



2025-2026 Ontario High Performance Program

Introduction

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

"... Speed Skating Ontario was recently selected as one of twenty (20) successful sports included within the OHPSI program for the 2023-26 period, after a very comprehensive and competitive application process, a testament to the hard work and growth of the organization. CSIO is proud to continue the partnership and to provide best-in-class sport science, sport medicine, and pathway support to Speed Skating Ontario, and their athletes and coaches, in their pursuit of excellence, elevating people, programs, and performances." - CSIO Director of Performance Pathways, James Brough

"OHPSI was designed in 2010 to support a comprehensive provincial high performance sport system that allows for sustained success of athletes and coaches at the very highest levels of international sport. The overarching objective of OHPSI is to identify and support Ontario athletes who are best capable of achieving future international success on senior national teams in targeted winter and summer Olympic/Paralympic and Pan/Para Pan Am Games sports." (CSIO, 2023)

Speed Skating Ontario's High Performance (HP) Program is guided by the Speed Skating Ontario 2021-2028 High Performance Plan and supported by CSIO's OHPSI program. The Ontario HP Program will continue to compliment Club programming to elevate the Daily Training Environment for Train to Train and Learn to Compete athletes in Ontario.

Through the HP Program, SSO aims to:

- support the development of speed skaters in Ontario and prepare them for entry into Regional and National Training Centres
- increase medal potential for Ontario at both National Long Track (LT) and Short Track (ST) competitions
- build Ontario speed skaters towards international success.

Speed Skating Ontario (SSO) will name a Provincial Short Track Team, a Provincial Long Track Team and Provincial Development ST and LT Teams. Provincial and Provincial Development Team athletes are eligible to receive services through CSIO's OHPSI program.

Ontario Provincial Team Program – Short Track and Long Track

Guided by Speed Skating Ontario's 2021-2028 High Performance Plan and supported by CSIO's OHPSI program, our 2025-2026 Ontario High Performance Program will offer:

- Biannual Athlete dryland testing at CSIO (May and July) that is aligned with our exercise physiology partners in Montreal at the Institut National du Sport and in Calgary at CSI Calgary and is approved by Speed Skating Canada.
- Strength and Conditioning Programs based on testing results and exercise physiology review.
- Strength and Conditioning Training twice per week from May to August at one of the following CSIO training centres: CSIO Toronto Pan Am Sports Centre, CSIO Milton Velodrome or CSIO Ottawa.
- Speed Skating-specific Dryland Training Programs and home workouts from May to August.
- In-season Ontario Ice sessions with the Provincial Short Track or Long Track Coach.
- Group IST services including Nutrition and Mental Performance Consultation throughout the 2025-2026 season.
- Individual IST services delivered virtually, including Nutrition and Mental Performance Consultation intakes and follow up sessions throughout the 2025-2026 season.
- Yearly monitoring throughout the season by an Individual Athlete Performance Plan (IAPP).
- CSIO [Athlete Services and Benefits](#)
- Coaching at National Competitions from Ontario's Provincial Team Coaches for Ontario based athletes.
- Ontario High Performance Team Gear.
- Ontario High Performance Dryland camp in June.
- Ontario High Performance Short Track Camp in July.
- Ontario High Performance Long Track Camp in July or August.
- Summit Performance Camp in Calgary – August 4-9, 2025. Skaters who meet the camp time standards are strongly encouraged to attend.

Weekly Summer Ontario Ice is not included in the HP Program this year.

Skaters in the West and Central Regions, where summer ice programs are offered by Clubs, are encouraged to skate with their Club or take advantage of local guest skating opportunities. Skaters in the East Region, where there is a lack of summer ice programs run by Clubs, will have access to weekly SSO summer ice sessions in Ottawa for a fee.

Provincial ST and LT Team athletes will also be considered for athlete funding as described in the SSO Athlete Funding Program.

Ontario Provincial ST and LT Team Athletes at a National Development Centre or Regional Training Centre in 2025-2026

The Ontario High Performance Program will include Short Track and Long Track Provincial Team Athletes who will be moving to a National Development Centre or Regional Training Centre (Oval Program in Calgary, CRCE in Montreal, CEGB in Quebec City) for the 2025-2026 season. These skaters will transition their Daily Training Environment to a National Development Centre or Regional Training Centre and continue to represent Ontario nationally and internationally as they work towards their goals of attaining SSC NextGen or National Team status.

Ontario Provincial ST and LT Team athletes moving to a National Development Centre or Regional Training Centre for the 2025-2026 season will have access to the Ontario HP summer program and will continue to have access to virtual IST service delivery to complement their Daily Training Environment in the 2025-2026 season.

