Provincial A,B and C Teams, skaters must obtain a result\* in any Provincial, SSC, or ISU sanctioned Olympic Style competition which occurred between July 1, 2011 and June 30, 2012, and that result when compared to Canadian Senior Olympic Style Records that stand at the end of the 2010-11 season, must meet the following criteria:

\*(Electronic and manual times will be used with manual times having 0.2 seconds added to them)

#### 12.2.1. Provincial Long Track A Team

**Performance level:** Females: Under 108% in the 500m or 1000m or:  
Under 109% in the 1500m or:  
Under 111% in the 3000m or 5000m.  
Males: Under 106% in the 500m or 1000m or 1500m or:  
Under 108% in the 5000m or 10000m

**Rate of Performance Improvement:** Skaters will achieve National Team Path (NTP) status for the Provincial A Team if, in addition to meeting the A Team performance criteria in at least one distance, they show a rate of performance improvement that projects them meeting the National Development Team Level in 3 years or less in that same distance. For Long Track, the National Development Team level is:

Females: Under 106% in the 500m and 1000:  
Under 107% in the 1500m:  
Under 109% in the 3000m and 5000m.  
Males: Under 104% in the 500m, 1000m and 1500m:  
Under 106% in the 5000m and 10000m

**Rate of Performance Improvement Calculation – Long track**

*Rate of Performance Improvement will be determined by: Calculating the ratio of the most current season's best % over the Canadian record in one distance compared to the previous season's. Then multiplying the current season's % in that distance over the Canadian record by this ratio to project the next seasons' projected percentage. This calculation will be continued to project future season's percentages to predict how many years to be under the given percentage for NTP Status.*

Example rate of improvement calculation:

*Previous season: 2010-11 average % over Can record = 11%*

*Current Season: 2011-12 average % over Can record = 8%*

*Next Season: Ratio is  $8/11 = 0.73$  so for next season the projected %*

*would be*

$$8\% \times 0.73 = 5.8\%$$

*In 2 Season's  $5.8\% \times 0.73 = 4.2\%$*

*In 3 Season's  $4.2\% \times 0.73 = 3.1\%$ .*

*This means that the skater is projected to be under 104% of the Can record in 3 seasons based on their level of improvement from the previous season (2010-11).*

**12.2.2. Provincial Long Track B Team**

**Performance level:** Females: Under 112% in the 500m or 1000m or:  
Under 113% in the 1500m or:  
Under 115% in the 3000m or 5000m.  
Males: Under 110% in the 500m or 1000m or 1500m or:  
Under 112% in the 5000m or 10000m

**Rate of Performance Improvement:** Skaters will achieve National Team Path (NTP) status for the Provincial B Team if, in addition to meeting the B Team performance criteria in at least one distance, they show a rate of performance improvement that projects them meeting the National Development Team Level in 5 years or less in that same distance. For Long Track, the National Development Team level is:

Females: Under 106% in the 500m and 1000:  
Under 107% in the 1500m:  
Under 109% in the 3000m and 5000m.  
Males: Under 104% in the 500m, 1000m and 1500m:  
Under 106% in the 5000m and 10000m

### 12.2.3. Provincial Long Track C Team

**Performance level:** Females: Under 117% in the 500m or 1000m or:  
Under 118% in the 1500m or:  
Under 120% in the 3000m or 5000m.  
Males: Under 115% in the 500m or 1000m or 1500m or:  
Under 117% in the 5000m or 10000m

**Rate of Performance Improvement:** Skaters will achieve National Team Path (NTP) status for the Provincial C Team if, in addition to meeting the C Team performance criteria in at least one distance, they show a rate of performance improvement that projects them meeting the National Development Team Level in 7 years or less in that same distance. For Long Track, the National Development Team level is:

Females: Under 106% in the 500m and 1000:  
Under 107% in the 1500m:  
Under 109% in the 3000m and 5000m.  
Males: Under 104% in the 500m, 1000m and 1500m:  
Under 106% in the 5000m and 10000m

### 12.3. Provincial Long Track Development Team

**Age:** Skaters must be Junior ISU age in the season that they qualify for the Provincial Development Team

**Performance level:** Skaters must obtain a result in at least one distance in a Provincial, SSC or ISU sanctioned Olympic Style Event done between July 1, 2011 and June 30, 2012 that when compared to Canadian Junior Olympic Style Records that stand at the end of the 2010-11 season achieves one of the following percentages:

Females: Under 117% in the 500m or 1000m or:  
Under 118% in the 1500m or:  
Under 120% in the 3000m or 5000m.  
Males: Under 115% in the 500m or 1000m or 1500m or:  
Under 117% in the 5000m or 10000m

### 12.4. Using Times skated outside Calgary – Long Track

To fairly allow times skated by Alberta Skaters on slower and faster ice surfaces outside of the Calgary Olympic Oval Facility, the SDC will use the following approach to adjust times skated on other ice surfaces for comparison to the Canadian Records for the purpose of Provincial Team Qualification.

The times in each distance of the top skaters (minimum of 10 results used) who skated at the non-Calgary competition and also competed in the same distance in the most recent Calgary competition in the current season will be averaged and then compared to the average times of those same skaters for those same distances in the Calgary competition. The ratio of this comparison will be used to adjust the Canadian Record by the same ratio in that distance. This adjusted Canadian Record will then be used to determine the percentages skated in that distance in the non-Calgary competition. This same calculation and adjustment process will be

applied separately for each distance as ice conditions can change from distance to distance and day to day.

