



## ATHLETE PROGRAM AND GUIDELINES 2015 – 2016

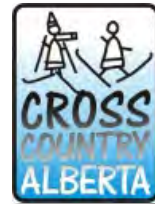


*AWCA- NST athletes Graeme Killick leading Kevin Sandau*

### Other Partners



### Sanctioned by



### Partner Teams

**AWCA-CRTG**  
CAPITAL REGION  
TRAINING GROUP

**AWCA-SATG**  
SOUTHERN  
ALBERTA  
TRAINING GROUP

### Supported & Serviced by





## INTRODUCTION

The Alberta World Cup Academy (AWCA) is a vibrant, inclusive Training Centre that offers high-quality programming, in a cost effective manner. We are partners with Cross Country Canada, Cross Country Alberta, and the high performance ski community in Canada. We are nationally and internationally recognized as leaders in athlete development, capitalizing on high quality human resources, which are the cornerstone of our success. We provide opportunities to those athletes and coaches who show the aptitude to become internationally successful, and have a strong drive and desire to represent Canada internationally. In the main Academy Team, our coach to athlete ratio is maintained at 8:1, which enables us to provide a holistic approach where the needs and interests of the athletes can be addressed individually.

*“In 2005 the Alberta World Cup Society made a strong commitment to legacy activities which would 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.

## THE ACADEMY NETWORK OVERVIEW

The Alberta World Cup Academy has initiated partnerships with regional high performance teams to provide prospective athletes with a more diverse set of options as they consider their personal path to international excellence. The network consists of athletes from clubs across Canada that are on teams aligned with the AWCA Training Center training and athlete support systems. The combination of the core AWCA Training Centre Team and the new Regional Teams forms an emerging network that enhances the ability to provide the highest quality coaching and athlete support services possible. The current network includes approximately 25 athletes representing 12 different youth development clubs from across Canada. Other key features to this high performance network include integrated and aligned high performance sport science as well as strength and conditioning support options. The following illustrates the basic composition of the current *Alberta World Cup Academy Network*:



**ACCOMPLISHMENTS TO DATE**

- Over 300 NorAm podiums achieved
- Over 90 Canadian National Championship medals
- 2015 Nationals: 11 medals
- 2014 Olympic Winter Games 4 qualified (1 top 30)
- 2014 World Championships (Jr. U23) 4 qualified
- 2013 World Championships (Jr. U23. Senior) 5 qualified
- 2012 World Championships (Jr. U23) 6 qualified
- 2011 World Championships (Jr. U23) 8 qualified (2 top 6 results & 1 top 12 U23)
- 2010 Olympics: 2 qualified
- 2010 World Championships (Jr. U23) 6 qualified
- 2009 World Championships (Jr. U23. Senior) 8 qualified



**AWCA NATIONAL DEVELOPMENT CENTRE TEAM**

**Full-Time Athletes**

This is the core team of the Alberta World Cup Academy and is targeted at athletes that have graduated from high school (Born in 1997 or earlier) and are focused on, and committed to, high performance in cross-country skiing. Athletes interested in this team are expected to make a year round commitment to the sport and the team, with an explicit personal goal of qualifying for a National Ski Team program.

The Alberta World Cup Academy is a transitional team that works closely with the Canadian World Cup team to share information and best practices. Athletes on this team have easy access to National Team Camps, a daily training environment at Canada’s National cross country ski training center that is the home of Canada’s National Ski Team. This provides an optimal environment for preparing to become an international cross country ski racer.

This main Academy Team 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:

- Canadian NorAm series
- Qualify and prepare athletes for International competition
- Canadian National Championships
- Qualify and prepare athletes for provincial Canada Games Teams

**Additional benefits of being an AWCA athlete:**

- Athlete to coach ratio 8:1
- 4 year plans which focus on short and long term goals of the athletes
- Programs guided by professional coaches, physiologists, strength and conditioning specialists, physiotherapists, etc.
- Eligible to apply for education bursaries
- Flexible program, which allows athletes to pursue post secondary education
- Assistance in finding a host family in Canmore

