

# TECH TALK

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MAY  
2022



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Chris Acton, ChPC  
Technical Director

Valerie Linton  
Executive Director



# SEASON HIGHLIGHTS

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2021-2022





# FAST FUN FRIENDS

Fast Fun Friends resources support clubs to deliver quality  
Learn to Speed Skate programs for children.



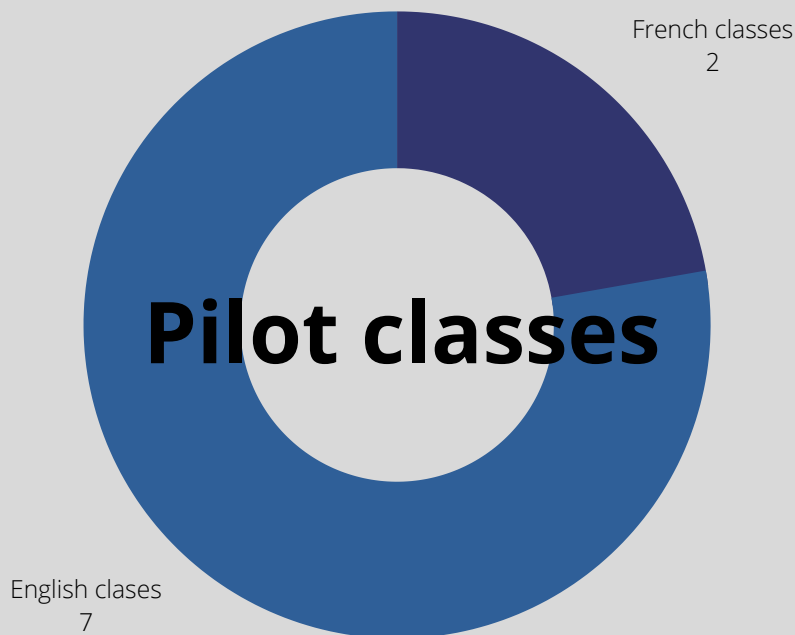
# 6

## FFF resources

letter template / benchmarks document  
stickers / stamp / PACE awards / booklet

# I CAN SKATE FAST

I Can Skate Fast is our community outreach program. Two off-ice lessons can be complemented with one on-ice lesson to introduce participants to the sport of speed skating.



"Our students had a fantastic time being challenged, having fun and learning something new. The flow and pace of the lesson was great and the students were very engaged in all that you did. Thank you also for the book which I will be sure to share again with future students."

GRADE 2/3 TEACHER



# THE PACK

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The PACK represents opportunities for recreational and competitive mature skaters to connect and compete.



Categories in Provincial Challenges

PACK Award Certificates

Coach Resources on website

>50 SKATER +  
COACH  
PARTICIPANTS



# PROVINCIAL CHALLENGES

Provincial Challenges are an opportunity for all SSBC skaters to "compete" against each other without the need to travel. Based on the success of virtual challenges during COVID, the Provincial Challenges were expanded this year to include more categories and two events.



RELAY CHALLENGE

63

ENTRIES ACROSS 9  
CATEGORIES

SPRINT CHALLENGE

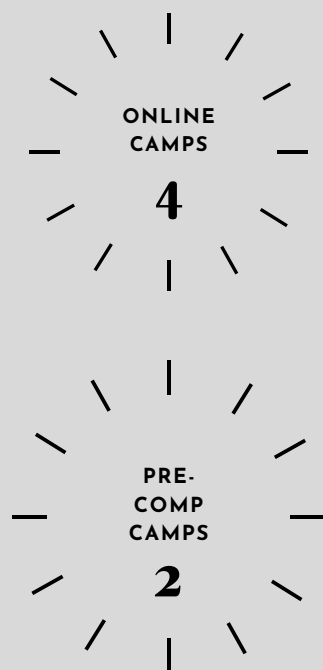
175

ENTRIES ACROSS 9  
CATEGORIES

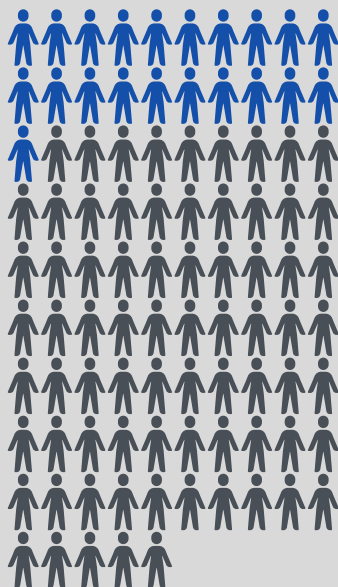


# ACADEMY

Academy camps are our supplementary "provincial camps" for competitive youth and junior skaters.