**Example of LT Adjustment for non-Calgary Competition:**

| Calgary  |                 |         | Non-Calgary |                 |         |
|----------|-----------------|---------|-------------|-----------------|---------|
|          | Canadian Record | 1:13.11 |             | adjusted record | 1:19.66 |
|          | time            | %       |             | time            | %       |
| skater A | 1:18.60         | 107.51  | skater A    | 1:24.29         | 105.82  |
| skater B | 1:19.11         | 108.21  | skater B    | 1:25.07         | 106.80  |
| skater C | 1:19.56         | 108.82  | skater C    | 1:26.54         | 108.64  |
| skater D | 1:20.16         | 109.64  | skater L    | 1:26.71         | 108.86  |
| skater E | 1:20.50         | 110.11  | skater D    | 1:26.86         | 109.04  |
| skater F | 1:20.71         | 110.40  | skater E    | 1:26.89         | 109.08  |
| skater G | 1:20.88         | 110.63  | skater J    | 1:27.64         | 110.02  |
| skater H | 1:20.88         | 110.63  | skater F    | 1:28.47         | 111.07  |
| skater I | 1:21.06         | 110.87  | skater G    | 1:28.86         | 111.56  |
| skater J | 1:21.65         | 111.68  | skater H    | 1:28.88         | 111.58  |
| skater K | 1:21.68         | 111.72  | skater K    | 1:29.52         | 112.38  |
| skater L | 1:22.25         | 112.50  | skater N    | 1:30.70         | 113.87  |
| skater M | 1:22.50         | 112.84  | skater I    | 1:30.74         | 113.92  |
| skater N | 1:23.36         | 114.02  | skater M    | 1:32.16         | 115.70  |
| skater O | 1:23.83         | 114.66  | skater O    | 1:32.33         | 115.91  |
| Average  | 1:21.12         |         | Average     | 1:28.38         |         |

$$\text{adjusted record} = 1:28.38 / 1:12.12 \times 1:13.11 = 1:19.66$$

**13. Support Amount**

13.1. The amount of support, including funding, provided to each Provincial Team member in a specific year depends on the number of qualifying skaters and the budget available. In general, and unless noted otherwise, funding and services from AASSA to its members is to be considered as an award as opposed to a reimbursement.

13.2. All skaters who are named to, and continue to meet the eligibility and criteria for, the Provincial Team (A,B,C, or Development) will be awarded the following:

13.2.1. Racing skin suit (A, B, C Teams) and team jacket (A, B, C + Development Teams);

13.2.2. Funding based on the following:

Each skater will be assigned a factor point based on their Provincial Team Status. The factor points of all skaters will be added up and divided into the Provincial Team Support budget for that season to determine the dollar value of one factor point. Each skater's assigned points will be multiplied by this dollar value to determine their funding support.

Assigned factor points are determined as follows:

|   |     |
|---|-----|
| A Team – Performance level and NTP Status | 3   |
| A Team – Performance Level only           | 2   |
| B Team – Performance level and NTP Status | 2   |
| B Team – Performance Level only           | 1   |
| C Team – Performance level and NTP Status | 1   |
| C Team – Performance level only           | 0.5 |
| Development Team                          | 0.5 |

13.2.3. Extra services that AASSA determines it can offer

(e.g. Alberta Sport Development Centre support)

## 14. Support Limitations

- 14.1. Skaters who were funded at NTP status for the season and who then fail to meet the same NTP status for the following season can, for one time at that Team Level (A,B or C), maintain their funding level for the following season if:
- 14.1.1. they continue to fulfil their commitment requirements and;
  - 14.1.2. they still meet the Performance Level for that Team level (A,B or C)
- 14.2. Skaters can only be funded at the same NTP level for 4 years in total. After this they will be lowered to Performance Level status if they still meet the time requirements.
- 14.3. Skaters can only be funded at the same Performance level without NTP Status for 3 years in total. This would include any season where they dropped down to a lower level. Beyond 3 years their funding will be removed if they do not achieve NTP status.
- 14.4. Not withstanding sickness or injury (Section 15),skaters can drop down one level on the Provincial Team only once and receive funding for that lower level for one season. For example, if they received Provincial A Team funding one year, and their performance drops to B Team level the next season, they can qualify for Provincial B Team funding for only that one season. To receive funding beyond that season they would have to re-qualify for Provincial A Team and have not already received 4 years funding at A Team NTP level (Section 14.2) or 2 years at A Team Performance Level only(Section 14.3).

## 15. Sickness or Injury

The SDC may choose to provide the same level of support from the previous season in cases where a skater's performance levels off or drops off from the season before if:

15.1. The skater had an injury or illness that is judged to have affected their ability to produce their best or normal results by season's end. The SDC will make this judgement based on performance results, input from the skater's coach and a report of the injury or illness identified by the skater as the reason for their failure to produce their best or normal level of results for the season. This Report must be from a medical doctor or other qualified professional in a related field (i.e. Physiotherapist) and must be provided if the skater's request is to be considered.

and;

15.2. The skater demonstrates a need (supported by the skater's coach) for training support even if injured. For example, this could be in the form of physiotherapy treatments or rehabilitation, or for training expenses if the athlete can still train but not perform at normal levels.