**CORE CAMP SCHEDULE**

	Dates	Location	Fee
Sunshine Camp	May 7-18	Canmore	None
National Camp 1	June 20-30	TBD	\$850
Glacier Camp	Aug. 6-9/13-16	Kananaskis	\$880
National Camp 2	Sept. 23 – Oct. 9	Park City, Utah	\$1,190

**FIELD & LAB TESTING**

High performance field and lab testing, related coaching, and monitoring are all essential elements to achieving successful performance outcomes. Consequently, **all AWCA athletes will receive these services as a part of their Annual Team Fees.** This aspect of the team program will be coordinated under the leadership of the Alberta World Cup Academy senior coaches; and will be supported by Canadian Sports Centre –Calgary. The following table outlines the schedule of related sessions for this aspect of the program (Note: all sessions take place in Canmore):

SESSION/CAMP	DATES
Baselines + Uphill Run Test #1	May 1-3
Local Lab Monitoring	May 30
Roller Ski Test #1 + Uphill Run Test #2	June 6-7
Baseline Mid-1 Camp	July 11-12
Local Lab Monitoring	August 1
Roller Ski Test #2 + Uphill Run Test #3	Sept. 5-7
Baseline Mid-2 Camp	Oct. 23-25

**STRENGTH & CONDITIONING**

All athletes on the team will have access to high quality strength and conditioning program support. This program will be coordinated through the Canadian Winter Sport Institute; under the guidance of a National level strength coach; in close consultation with the lead coaches of the AWCA. Details & support will be provided to all registered athletes.

**FINANCIAL ASSISTANCE**

AWCA Athletes are eligible to apply for an **education bursary**. In 2014 the Thomas-Fedun education bursary was established. This funding is available through application to 1 female and 1 male **AWCA non carded athletes**, each year **\$1000.00** – The Alberta World Cup Academy supports athletes pursuit of post secondary education and will make every effort to ensure education and athletics are accommodated for in the training plans when requested.



**AWCA Team Fee Structure:**

Base Fees		Camp Fee		Trip Fee Estimate		Flights
Date Due	Amount	Athlete Cost/Day		Athlete Cost/Day		
<b>May 1</b>	<b>\$2,500</b>	<i>Examples:</i>		<i>Examples:</i>		
June 1	\$300	Whistler (10)	\$850			
July 1	\$300					
August 1	\$300	Haig Glacier (8)	\$880			
September 1	\$300					
October 1	\$300	Park City (14)	\$1,190	West Yellowstone (5)	\$575	N/A
November 1	\$300			Bozeman (5)	\$575	N/A
December 1	\$300			NorAm 1-2 (5)	\$575	N/A
January 1	\$300			NorAm 3-4 (5)	\$575	N/A
February 1	\$300			NorAm 5-6 (5)	\$575	\$650
March 1	\$300			Nationals (12)	\$1,380	\$550
<b>Subtotal A:</b>	<b>\$5,500</b>	<b>Subtotal B:</b>	<b>\$2,920</b>	<b>Subtotal B:</b>	<b>\$4,255</b>	<b>\$1,200</b>

<b>Estimated Annual Total (A+B+C):</b>	<b>\$13,875</b>
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**Notes:** The above Trip Fees are “estimates”; Trip Fees are billed on “Actual Cost”. The AWCA will make every effort to keep all trip costs as low as possible and successful fundraising will lower overall costs.

**Note for Non-AWCA Network Team Athletes:** Athletes that express interest in race support services will be considered on a case-by-case basis and, if accepted, they will be provided ski service support at a average daily rate of \$70/day

**WHAT'S INCLUDED?**

BASE FEES	CAMPS	COMPETITIONS
<ul style="list-style-type: none"> <li>• Individualized training Plans</li> <li>• Coaching</li> <li>• Professional fees (Strength, Physiology, etc.)</li> <li>• Testing (Field/Lab)</li> <li>• Local Transportation</li> <li>• In-depth GAP analysis</li> <li>• Sponsor Support</li> <li>• Team Clothing</li> <li>• Sponsor support</li> <li>• Team rooms/offices</li> <li>• Marketing</li> <li>• Equipment and supplies</li> </ul>	<ul style="list-style-type: none"> <li>• Accommodations</li> <li>• Transportation</li> <li>• Gym passes</li> <li>• Coaching</li> <li>• Intensive Monitoring</li> </ul>	<ul style="list-style-type: none"> <li>• Race service</li> <li>• Accommodations</li> <li>• Transportation – ground</li> <li>• Transportation – Air</li> <li>• Event preparations</li> <li>• Logistical support</li> </ul>

