



2024-2025 Ontario Hubs Program

Speed Skating Ontario (SSO) will once again offer the Ontario Hubs Program to athletes who show potential for qualification at Canadian national competitions (Junior or Senior) in 2-4 years, or potential for qualification for Canadian Youth Championships in the 2024-2025 season.

The Ontario Hubs Program will continue to compliment Club programming to elevate the Daily Training Environment for Train to Train athletes in Ontario. Through the Hubs Program, SSO aims to support the development of speed skaters in Ontario.

Speed Skating Ontario (SSO) was accepted into the Canadian Sport Institute Ontario's (CSIO) Ontario High Performance Sport Initiative (OHPSI) program in late August 2023. The funding available to SSO will continue to support our High Performance programs and initiatives, focusing on athlete and coach development.

Guided by Speed Skating Ontario's 2021-2028 High Performance Plan and to ensure that our involvement in OHPSI benefits as many athletes as possible, SSO will identify and include Ontario Hubs Program athletes in some aspects of OHPSI service delivery.

See Appendix A – Athlete Selection Criteria and Eligibility

These athletes will have access to the following services through OHPSI and the Ontario Hubs Program:

- Integrated Support Team (IST) services delivered virtually in a group setting, including Nutrition and Mental Performance Consultation.
- Access to weekly on-ice programming from June to August in select locations. Details to follow.

Additional Training Opportunities for Ontario Hub Program Athletes

SSO will offer training camps in both Short Track and Long Track during the summer of 2024 and additional LT camps in the fall. The cost of these camps is not included in program fees.

Long Track Training Camp A weekend LT camp will be hosted in Quebec City in July or August. Details to follow.

Short Track Relay Camp SSO will host a short track relay camp in July or August. Details to follow.

SSO and Speed Skating Alberta will host the annual **Summit Performance Camp** in Calgary on August 5-10, 2024. Summit will offer LT, ST, and hybrid training groups. Skaters who meet the time Summit time standards are strongly encouraged to attend. The cost to attend the Summit Performance Camp is not included in program fees.

Athlete Invitations

Identified skaters will be invited to the 2024-2025 Ontario Hubs Program (via email by April 29, 2024).

Program Fees

Ontario Hubs Program Fees - \$200.00 + HST

Program fees include Integrated Support Team (IST) services delivered virtually in a group setting, including Nutrition and Mental Performance Consultation and access to weekly on-ice programming from June to August in select locations.

Registration

We kindly ask that all invited skaters, regardless of whether they accept or decline their invitation to the Ontario Hubs Program, inform SSO of their decision by **Monday May 6, 2024**.

Questions about the Ontario Hubs Program can be directed to:

Samantha Morrison, Provincial Team Coach smorrison@ontariospeedskating.ca

APPENDIX A: Athlete Selection Criteria and Eligibility

Eligibility

All athletes participating in the Ontario Hubs Program must be a current member in good standing with Speed Skating Ontario.

Athlete Selection Criteria

Skaters will be invited to the Ontario Hub Program based on the criteria below:

Age in 2023-2024	Short Track	Long Track
10 years old	The skater's 400m time is in the top five (5) 10 year old skaters on the 2023-2024 SSO year-end ranking list.	No criteria for selection because Long Track Provincial Championships were cancelled this season.
11-13 years old	The skater's 400m time on the 2023-2024 SSO year-end ranking list is in the top 70 th percentile of 400m times for skaters in their age class from Canadian Youth Short Track Championships (East and West); or the skater placed in the top 6 Ontario skaters in their age class at the 2024 Canadian Youth Short Track Championships (East) based on the final protocol (including 400m, 800m and 1500m results). See Appendix B for time standards.	The skater attended the 2024 Canadian Youth Long Track Championships.
14-18 years old	The skater raced in the 2023-2024 season and their 500m + 1500m/3 time on the 2023-2024 SSO year-end ranking list is within X% of the fastest skater's time in their age class. Male: X=113%; Female: X=114% See Appendix B for time standards.	The skater has demonstrated commitment to long track training by participating in previous long track training events.

APPENDIX B: Time Standards

Based on review of the short track time data from the 2023-2024 season, the following time standards have been established.

Table 1. Youth Time Standards for Ontario Hubs Program		
Criteria	Age Class	70 th Percentile Time
The skater's 400m time on the 2023-2024 year-end ranking list is in the top 70 th percentile of 400m times for skaters in their age class from Canadian Youth Short Track Championships (East and West)	11 girls	0:47.100
	12 girls	0:45.736
	13 girls	0:44.579
	11 boys	0:46.083
	12 boys	0:45.199
	13 boys	0:42.765

Table 2. Junior Time Standards for Ontario Hubs Program		
Criteria	Age Class	Time Standard
The skater's 500m + 1500m/3 time on the 2023-2024 year-end ranking list is within X% of the fastest skater's time in their age class. Male: X=113%; Female: X=114%	14 women	1:52.279
	15 women	1:54.173
	16 women	1:53.658
	17 women	1:49.341
	18 women	1:47.563
	14 men	1:47.849
	15 men	1:46.779
	16 men	1:43.754
	17 men	1:38.875
	18 men	1:36.952