## 16. Eligible Areas for Support

16.1. A skater may use their funding (from section 13) for various training expenses as determined by the skater in consultation with their coach and approved by the SDC and /or the Technical Director. **All expense claims made using 2011-12 PT athlete funding must be received in the AASSA office by April 1, 2012. Any claims made after this date will not be eligible for reimbursement, even if the athlete had unused portion of funding for that season.** Examples of expenses that may be deemed as appropriate:

- Travel to appropriate competitions
- Training camps
- Testing
- Program Fees (a maximum of 1/2 of a skater's funding can be spent on Program Fees)
- Equipment
- Sport Medicine
- Sport Science (Sport Psychologist, Nutritionist etc)

## 17. (Alberta) National Team (NT) and National Development Team (NDT) Members

Alberta skaters who lose a place on the NT/NDT at the end of the 2011-2012 season will be eligible to qualify for funding and support under the same criteria as the other Provincial Team members.

## **18. Provincial Team Member Requirements**

All Provincial Team members must, for the season for which they receive funding or support by AASSA:

- 18.1. Complete their team package which may include some of the following items; skater profiles, Alberta Health Care numbers, the AASSA Member Code of Conduct (see appendix B) and medical forms.
- 18.2. Demonstrate their commitment, professionalism, respect and punctuality by attending all Alberta Provincial Team functions, attending all Provincial Team meetings, attending all sponsor recognition programs, wearing the Alberta team skin suits at all relevant competitions, providing support for the AASSA staff and volunteers and providing information as requested
- 18.3. Be proactive regarding the avoidance of banned substances. Provincial Team Members are expected to be informed and to attend the drug seminars that are offered in their area when possible
- 18.4. Wear their provincial team suits, in all National or National Regional competitions unless released from that responsibility by the VP Skater Development or Technical Director e.g. if the suit fits poorly. Otherwise, failure to wear the suit, or loaning it, will result in disciplinary action, including possible loss of funding.
- 18.5. Volunteer for a total of 6 hours at any AASSA sanctioned event during the season for which they receive funding or support. Some examples of volunteer hours are: Competitions, Casinos, Club Demos, Speed Skate Cellar

## **19. Marketing and Promotion of AASSA's Provincial Teams**

Provincial Team members shall comply with all reasonable direction and instruction given to him/her by AASSA and its representatives in connection with the marketing and promotion of the Alberta Provincial Team. At this time and until a marketing policy is formalized, the following shall apply;

- 19.1. AASSA retains the right to determine all commercial markings to be worn on AASSA skin suits and warm-ups,
- 19.2. All sponsorship details arranged privately by PT members must be approved through the AASSA office and the SDC.

## **20. Alberta Team Skin Suits and Warm-ups**

- 20.1. Current Team skin suits are not to be worn by anyone who is not a current member of an Alberta team.
- 20.2. For Regional or National age class competitions Alberta skin suits will be loaned by AASSA to those skaters representing Alberta
- 20.3. Alberta skin suits may be awarded to those skaters who are identified as on the National Team Talent Squad but will not receive a National Team Suit

## **21. Skater Representative Elections**

- 21.1. Skater representatives for the LT and ST Provincial Teams will be elected the day of the annual AASSA Planning Weekend:
- 21.2. This will be done under the supervision of a designated AASSA Executive member by secret ballot.
- 21.3. If a skater representative should resign during the season then another election may be held at the next possible assembly of skaters.
- 21.4. If a skater representative cannot attend an SDC meeting, an alternate representative may be appointed by that skater representative.

## **22. Evaluation of the Coaching Program and AASSA Support**

An annual evaluation will be performed regarding the effectiveness of the coaching and support provided to Provincial Team members. This evaluation will be based on:

- 22.1. Progression of skaters relative to the national ranking and personal best times;
- 22.2. An annual survey;
- 22.3. NTC Program Evaluation Forms; and
- 22.4. Personal interviews with PT members

## Badge Program

### 23. Eligibility

All Alberta Skaters registered in an Alberta Club are eligible to

23.1. Purchase an Alberta Jacket

23.2. Earn Performance Badges based on the following criteria:

| Short Track |      | Performance Levels 100m Track |                   |                   |                 |
|-------------|------|-------------------------------|-------------------|-------------------|-----------------|
|             |      | Level 4<br>Iron               | Level 3<br>Bronze | Level 2<br>Silver | Level 1<br>Gold |
| Female      | 300  | 45.0                          | 39.0              | 35.5              | 33.0            |
|             | 400  | 58.5                          | 51.0              | 46.2              | 43.0            |
|             | 3000 | 8:13.0                        | 7:12.5            | 6:30.5            | 6:01.0          |
| Male        | 300  | 42.5                          | 37.0              | 34.0              | 31.5            |
|             | 400  | 55.5                          | 48.5              | 44.2              | 41.0            |
|             | 3000 | 7:51.0                        | 6:53.0            | 6:13.0            | 5:45.0          |

| Long Track* |      | Performance Levels 400m Track |                   |                   |                 |
|-------------|------|-------------------------------|-------------------|-------------------|-----------------|
|             |      | Level 4<br>Iron               | Level 3<br>Bronze | Level 2<br>Silver | Level 1<br>Gold |
| Female      | 300  | 40.0                          | 35.0              | 31.5              | 29.5            |
|             | 500  | 1:03.0                        | 55.0              | 50.0              | 46.5            |
|             | 3000 | 6:48.5                        | 5:57.0            | 5:24.0            | 5:02.5          |
| Male        | 300  | 37.0                          | 32.5              | 29.0              | 27.0            |
|             | 500  | 57.5                          | 50.5              | 45.5              | 42.5            |
|             | 3000 | 6:08.5                        | 5:22.0            | 4:52.0            | 4:33.0          |

\*Long rack times can be done in Mass Start or Olympic Style

## **AASSA Supported Competitions**

### **24. Canadian Age Class, Western Canadian Age Class and Canadian ST Championships**

Skaters will selected to represent Alberta for Canadian at these Championships will be done so based upon criteria outlined in the AASSA Competitions Bulletin on the AASSA web site.