**INTERNATIONAL ATHLETES**

The Alberta World Cup Academy is interested in giving committed International Athletes (Born in 1997 or earlier) an opportunity to train with one of the strongest teams in North America; and to train in a world class training environment in the Canadian Rockies and at the Canmore Nordic Centre, host venue to numerous World Cup races over the last 10 years. Interested athletes should contact Mike Cavaleire at: [mcavaliere@albertaworldcup.com](mailto:mcavaliere@albertaworldcup.com)



## **AWCA DEVELOPMENT CENTRE TEAM, CRITERIA & PROGRAM COVERAGE**

The main Alberta World Cup Academy team program and fee structure is designed to:

- Optimize the team training and competition environment for full-time athletes by encouraging maximum participation at all team training and competition activities
- Economize team management costs by bundling most of the program camps and competitions to streamline administration and planning expenditures
- Allow some flexibility to accommodate the Teams' primary goal, which is to support athletes in qualifying for international racing opportunities with Canada's National Team programs.
- Provide a secondary, non-core, and competition program for those athletes that do not qualify for international racing opportunities with Canada's National Team programs. This program secondary program will be delivered on a user-pay basis (Secondary Program details will be provided to affected athletes).

## **AWCA ATHLETE RESPONSIBILITIES**

### ***Training Plans, Logs & 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 which means the Academy training program will be individualized to realize each athlete's best potential, and the athlete's primary training plan; with input from home club coaches
- Academy athletes will be expected to log and report all training directly to the Program Director and coaching staff in a timely manner.
- All Academy athletes are responsible for providing and maintaining the following mandatory equipment: Classic and Skate Roller skis; Heart Rate monitors; and Training/travel wax.

### ***Sponsor, Suppliers, Clubs, and Volunteer Contributions***

- Sponsors are important to the survival of the Academy. Athletes will be expected to communicate with and service sponsors as defined by the Program Director. Athletes are expected to conduct themselves in a manner that reflects well on Academy sponsors at all times.
- 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.
- Wax and ski service sponsorship will remain the domain of the Academy. Athletes will be expected to support and promote Academy sponsors and all waxing and ski service will be provided by the Academy.
- 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 Program Directors discretion.
- 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 Program Director.
- Athletes will attend and support community service with their home club
- Athletes will be expected to volunteer for the AWCA up to 20hrs per year

## **AWCA, REGIONAL TEAMS & THE AWCA NETWORK**

The Alberta World Cup Academy has initiated partnerships with two regional high performance cross country ski teams. Among many objectives, these Regional Teams are aimed at providing prospective athletes with a more diverse set of options as they consider their personal path to national and international excellence.

The combination of the core AWCA Training Centre Team and the Regional Teams form an emerging network that will enhance the ability to provide the highest quality athlete support services possible to a wider geographic ski community. The Regional Teams each bring to the partnership regional coaching expertise, volunteer race support expertise, local fundraising, and a numerous educational opportunities. In the 2014-2015 season this partnership was piloted with the Capital Region Training Group (CRTG) and there was value added benefits to both AWCA and CRTG as a result. The combination of human, equipment and financial resources that arise from these partnerships will help the AWCA and all its partners explore new and innovative ways to contribute to the development of the sport.

### **AWCA – CAPITAL REGION TRAINING GROUP (CRTG)**

*For high performance Athletes residing and/or going to school in the Edmonton region*



This AWCA - Capital Region Training Group (AWCA-CRTG) is a team of dedicated high performance cross country ski racers from various youth development clubs, who reside in Alberta's capital region. The AWCA-CRTG consists of high performance athletes Junior Boy/Girl and older, that are committed to a regionally adapted AWCA integrated training and competition program; who have at least 400 hours of training logged in the previous year; who have several years of experience cross country ski racing; and who aspire to someday be national and international cross country ski champions. This team's program is designed to prepare athletes to be ready for the next step in their pursuit of international excellence, including becoming future members of the core Alberta World Cup Academy Team.