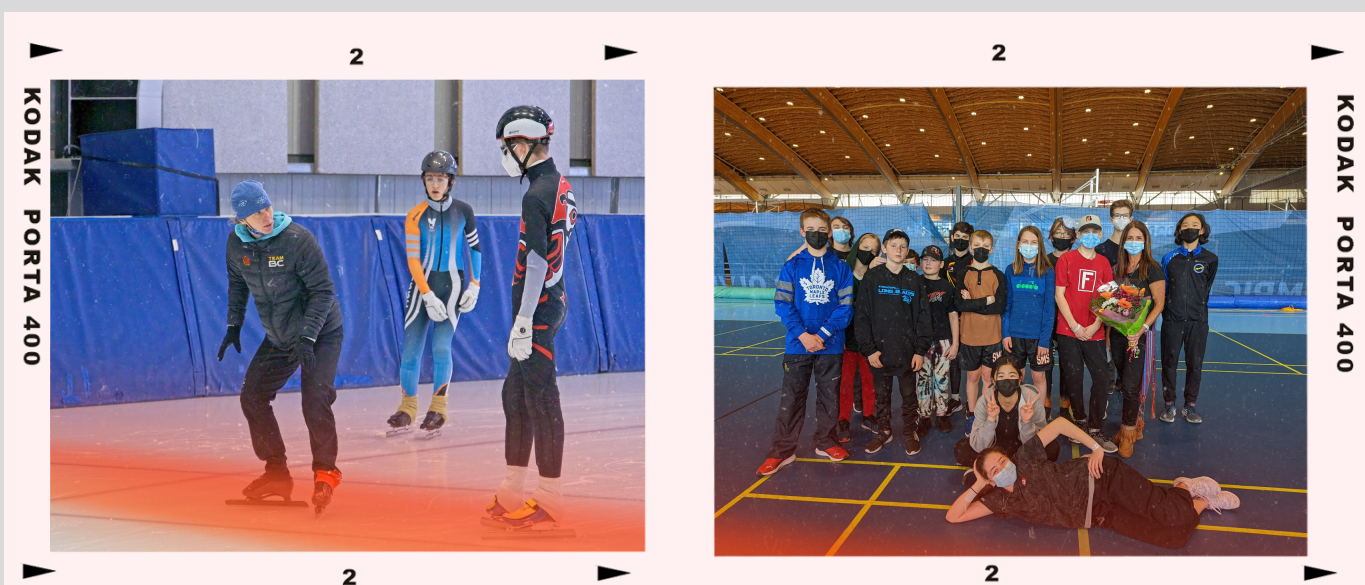
81 in-person skaters



COACHES  
10+

club coaches receiving  
PD points

ACADEMY  
PRESENTERS  
7



# GENBC

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GenBC is Speed Skating BC's supplementary "provincial team" program for top competitive youth and elite junior skaters. Skaters qualify based on their performance in the previous season.



18 male // 20 female  
skaters



## PROGRAMMING

**Foundations Series**

**Foundations Home Program**

**Build Series**

**Monthly Reports**

**1:1 Sessions with Provincial Coaches**



# BC WINTER GAMES

BC Winter Games are an important developmental opportunity for our skaters to experience provincial-level competition in a multisport games setting. The Games are scheduled every two years.