### **25. Accommodation Guidelines at Competitions**

Before leaving on any trip, athletes, coaches, managers and if applicable, parents/guardians must devise mutually agreeable ground rules for travel to national or regional competitions where the skater is representing Alberta. The following guidelines may be considered, based on the age of athletes, personnel to athlete ratio, destination, and physical or developmental capability of athletes;

- 25.1. Ideally, personnel and athletes should not share accommodations, regardless of the potential cost savings or other benefits. If sharing a room is unavoidable, be sure that the “two deep” rule is observed at all times. If only one athlete and one personnel are alone in the room for a brief period of time, the outer door must be left open.
- 25.2. Athletes of different genders should not share accommodations (the exception might be spouses who are teammates).
- 25.3. Clear boundaries regarding conduct should be defined by AASSA (see Appendix B – AASSA Member Code of Conduct);
- 25.4. Specific needs of athletes regarding personal care must be identified and how these needs will be met must be determined e.g. personal care attendants for athletes’ with a disability and/or specialized meal or medication needs.
- 25.5. No one other than the occupants of a given room will be permitted in the room unless the door is left open for visual access to outsiders.
- 25.6. No uninvited people will be permitted in the rooms at any time
- 25.7. In the event that billeting is used for accommodation and meals, ground rules for any trip should be discussed by personnel, athletes, parents/guardians, and by those who are hosting the visiting athletes.
- 25.8. If the skater attending the meet is under the legal age of consent, they and their parents/guardians will be required to sign a waiver, or a form set by waiver, before AASSA endorses and/or pays for their entry to the meet.
- 25.9. Private arrangements made by parents for skaters below the age of 18 are entirely private for which AASSA and its volunteers, staff and coaches have no responsibility.

## **26. Designated AASSA Coaches for Meets**

- 26.1. Designated AASSA coaches for specific competitions should be named at least 2 months prior to the date of the competition. All applicants should be notified in writing about the decision made.
- 26.2. The designated AASSA coach for any competition will:
- 26.2.1. Successfully complete the screening process as outlined in AASSA's screening Policy;
  - 26.2.2. be selected by the VP Skater Development in consultation with the Technical Director;
  - 26.2.3. be at least Level II certified within the National Coaching Certification Program (NCCP), and Level III for Canada Winter Games;
  - 26.2.4. be in charge of the team as Team Leader and work with the AASSA office staff to ensure that registration of skaters, accommodation and transportation arrangements are taken care of;
  - 26.2.5. coach any Alberta skater who does not have their personal coach in attendance; and
  - 26.2.6. observe the AASSA Member Code of Conduct.

## **27. Parent Volunteers**

Parent volunteers are parents or other coaches either appointed by the clubs or self-named who work with the coaching staff.

- 27.1. AASSA does not cover the costs of parent volunteers.
- 27.2. AASSA will make travel and accommodation arrangements when possible.
- 27.3. Parents must adhere to the AASSA Member Code of Conduct (Appendix B).
- 27.4. AASSA may at its discretion, work with volunteer coaches for accreditation as coaches at these events but holds no responsibility to do so.

## **28. Rooming Arrangements**

- 28.1. Prior to competition the AASSA Head Coach and/or NTC Coach in attendance will organize a rooming list.
- 28.2. AASSA funded skaters and skaters representing AASSA will abide by the rooming list.
- 28.3. Parents of under-age skaters must sign a consent form for rooming arrangements (see Appendix I – AASSA Parental Consent Form).
- 28.4. Any skater wishing to make other rooming arrangements must notify the AASSA office at least three (3) weeks prior to departure.

28.5. Any skater, head coach, or parent volunteer who alters his or her arrangements during the visit or just prior to departure will be held responsible for their share of the room if such an action causes financial or other hardship to the rest of the team.

28.6. Persons from other provinces may only be accommodated in AASSA rooms if the Head Coach approves and if the skaters in that room are in agreement.

## Appendix A – Skater Development Committee Members

Shawna Pearman, VP Skater Development                      Red Deer Central Lions Speed Skating Club  
tel. 780-459-0654 H                      fax.                      email. spearman@telusplanet.net

Ian Mellors, Representative Banff / Canmore Speed Skating Club  
tel. 403-675-7031 H                      fax.                      email. ianmellors@yahoo.com

Cindy Coneen, Representative Edmonton Speed Skating Club  
tel. 780-????? H                      fax.                      email. cconeen@???

Tim Cooney, Representative Lethbridge Speed Skating Club  
tel. 403-329-4231                      fax.                      email. tncooney@shaw.ca

Joel Turcotte, Representative Lloydminster Border Blades Speed Skating Club  
tel. 780-                      fax.                      email. jturcotte@lloydminster.ca

Tracy Ebel, Representative Medicine Hat Kinsmen Speed Skating Club  
tel.                      fax.                      email. ??

John MacLennan, Representative Peace Wapiti Speed Skating Club (Grande Prairie)  
tel. 780-765-2199 H                      fax.                      email. john@homeinformation.ca

Sean Hunter, Representative Calgary Speed Skating Association, Calgary  
tel. 403-226-2942 H                      fax.                      email. coojac@shaw.ca

Shawn Holland, Representative Rocky Mountain House Speed Skating Club  
Tel.                      Fax.                      Email. ??

???, Skater Representative Short Track  
tel.                      fax.                      email. ??

Skater Representative Long Track  
tel.                      fax.                      email.