The AWCA-CRTG was formed in the spring of 2014 and currently has athletes spanning the categories of Junior Girls/Boys, Junior Women/Men, and Senior Women/Men. In the first year of training together formally, these teams have enjoyed weekly training, sport science support, regular training camps, participated in an international summer training camp, and has enjoyed early successes on the competition trails with numerous podium and top 10 results.

For more details on the CRTG 2015-2016 Program go to the posted document on the AWCA website, send and request for a copy to Glen Cowper at: [kayakski@shaw.ca](mailto:kayakski@shaw.ca), and/or check out our Facebook Group at: [Capital Region Training Group](#)

SEEN NEXT PAGE FOR INFORMATION ON THE CALGARY AREA TRAINING GROUP ...

### **AWCA – SOUTHERN ALBERTA TRAINING GROUP (SATG)**

*For high performance Athletes residing and/or going to school in the Calgary region*



This AWCA – Southern Alberta Training Group (AWCA-SATG) is a team of dedicated high performance cross country ski racers from various youth development clubs, who reside in the Calgary area. The AWCA-SATG consists of high performance athletes Junior Boy/Girl and older, that are committed to a regionally adapted AWCA integrated training and competition program; who have at least 400 hours of training logged in the previous year; who have several years of experience cross country ski racing; and who aspire to someday be national and international cross country ski champions. This team's program is designed to prepare athletes to be ready for the next step in their pursuit of international excellence, including becoming future members of the core Alberta World Cup Academy Team.

The AWCA-SATG has just been formed in the spring of 2015 and is targeted at athletes spanning the categories of Junior Girls/Boys, Junior Women/Men, and Senior Women/Men.

Specific AWCA-SATG training plans will be centered on individual athlete goals, individual athlete development, and race support at:

Canadian NorAm series & Canadian National Championships

Prepare athletes for eventual qualification to the main AWCA Team in Canmore

Qualify and prepare athletes for provincial Canada Games Teams

Additional benefits of being an AWCA-SATG athlete:

Integrated program design and collaborative athlete support systems with the AWCA Network of services.

Athlete to coach ratio of 10:1

Detailed individualized multi-year plans which focus on short and long term goals of the athletes  
Training programs, practices, and camps will be guided by professional and volunteer coaches; with support from professional sport physiologists, strength and conditioning specialists, and physiotherapists.

Flexible program will support athletes who wish to pursue post-secondary education at one of the many post-secondary institutions in the Calgary area (i.e. University of Calgary, Mount Royal University, the Southern Alberta Institute of Technology, etc.).

Assistance will be provided in finding a host family in the Calgary area.

Guidance and advice on how to effectively pursue developing personal sponsorship supports.

#### **AWCA-SATG Team Costs:**

Monthly Team Fee: \$30.00/Month/Athlete + Club High Performance team fees

Includes: individual training program support, targeted AWCA Network Camps, as well as coaching, strength and conditioning support.

Contact Mike Cavaliere at (403) 678-1441 for more details (other costs, other program activities, etc.

## **AWCA – HIGH PERFORMANCE COACH DEVELOPMENT PROGRAM**

*Coach Education and Practical Opportunities for High Performance Coaches*



**NEW**

This new program is designed to enhance the education of Canadian Coaches to increase the high performance coaching pool. The goal of the program is to attract, train and retain the best and brightest coaches who will be capable of leading and advancing the quality of programming for our National Team.

### Key Objectives:

- Involve coaches that are directly involved with and/or support the athletes in the Alberta World Cup Academy Network including those on the following teams: AWCA-NST, AWCA, AWCA-CRTG, and AWCA-SATG. These coaches will be integrated, where appropriate, into the leadership and management of the Alberta World Cup Academy and Cross Country Canada staff.
- Build a sense of team among all coaches involved.
- Organize formal and informal professional development opportunities at mutually appropriate times during the year.
- Maintain and enhance the relationship between the clubs in the Alberta through deliberately positive and open sharing of technical and organizational information.