11X Z2 SKATERS

6X Z3 SKATERS

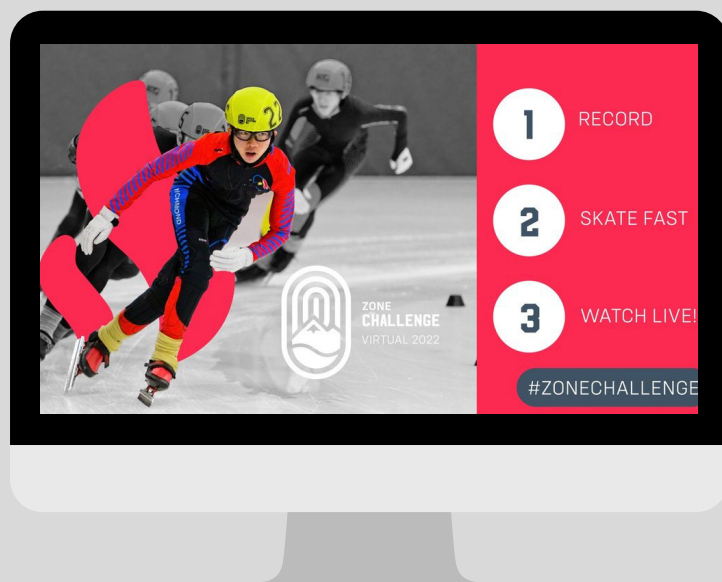
7X Z4 SKATERS

7X Z5 SKATERS

4X Z6 SKATERS

4X Z7 SKATERS

6X Z8 SKATERS



# TEAM BC

Team BC is the event-specific team representing our province at national championships (senior, junior, youth) and national ranking events.

This season our team looked unified in new Team BC vests!

*Thank  
you*

... to our Team BC personnel who led our teams with pride.

**40 + 4  
ST**

skaters represented Team BC  
x CYSTW in Selkirk and Team  
BC x Canadian Junior ST  
Champs in Sherbrooke



**18 + 10  
LT**

skaters represented Team BC  
x CYLT in Quebec City and  
Team BC x Canadian Junior LT  
Champs in Calgary



# COACHES & OFFICIALS

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7 PARTICIPANTS IN FUND LEADER MODULES  
10 PARTICIPANTS IN FUND COACH MODULES  
41 PARTICIPANTS IN INTRO TO COMP MODULES  
43 PARTICIPANTS IN LEVEL 1 OFFICIALS CLINIC



# LOOKING FORWARD

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2022-2023



# SKATER CATEGORIES



Previous Age Category	Age as of June 30	New Age Category
Active Start FUNd L2T	<11	Children/ Club Skater
L2T T2T	11-13	Youth
T2T Junior	14-15	NeoJunior
Junior	16-18	Junior

*Ideas?*

FOR PROVINCIAL-LEVEL CLUB  
SKATER AGE CATEGORY NAME





# SKATER PROGRAMS

## Programs for Speed Skating BC Skaters

### High Performance

- ☐ Children
- ☐ Youth
- ☒ Junior
- ☒ Adult

Training  
Centres



National Training Centre

National  
Competitions

International  
Competitions

- ☐ Community
- ☐ Club
- ☐ Provincial
- ☒ National

Participants train and compete to achieve the highest level of performance in speed skating

### Performance Development

- ☐ Children
- ☐ Youth
- ☒ Junior
- ☒ Adult

Development  
Centres



Club Elite  
Skating



Inter-  
provincial  
Competitions



- ☐ Community
- ☒ Club
- ☒ Provincial
- ☒ National

Participants train and compete in speed skating competitions throughout the country

### Competitive Speed Skating

- ☐ Children
- ☒ Youth
- ☒ Junior
- ☒ Adult

Club  
Competitive  
Skating



Provincial  
Competitions



- ☐ Community
- ☒ Club
- ☒ Provincial
- ☐ National

Participants train and compete in speed skating competitions throughout the province

### Recreational Speed Skating

- ☒ Children
- ☒ Youth
- ☒ Junior
- ☒ Adult

Club  
Rec  
Skating



Local  
Competitions

Local  
Festivals

- ☐ Community
- ☒ Club
- ☐ Provincial
- ☐ National

Participants enjoy speed skating as a recreational activity, with or without local race opportunities