, Skater Representative Short Track (alternate)  
tel.                      fax.                      email.

vacant, Peace River Northern Lites Speed Skating Club

vacant, East Central Striders Speed Skating Club (Edgerton)

## Appendix B – AASSA Member Code of Conduct

### General

The following guidelines are for all AASSA members participating on an official Alberta team, or accompanying an official Alberta team, at any speed skating event anywhere, whether or not funded through AASSA. These guidelines are also recommended for all AASSA members when representing their respective clubs at any speed skating event or activity, either on or off the ice at a competitive event, or while training.

Anyone representing AASSA at competitions, should always:

- be motivated to make their best efforts.
- show positive attitudes towards the sport of speed skating, the association, and the team.
- strive to improve their performance at all times.

### 1. Unacceptable Behaviour

Behaviours considered unacceptable include, but not limited to the following:

- 1.1. Any behaviour resulting in a criminal conviction, or act considered to be an offence under federal, provincial, or local laws.
- 1.2. Wanton endangerment of other skaters, coaches, or individuals.
- 1.3. Any unsportsmanlike action (e.g. swearing at officials either on or off the ice).
- 1.4. Smoking, drinking under age, or using/carrying illicit drugs. Skaters of legal age for Alberta should consult the manager/coach before consuming alcohol.
- 1.5. Vandalism, wanton damage to property, or loss of items from a room (e.g. towels etc).
- 1.6. Assaulting and/or injuring another person.
- 1.7. Being a public nuisance (e.g. excessive noise or disorderliness).
- 1.8. Not respecting the rights, character, or reputation of others, be it regarding another person, club, or team.
- 1.9. Violating rules set forth by team coaches, and/or managers (e.g. curfews, visitors in rooms).
- 1.10. Failure to meet important administrative deadlines (e.g. financial obligations, return of equipment, suits).

## 2. Applicable Sanctions

The following sanctions might be applied at any time that the skater is visibly representing AASSA. Visibly representing AASSA includes any time a skater is wearing AASSA clothing, staying and/or training at a facility under AASSA funding (e.g. at the Olympic Oval), and/or is otherwise acting as a representative of AASSA. Behaviour by a skater on their own time would be outside the jurisdiction of this policy.

| SANCTION   | BY WHOM  |
|--|--|
| Issue a reprimand, oral or written                             | coach, manager, official, SDC                      |
| Put the skater on probation for a period of time               | SDC, AASSA Executive, or AASSA Ombudsman Committee |
| Withdraw the skater from skating the balance                   | coach, manager, or official of the meet.           |
| Send the skater home at the skater's expense                   | coach, manager                                     |
| Take the PAT suit from the skater                              | SDC  |
| Deny the skater funding for a period of time                   | SDC, AASSA executive, or AASSA Ombudsman Committee |
| Deny the skater membership on the PAT/PBT for a period of time | SDC, AASSA executive, or AASSA Ombudsman Committee |
| Deny the skater membership in AASSA for a period of time       | SDC, AASSA executive, or AASSA Ombudsman Committee |
| Pay compensation for any monetary damages                      | SDC, AASSA executive, or AASSA Ombudsman Committee |

For whichever sanctions are applicable:

- Legal counsel may be consulted.

- All skaters will be notified (including the parents for those under eighteen years of age), of any incident requiring disciplinary action. Such action will be discussed with the parents/guardians before imposition, whenever possible and practical.
- Skaters with continued poor behaviour, may be dealt with more severely than first time offenders.
- The disciplinary decisions applied to any AASSA member will be recorded and that record will be used to monitor for any repetition of a given skater's behaviour.

## 3. Allegations and Disciplinary Authorities

Allegations of misconduct may only be made by a specific individual, or group, either orally or in writing if requested, to the disciplinary authorities. Hearsay would not be sufficient grounds for action.

The disciplinary authorities could be the:

- Coach
- Manager
- Official
- AASSA Skater Development Committee
- AASSA Executive Committee
- AASSA Ombudsman Committee

If any of these groups are in a conflict of interest, an alternative representative should be contacted to deal with the matter.

Procedures will be as follows:

- The disciplinary authorities will determine the validity of the allegations and what sanctions are to be applied.
- In doing so, representatives of, if not all parties to, the incident are to be consulted regarding their interpretations of what occurred, with whom, where, how, why, and when.
- Any decisions or sanctions to the affected skater, including its rationale, should be made in writing to the SDC and the AASSA executive, as well as to the individual/group reporting the incident.

#### **4. Appeals**

Appeals may be made to the initiator of the sanction (e.g. coach, manager, official, SDC, or AASSA executive) or to the AASSA Ombudsman Committee.

The function of the AASSA Ombudsman Committee is to investigate any decision or recommendation made, or any act done or omitted in the course of the administration of an AASSA policy and affecting any person or body of persons in his, her or its personal capacity.

