



2022-2023 Ontario Development Hubs Program

Introduction

Guided by the 2021-2028 Ontario Speed Skating High Performance Plan, Ontario Speed Skating (OSSA) will be offering the 2022-2023 Ontario Development Hubs Program (ODHP) for the top Long Track (LT) and Short Track (ST) speed skaters in Ontario. This program builds on the High Performance Programs that OSSA has offered in recent years, including the SETH program and OSSA NextGEN program.

The goal of this renewed program is to lead the development of Train to Train and Learn to Compete athletes and Coaches in Ontario, and to develop a strong network of Clubs delivering high quality sport programs. We aim to develop speed skaters who are prepared for entry into regional and national training centres and prepared to yield performance results and/or increase medal potential for Ontario at both national LT and ST competitions. This year, we also have a strong focus on athlete and Coach preparation for the 2023 Canada Winter Games.

Through the ODHP, OSSA will continue to supplement existing club programming with elevated training opportunities for identified skaters. We aim to make the implementation of a quality Yearly Training Plan (YTP) a reality for OSSA's top skaters and their Coaches.

Targeted Athletes

Both LT and ST skaters will be identified for the ODHP and will be invited to regular ST training sessions throughout the spring and summer of 2022. LT skaters should participate in ST training and information about LT-specific training opportunities will follow.

Skaters will be invited to the ODHP based on the following priorities:

| Priority Sequence | A – Short Track | B – Long Track |
|-------------------|--|--|
| 1 | Priority 1A – The skater attended a National Level Short Track Competition, or qualified and declined their position at the event. | Priority 1B – The skater qualified for and attended a National Level Long Track Competition. |
| 2 | Priority 2A – The skater attended the Canadian Youth Short Track Championships in a quota position (top 2 skaters per age class). | Priority 2B – The skater attended Canadian Youth Long Track Championships in a quota position (top 1 skater per age class). |
| 3 | Priority 3A – The skater was an alternate for Canadian Youth Short Track Championships. | Priority 3B – The skater was an alternate for Canadian Youth Long Track Championships. |
| 4 | Priority 4 – The skater has been nominated by their Club Coach as a strong candidate, is age-eligible and has been accepted by OSSA into the program. | |

Program Outline

The ODHP will consist of several on-ice and dryland training opportunities throughout the spring and summer of 2022. Plans for fall 2022 and winter 2023 are still being established and will be shared once available. Select skaters will be invited to training opportunities based on their Priority described in the chart above.

Weekly On-Ice Training

OSSA aims to bring together cohesive training groups to offer elevated training opportunities for all Hubs skaters, both LT and ST. Skaters in Priority 1 (A and B), Priority 2 (A and B) and Priority 3 (A and B) will be invited to weekly on-ice ST training sessions from May to August 2022.

Spring ice sessions have been secured in Ottawa for the East Hub and in Oakville and Kitchener Waterloo for the Central/West Hub. Other locations and summer (July/August) ice times are being investigated. Training in the west and central regions may be combined or split, based on registrations for the ODHP. Details will follow.

Development Hubs Dryland Testing Camp

Skaters in Priority 1 (A and B) and senior skaters in Priority 2 (A and B)* will also be invited to a dryland testing and training camp hosted in collaboration with the Canadian Sport Institute Ontario at the Pan Am Centre in Toronto on the weekend on May 14-15, 2022. This camp is being planned in collaboration with the Directors and Exercise Physiologists at the Canadian Sport Institute Calgary and will feature the testing protocols approved by SSC for high performance athletes. Details about this camp will be shared closer to the event.

*senior skaters from Priority 2A and 2B include the following racing ages in the 2021-2022 season: girls 13&14 years old, boys 13 years old, boys 14&15 years old

Other Development Opportunities

OSSA is partnering with Speed Skating Alberta to host the Summit Performance Camp in Calgary on August 8-14, 2022. Summit will offer both LT and ST training groups, as well as a hybrid group. Skaters who meet the time Summit time standards are strongly encouraged to attend.

OSSA is planning LT-specific training opportunities, which will be shared as details are finalized.

Development Hubs Program Fees

Weekly on-ice training (May-August) - \$300.00 per skater

Weekly on-ice training (May-August) and Dryland Testing Camp - \$350.00 per eligible skater

Invitations

Identified skaters will be invited to the 2022-2023 Ontario Development Hubs Program via email during the week of April 11, 2022.

Registration

We kindly ask that all invited skaters, regardless of whether they accept or decline their invitation to the ODHP, inform OSSA of their decision.

To register for the ODHP, skaters/families must complete the registration form provided in their invitation email by **Friday April 22, 2022**.

To decline a position in the ODHP, skaters/families must reply to the invitation email indicating the reason for declining by **Friday April 22, 2022**. This gives OSSA information on how to better target ODHP athletes moving forward.

Questions can be directed to:

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