### Learn to Speed Skate and Talent Transfer

- ☒ Children
- ☒ Youth
- ☒ Junior
- ☒ Adult

Club  
L2SS



SKATE  
LIKE  
A GIRL



- ☐ Community
- ☒ Club
- ☐ Provincial
- ☐ National

Participants learn to speed skate and to race on skates

### Learn to Skate

- ☒ Children
- ☒ Youth
- ☒ Junior
- ☒ Adult

Local Learn to Skate Programs  
Organic Learn to Skate Activities

- ☒ Community
- ☒ Club
- ☐ Provincial
- ☐ National

Participants are introduced to skating on any blades

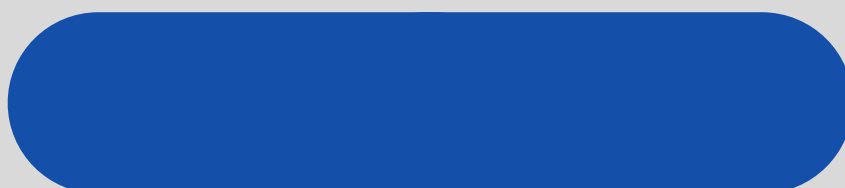
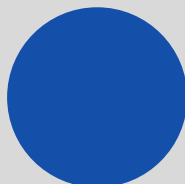
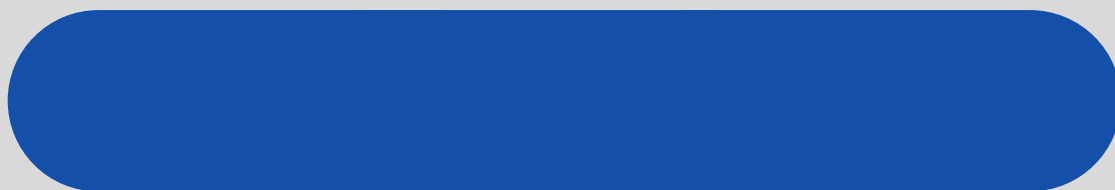
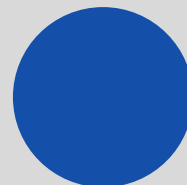
# SEASON TIMELINE

General  
Prep

Specific  
Prep

Comp  
2022

Comp  
2023



# COMPETITION PROGRESSIONS

Skater progress towards key competition(s) in the season must be planned in the pre-season to maximize the performance and experience of the skater.



JEN GIBSON

NICOLE GARRIDO

## PROVINCIAL COACHES

*Option to use PCs (and/or TD) as navigators*

## EDUCATION OPPORTUNITY COACH & PARENT



### Key Competition Progression Plan

Skater Name and Contact:

Navigator Name and Contact:

Plan Last Updated:



Key Competition Target



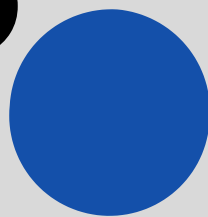
#### Critical Elements

Competition Prerequisites	Other Prerequisites	Recommended Competitions



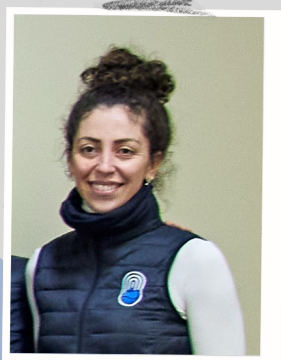
# PUSH TO PEI

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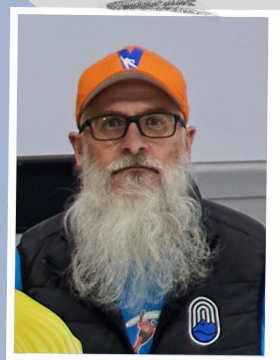
## SHORT TRACK

14-18 as of June 30, 2022  
Charlottetown, PEI



## LONG TRACK

14-19 as of June 30, 2022  
Halifax, NS



## PROGRAMMING

TEAM BC ST Selection Trials + relay camp  
TEAM BC LT Selection Trials + TP camp  
Webinar updates  
Staging Camp



**PEI · ÎPÉ**  
**2023**  
**JEUX DU**  
**CANADA**  
**GAMES**

# **SPEED WEEK**

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**OCTOBER 2022**

**COMMUNITY  
ENGAGEMENT**



**KIDSPORT FUNDRAISER**

**CLUB INCENTIVES**



# SSBC GEAR

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**PUBLIC AVAILABILITY:**

**SSBC MERCHANDISE (\$)**



**AVAILABLE TO PARTICIPANTS:**

- **PROGRAM SWAG**
- **PROGRAM GEAR (\$)**



# JUNIOR DEVELOPMENT PROGRAMS

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## *Junior* COACH LEADERSHIP PROGRAM



## *Junior* OFFICIALS PROGRAM

# CLUB & ORG DEVELOPMENT

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TOOLS

WE PROVIDE  
SUPPORT TO  
COACHES OFFICIALS  
AND ATHLETES TO  
DEVELOP, **WHY NOT**  
**OUR LEADERS AS**  
**WELL?**



# PROMOTION

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## SPORT DEVELOPMENT

- **MEMBERSHIP GROWTH**
- **DIVERSITY EQUITY & INCLUSION**
- **BRAND IDENTITY**
- **COMMUNICATION STRATEGY**