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signature

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date

## Appendix C – AASSA PT: Long Track for 2011-2012

### Provincial Long Track Team for the 2011-12 Season

| Name                 | 2011-12 |        |
|----------------------|---------|--------|
|                      | PT      | Status |
| Tamara Oudenaarden   |         | NDT    |
| Anastasia Bucsis     |         | NDT    |
| Kaylin Irvine        |         | NDT    |
| Danielle Wotherspoon |         | NDT    |
| Sarah Gregg          |         | NDT    |
| Kirsti Lay           |         | NDT    |
| Jenessa Kemp         |         | NDT    |
| Brianne Tutt         |         | NDT    |
| Gilmore Junio        |         | NDT    |
| Kate Hanly           |         | TS*    |
| Keith Sulzer         |         | TS*    |
| Lucas Duffield       |         | TS*    |
| Crystal Phillips     | A       | NTP    |
| Jeung Hyun Lee       | A       | NTP    |
| Suzanne Hamilton     | B       | NTP    |
| Alistair Starke      | B       | NTP    |
| Adam Ashdown         | B       | NTP    |
| Jackson Hill         | B       | NTP    |
| Justin Maunder       | B       | NTP    |
| Lucas McMahon        | B       | NTP    |
| Benjamin Tam         | B       | NTP    |
| Isabel Dilger        | B       | NTP    |

| Name               | 2011-12 |        |
|--------------------|---------|--------|
|                    | PT      | Status |
| Keira Poelzer      | C       | NTP    |
| Kelly Prokopchuk   | C       | NTP    |
| Rosie Tempest      | C       | NTP    |
| Matt Nykolichuk    | C       | NTP    |
| Stefan Dilger      | C       | NTP    |
| Cooper Hunter      | C       | NTP    |
| Jordan Bertagnolli | C       | NTP    |
| Nolan Messer       | C       | NTP    |
| Kimberley Bates    | C       |        |
| Danielle Wallish   | Dev T   |        |
| Adam Clifford      | Dev T   |        |
| Sean Tompkins      | Dev T   |        |
| Maddison Pearman   | Dev T*  |        |
| Jordan Henkelman   | Dev T*  |        |
| Keil Hillis        | Dev T*  |        |
| Adeline Maunder    | Dev T*  |        |
| Brooke Pearman     | Dev T*  |        |
| Sophie Croteau     | Dev T*  |        |
| Emily Mellors      | Dev T*  |        |

\*Dev T in ST

## Appendix D – AASSA PT Ranking List: Short Track for 2010-2011

### Provincial Short Track Team for the 2011-12 Season

| Name               | 2011-12 |        |
|--------------------|---------|--------|
|                    | PT      | Status |
| Gabrielle Waddell  | A       | NDT    |
| Gillian Richmond   | A       | NTP*   |
| Ana Pacanins       | A       | NTP*   |
| Sasha Fathoulin    | B       | NTP    |
| Kristian Lay       | B       | NTP    |
| Matt Szostakywskyj | B       |        |
| Marika Nadal       | C       | NTP    |
| Jordan Henkelman   | C       | NTP*   |
| Keil Hillis        | C       | NTP*   |
| Madison Pearman    | C       | NTP    |
| Paul Cooney        | C       | NTP    |
| Adeline Maunder    | C       | NTP    |
| Brooke Pearman     | C       | NTP    |
| Sophie Croteau     | C       | NTP    |
| Emily Hill         | C       | NTP    |
| Keira Poelzer      | Dev T*  |        |
| Allison Bates      | Dev T   |        |
| Stephanie Laureau  | Dev T   |        |
| Emilly Mellors     | Dev T   |        |
| Devin Rigby        | Dev T   |        |
| Mallory Zorman     | Dev T   |        |
| Chloe Howe         | Dev T   |        |
| Alex Tetarenko     | inj     |        |

\*Dev T or higher in LT

## Appendix E – Time Standards for Use in 2010-11

### Alberta Provincial Team - Long Track Standards - 2010-11

| F/M    | DISTANCE | CDN Jun<br>ISU Rec | CDN REC  | Predicted<br>National<br>Dev<br>Team | Provincial Team Performance Levels |          |          |             |
|--------|----------|--------------------|----------|--------------------------------------|------------------------------------|----------|----------|-------------|
|        |          |                    |          |                                      | A Team                             | B Team   | C Team   | Dev<br>Team |
| Male   | 500      | 35.06              | 34.03    | 35.39                                | 36.07                              | 37.43    | 39.13    | 40.32       |
| Male   | 1000     | 1:08.56            | 1:07.03  | 1:09.71                              | 1:11.05                            | 1:13.73  | 1:17.08  | 1:18.84     |
| Male   | 1500     | 1:46.19            | 1:42.01  | 1:46.09                              | 1:48.13                            | 1:52.21  | 1:57.31  | 2:02.12     |
| Male   | 3000     | 3:45.98            |          |                                      |                                    |          |          | 4:24.40     |
| Male   | 5000     | 6:27.68            | 6:14.01  | 6:36.45                              | 6:43.93                            | 6:58.89  | 7:17.59  | 7:33.59     |
| Male   | 10000    |                    | 13:10.58 | 13:58.01                             | 14:13.83                           | 14:45.45 | 15:24.98 |             |
| Female | 500      | 38.53              | 37.22    | 39.45                                | 40.20                              | 41.69    | 43.55    | 45.08       |
| Female | 1000     | 1:16.16            | 1:13.11  | 1:17.50                              | 1:18.96                            | 1:21.88  | 1:25.54  | 1:29.11     |
| Female | 1500     | 1:58.67            | 1:51.79  | 1:59.62                              | 2:01.85                            | 2:06.32  | 2:11.91  | 2:20.03     |
| Female | 3000     | 4:04.49            | 3:53.34  | 4:14.34                              | 4:19.01                            | 4:28.34  | 4:40.01  | 4:53.39     |
| Female | 5000     | 7:15.56            | 6:48.97  | 7:25.78                              | 7:33.96                            | 7:50.32  | 8:10.76  |             |