### Values and Principles:

Under the support of the AWCA, we will work together on planning in order to build a team connection and ensure that all coaches feel valued. The following are some key principles that everyone will be mindful of during all activities of the partnership:

- All coaches will be treated with dignity, fairness, and respect regardless of their affiliation
- We will communicate at appropriate times at, or after, each event about what is working well and what needs to be improved
- All communications will be shared with coaches.
- Leaders will do their best to encourage a Team approach
- The AWCA will make every attempt recognize and celebrate each others accomplishments educationally and during competitions

### Program Assessment and Evaluation Plan

To improve the probability of success and to monitor program progress, after each event the coaches involved will provide feedback through a simple on-line survey. The same survey will be used for all events. All survey results will be re-circulated to all involved shortly after completion.

### Short-Term Advantages:

To build a coaching network which will enable all coaches to be connected to the National System, through varied partnerships created and maintained by Cross Country Canada (CCC) and the Alberta World Cup Academy (AWCA)

### Long-Term Advantages:

- The AWCA establishes a link to a high performance development team (i.e. coach feeder system), which will enable coaches to share knowledge, learn and become part of the CCC High Performance System.
- High Performance Club coaches will have enhanced access to experts in areas of physiology, psychology, strength and conditioning, biomechanics, team management and other skills necessary for success.
- Enhanced quality and consistency of the professional development opportunities through partnerships with Cross Country Canada, Calgary Sport Centre, National Coaching Institute, and post-secondary institutions that wishing to tap into the opportunities available through the AWCA Network.
- The High Performance Coaching network establishes a direct link with an internationally recognized high performance athlete development organization that will elevate the quality and consistency of coaching systems.

### Full Membership includes:

- Online access to timely coaching information, advice and support
- Discount on professional development opportunities which will include: Workshops & Seminars; AWCA Training Camps; Athlete satisfaction surveys; and Coach satisfaction surveys

### Costs & Contributions:

- \$300.00 Network fee, which will go toward funding professional development seminars.

### Affiliate fees

\$150.00 access to newsletters and online materials





## **AWCA – YOUTH COACH DEVELOPMENT PROGRAM**

*Coach Education and Practical Opportunities for Club Youth Program Coaches*



This new program is designed to enhance the competency of Coaches working with athletes in the L2T and T2T age groups.

### Short-Term Advantages:

- To build the confidence of the youth coaching community by sharing ways to be an effective coach.

### Long-Term Advantages:

- By investing in the club leaders the confidence and skill of level will directly benefit young athletes thus creating a positive environment for volunteers
- Together we will work to improve the knowledge of all aspects of the sport.
- Knowledge of equipment selection
- Better understanding of the waxing process
- Personal technique improvement
- Systematic approach to providing feedback to athletes
- Networking

### Weekend Seminars (Friday evening, Saturday & Sunday)

- Ski technique improvement for classic and skate
- Technique Improvement for L2T and T2T age groups
- Waxing/equipment selections
- Online access to timely coaching information, advice and support

### Costs & Contributions:

- \$275.00/Coach (Minimum of 8 coaches)

**Grant Funding:** contact the AWCA Network coach for information on possible grant funding for a club to host a AWCA Youth Coach Seminar.

## **AWCA - APPRENTICE COACH OPPORTUNITIES**

Every 2 years the Alberta World Cup Academy will make every effort to recruit an apprentice coach with the goal of adding more qualified coaches to National coaching pool. These opportunities will be based on need and available grants in partnership with Cross Country Canada, the National Coaching Institute and the Calgary Sport Centre. Contact Mike Cavaliere at (403) 678-1441 (or at: [mcavaliere@albertaworldcup.com](mailto:mcavaliere@albertaworldcup.com)) for more information.

## **ATTENTION: NORDIC SKI COACHES**

The University of Alberta is now accepting applications to the Master of Coaching (M.Coach) program. Application Deadline: February 28, 2015 for a September, 2015 start. ( selection being done look for this program again in 2017). Please contact Dr. Jim Denison, M.Coach Coordinator for further questions at: [jim.denison@ualberta.ca](mailto:jim.denison@ualberta.ca)



Notes on AWCA Network opportunities for Students in this program:

- Eligible to apply to gain practical coaching experience within the AWCA Network activities, camps, and competitions.
- Involvement of students in this program with AWCA Network Team activities will be determined on a case-by-case basis and as approved by the AWCA Director.
- All related costs of M.Coach student involvement in AWCA Network activities will must covered by the student and/or the University.