Ontario Provincial Development Team Program – Short Track and Long Track

Ontario Provincial ST and LT Development Team athletes will have access to the following services through OHPSI and SSO:

- Biannual Athlete dryland testing at CSIO (May and July) that is aligned with our exercise physiology partners in Montreal at the Institut National du Sport and in Calgary at CSI Calgary and is approved by Speed Skating Canada.
- Strength and Conditioning Programs based on testing results and exercise physiology review.
- Strength and Conditioning Training twice per week from May to August at one of the following CSIO training centres: CSIO Toronto Pan Am Sports Centre, CSIO Milton Velodrome or CSIO Ottawa.
- Speed Skating-specific Dryland Training Programs and home workouts from May to August.
- In-season Ontario Ice sessions with the Provincial Short Track or Long Track Coach.
- Group IST services including Nutrition and Mental Performance Consultation throughout the 2025-2026 season.
- Coaching at National Competitions from Ontario's Provincial Team Coaches for Ontario based athletes.
- Ontario High Performance Team Gear.
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Skaters in the West and Central Regions, where summer ice programs are offered by Clubs, are encouraged to skate with their Club or take advantage of local guest skating opportunities. Skaters in the East Region, where there is a lack of summer ice programs run by Clubs, will have access to weekly SSO summer ice sessions in Ottawa for a fee.

Ontario Provincial Development Team athletes may also have access to individual IST services through CSIO on a fee-for-service basis.

Eligibility

To be eligible for the Ontario Provincial Team or Ontario Provincial Development Team all athletes must:

- be a current competitive member in good standing with Speed Skating Ontario.
- intend to compete for Ontario in the 2025-2026 season in the discipline in which they're selected.

Provincial Team Athlete Selection Criteria

Athletes will be invited to the Ontario Provincial Teams (ST or LT) based on demonstrating top Ontario results in the 2024-2025 season and showing potential to qualify for Junior or Senior National Competitions in the 2025-2026 season.

Short Track Provincial Team Selection

The Short Track Provincial Team will consist of skaters aged 13-18 who raced in the Ontario Elite Circuit in the 2024-2025 season and ranked in the top 8 in-province Ontario skaters on each of the Junior Women and Junior Men Year-End 2024-2025 SSO Ranking List using their combined 500m + (1500m/3) time.

Long Track Provincial Team Selection

The Long Track Provincial Team will consist of the top 6 in-province Ontario skaters who are aged between and including 14-18 years old (C2, B1, B2, A1, or A2) on each of the Junior Women and Junior Men 1500m 2024-2025 season national ranking list on speedskatingresults.com as of March 31, 2025.

Provincial Development Team Athlete Selection Criteria

Athletes will be invited to the Ontario Provincial Development Teams (ST or LT) based on demonstrating potential to qualify for Junior national competitions in the 2025-2026 season.

Short Track Provincial Development Team Selection

The Short Track Provincial Development Team will consist of skaters aged 13-18 who raced in the Ontario Elite Circuit in the 2024-2025 season and ranked in positions 9-16 of in-province Ontario skaters on each of the Junior Women and Junior Men Year-End 2024-2025 SSO Ranking List using their combined 500m + (1500m/3) time.

Long Track Provincial Development Team Selection

The Long Track Provincial Development Team will consist of:

- in-province Ontario skaters in positions 7-10 who are aged between and including 14-18 years old (C2, B1, B2, A1, or A2) on each of the Junior Women and Junior Men 1500m 2024-2025 season national ranking list on speedskatingresults.com as of March 31, 2025, and
- the top 4 in-province Ontario skaters aged 13 years old on each of the C1 Women and C1 Men 500m 2024-2025 season national ranking list on speedskatingresults.com as of March 31, 2025.

Discretionary Considerations

The above criteria will ordinarily determine who is selected for the Ontario High Performance Program however, the SSO Technical Director or Provincial Team Coach may invite athletes who are not captured by the Athlete Selection Criteria.

Athlete Obligations

As part of the Speed Skating Ontario High Performance Program, athletes will be required to meet the following expectations and obligations:

- a. Accept their team position by completing the SSO High Performance Athlete Agreement by April 18, 2025.
- b. Pay Team Fees as outlined in the SSO High Performance Athlete Agreement.
- c. Always wear their Ontario High Performance Team Gear at national competitions for award ceremonies, podium appearances and other appearances as directed by SSO.

- d. Adhere to the SSO Athlete Code of Conduct.
- e. Provincial Team athletes will engage in the athlete planning process and IAPP development and tracking on an agreed upon schedule set forth by SSO.
- f. Intend to compete in the 2025-2026 season for Ontario in Ontario Elite Circuit meets or National Competitions or meets that align with the Training Centre programs.

Athlete Invitations

Identified skaters will be invited to the 2025-2026 Ontario High Performance Program (Ontario Provincial Team, and Ontario Provincial Development Team) via email by **April 11, 2025**.

Registration

We kindly ask that all invited skaters, regardless of whether they accept or decline their invitation to the Ontario High Performance Program, inform SSO of their decision by **Friday April 18, 2025**.

Appeals

Appeals to Speed Skating Ontario's Provincial or Provincial Development Team Selections may be made by any member in good standing of Speed Skating Ontario who is materially affected by the selection. Appeals must be made under SSO's Appeal Policy which can be found on the SSO website <https://www.ontariospeedskating.ca/ossa-policies>. A nonrefundable appeal fee of \$50 shall apply.

Questions about the Ontario High Performance Program can be directed to:
Julie Byers, Technical Director at techdirector@ontariospeedskating.ca