### Alberta Provincial Team - Short Track Standards - 2010-11

| F/M    | DISTANCE | CDN Jun<br>ISU Rec | CDN REC  | Predicted<br>National<br>Dev<br>Team | Provincial Team Performance Levels* |          |          |             |
|--------|----------|--------------------|----------|--------------------------------------|-------------------------------------|----------|----------|-------------|
|        |          |                    |          |                                      | A Team                              | B Team   | C Team   | Dev<br>Team |
| Male   | 500      | 41.949             | 40.347   | 41.961                               | 42.768                              | 44.382   | 46.399   | 48.241      |
| Male   | 1000     | 1:26.670           | 1:23.815 | 1:27.168                             | 1:28.844                            | 1:32.197 | 1:36.387 | 1:39.671    |
| Male   | 1500     | 2:12.702           | 2:10.710 | 2:15.938                             | 2:18.553                            | 2:23.781 | 2:30.317 | 2:32.607    |
| Male   | 3000     |                    | 4:34.270 | 4:45.241                             | 4:50.726                            | 5:01.697 | 5:15.411 |             |
| Female | 500      | 43.922             | 43.267   | 44.998                               | 45.863                              | 47.594   | 49.757   | 50.510      |
| Female | 1000     | 1:33.324           | 1:29.870 | 1:33.465                             | 1:35.262                            | 1:38.857 | 1:43.351 | 1:47.323    |
| Female | 1500     | 2:26.940           | 2:17.194 | 2:22.682                             | 2:25.426                            | 2:30.913 | 2:37.773 | 2:48.981    |
| Female | 3000     |                    | 4:57.389 | 5:09.285                             | 5:15.232                            | 5:27.128 | 5:41.997 |             |

\*AB ST Team Qualification is based on the average percentages from 500m, 1000m and 1500m  
All times (LT and ST) are based on Calgary Ice (times skated outside Calgary will be adjusted)

ALBERTA AMATEUR SPEED SKATING ASSOCIATION

## Appendix F – AASSA 2010-11 Events Schedule

| National / Oval |  |       |               |                |                   | Alberta                           |       |           |                |                |
|-----------------|--|-------|---------------|----------------|-------------------|-----------------------------------|-------|-----------|----------------|----------------|
| Week-end        | Event                                  | ST/LT | Date          | Location       | Focus             | Event                             | ST/LT | Date      | Location       | Focus**        |
| Jun 4-5         |  |       |               |                |                   | AB T2T - Jun ISU Dryland Camp     |       | Jun 4-5   | Ponoka         | T2T/Jun ISU    |
| Aug 20-21       | Summer Speed Ice Camp                  | ST/LT | Aug 15 - 19   | Calgary        | 6-15*             |                                   |       |           |                |                |
| Aug 27-28       | Top Blade Camp                         | ST    | Aug 22 - 26   | Calgary        | Jun ISU           |                                   |       |           |                |                |
|                 | Top Blade Camp                         | LT    | Aug 22 - 26   | Calgary        | Jun ISU           |                                   |       |           |                |                |
| Sept 3-4        |  |       |               |                |                   | Canmore Ice Camp                  | ST    | Sept 3 -5 | Canmore        | T2T            |
| Sept 10-11      |  |       |               |                |                   |                                   |       |           |                |                |
| Sept 17-18      | Fall World Cup Short Track Selections  | ST    | Sept 16-18    | Montreal       | Qualified only    |                                   |       |           |                |                |
|                 | LT Sat Time Trials                     | LT    | Sept 17       | Calgary        | B time standard   |                                   |       |           |                |                |
| Sept 24-25      | LT Sat Time Trials                     | LT    | Sept 24       | Calgary        | B time standard   |                                   |       |           |                |                |
|                 | Olymp Oval ST Single Distance Series   | ST    | Sept 24       | Calgary        | Jun Sen ISU       |                                   |       |           |                |                |
| Oct 1-2         | Fall LT Classic                        | LT    | Sept 30-Oct 2 | Calgary        | T2T and up        | AB T2T - Jun ISU - ICE Camp       | ST    | Oct 1-2   | Red Deer       | T2T/Jun ISU    |
| Oct 8-9         | Oktoberfest - WCC                      | ST    | Oct 7-9       | Calgary        | Jun Sen ISU       |                                   |       |           |                |                |
| Oct 15-16       | LT Sat Time Trials                     | LT    | Oct 15        | Calgary        | B time standard   |                                   |       |           |                |                |
| Oct 22-23       | Olymp Oval ST Single Distance Series   | ST    | Oct 22        | Calgary        | Jun Sen ISU       | Edmonton Fall Classic             | ST    | Oct 22-23 | Edmonton       | L2T/T2T/ISU    |
|                 | LT Sat Time Trials                     | LT    | Oct 22        | Calgary        | B time standard   | Alberta Olympic Style Club Series | LT    | Oct 23    | Calgary        | T2T and up     |
| Oct 29-30       | Fall World Cup Long Track Selections   | LT    | Oct 27-30     | Calgary        | Invitation Only   |                                   |       |           |                |                |
| Nov 5-6         | Oval Invitational (Sr, Jr A-C)         | LT    | Nov 4-6       | Calgary        | T2T and up        |                                   |       |           |                |                |
| Nov 12-13       | LT Sat Time Trials                     | LT    | Nov 12        | Calgary        | B time standard   | Lethbridge                        | ST    | Nov 12    | Lethbridge     | up to T2T*     |
|                 | Olymp Oval ST Single Distance Series   | ST    | Nov 12        | Calgary        | Jun Sen ISU       |                                   |       |           |                |                |
| Nov 19-20       | Can Am LT                              | LT    | Nov 17-20     | Calgary        | T2T and up        | Peace Wapiti Meet                 | ST    | Nov 19    | Grande Prairie | all ages       |
| Nov 26-27       |  |       |               |                |                   | Medicine Hat Meet                 | ST    | Nov 26-27 | Medicine Hat   | up to T2T/ISU  |
|                 |  |       |               |                |                   | Alberta Olympic Style Club Series | LT    | Nov 27    | Calgary        | T2T and up     |
| Dec 3-4         | Canada Cup #1                          | LT    | Dec 2-4       | Quebec City    | Jun Sen ISU       | Fire on Ice                       | ST    | Dec 3     | Lloydminster   | up to T2T*     |
|                 | Canadian Junior ST Championships       | ST    | Dec 3-4       | Calgary        | Jun ISU Qualified |                                   |       |           |                |                |
| Dec 10-11       | National ST Qualifier                  | ST    | Dec 8-9       | Calgary        | Qualified Only    | Canmore Ice Racing Challenge      | ST    | Dec 10    | Canmore        | up to T2T*     |
| Dec 17-18       | LT Sat Time Trials                     | LT    | Dec 17        | Calgary        | B time standard   | Alberta Olympic Style Club Series | LT    | Dec-18    | Calgary        | T2T and up     |
| Dec 24-25       |  |       |               |                |                   |                                   |       |           |                |                |
| Dec 31-Jan      | LT Sat Time Trials                     | LT    | Dec 31        | Calgary        | B time standard   |                                   |       |           |                |                |
| Jan 7-8         | Canadian SD LT Championship/CC#2       | LT    | Jan 5-8       | Calgary        | Jun Sen ISU       |                                   |       |           |                |                |
| Jan 14-15       | Regional/Continental Qualifier         | LT    | Jan 14-15     | Calgary        | Qualified Only    | AB Open Indoor LT                 | LT    | Jan 13-15 | Calgary        | all ages       |
|                 |  |       |               |                |                   | Gold for All                      | ST    | Jan 14    | Edgerton       | up to T2T      |
| Jan 21-22       | Canadian Open (NT Selections #1)       | ST    | Jan 20-22     | Montreal       | Qualified Only    | AB Outdoor                        | LT    | Jan 21-22 | Red Deer       | all ages       |
| Jan 28-29       | World Sprint Championships             | LT    | Jan 28-29     | Calgary        | Nat Team          | Canmore Team Challenge            | ST    | Jan-28    | Canmore        | up to T2T*     |
| Feb 4-5         | Can Junior LT Championship/CC#3        | LT    | Feb 3-5       | Saskatoon      | Jun Sen ISU       |                                   |       |           |                |                |
|                 | Canadian Open Masters                  | LT    | Feb 4-5       | Fort St. John  | Masters           |                                   |       |           |                |                |
| Feb 11-12       | North American LT and Junior World Cup | LT    | Feb 10-12     | Calgary        | Jun Sen ISU       | AB Winter Games                   | ST    | Feb 9-12  | Spruce Grove   | T2T / Jun ISU  |
|                 | Canadian Age Class Long Track          | LT    | Feb 11-12     | Fort St. John  | L2T-T2T/Jun ISU   |                                   |       |           |                |                |
| Feb 18-19       | LT Sat Time Trials                     | LT    | Feb 18        | Calgary        | B time standard   | Alberta Olympic Style Club Series | LT    | Feb-19    | Calgary        | T2T and up     |
| Feb 25-26       | Can/NA Marathon                        | LT    | Feb 25-26     | Sylvan Lake AB | T2T and up        | Rocky Mnt House                   | ST    | Feb-25    | RMH            | up to T2T*     |
|                 | LT Sat Time Trials                     | LT    | Feb 25        | Calgary        | B time standard   |                                   |       |           |                |                |
| Mar 3-4         | LT Sat Time Trials                     | LT    | Mar 3         | Calgary        | B time standard   | RUFast - WCC                      | ST    | Mar 2-4   | Calgary        | up to T2T/ ISU |
|                 |  |       |               |                |                   | Arctic Winter Games               | ST    | Mar 4-10  | Whitehorse     | T2T/Jun ISU    |
| Mar 10-11       | Nat Team Selection #2                  | ST    | Mar 9-11      | Calgary        | Qualified Only    |                                   |       |           |                |                |
|                 | LT Sat Time Trials                     | LT    | Mar 10        | Calgary        | B time standard   |                                   |       |           |                |                |
| Mar 17-18       | Oval Finale                            | LT    | Mar 13-18     | Calgary        | T2T and up        |                                   |       |           |                |                |
|                 | CC#4                                   | LT    | Mar 15-18     | Calgary        | Jun Sen ISU       |                                   |       |           |                |                |
| Mar 24-25       | Nat ST Championships (Jun A,B,Neo sen) | ST    | Mar 23-25     | Richmond       | Jun Sen ISU       |                                   |       |           |                |                |
|                 | Canada West ST Championships           | ST    | Mar 24-25     | Winnipeg       | T2T               | West Edmonton Mall Fun Meet       | ST    | Mar 24    | Edmonton       | all ages       |
|                 | Canada Eastern Championship            | ST    | Mar 24-25     | TBA /OC        | T2T               |                                   |       |           |                |                |

\*For club meets that indicate "up to T2T" there will still be open divisions for 111m skaters from Jun ISU up to Masters but these would not be key competitions that provincial Junior or Senior ISU skaters would travel to

## **Appendix G – Oval Program Rates and Services Summary 2010-2011**

For details please contact the Olympic Oval.

## **Appendix H – Montreal National Training Centre Information 2010-2011**

For details please contact the AASSA office.

## **Appendix J - Schedule of Important 2010-2011 Deadlines**