



2026 Speed Skating Ontario LEVEL UP Centralized Training Group

Introduction

Speed Skating Ontario (SSO) has successfully renewed its agreement with the Ontario High Performance Sport Initiative (OHPSI) for the 2026-2027 season. The funding available to SSO will continue to support High Performance programs and initiatives, focusing on athlete development.

In addition to the Ontario High Performance Program, SSO is also offering a new program called the 2026 **LEVEL UP Centralized Training Group (CTG)**, in collaboration with OHPSI and Speed Skating Canada, for Train to Compete Short Track athletes in Ontario. This program will offer a six-week centralized summer training program that elevates the Daily Training Environment and prepares athletes for entry into Regional Training Centres and National Team Programs.

Members of the SSO High Performance Program are expected to join the LEVEL UP CTG.

LEVEL UP CTG Program Deliverables

The 2026 LEVEL UP CTG Program will offer six weeks of centralized programming, from July 14 to August 23, 2026 in Richmond Hill, at the [Ed Sackfield Arena & Fitness Centre](#), that includes:

- five ice sessions per week (1.5-2 hours per session)
- four dryland sessions per week
- four Zone 2 cardio group training sessions
- weekly multisport and social activities
- regular touch points with Integrated Support Team services such as Mental Performance and Nutrition Consultation

Eligibility

To be eligible, athletes must be a current competitive or national member in good standing with SSO and intend to compete nationally in short track for Ontario in the 2026-2027 season.

Selection Criteria

This program will consist of skaters aged 13-18 who raced in the Ontario Elite Circuit in the 2025-2026 season and ranked in the top 11 in-province Ontario skaters on each of the Junior Women and Junior Men 2025-2026 SSO Ranking List Database using their combined 500m + (1500m/3) time as of March 31, 2026.

If required to fill the program, invitations may be offered to additional skaters meeting all eligibility criteria, and having a combined 500m + (1500m/3) time faster than 1:47.00 for females and 1:37.00 for males on the SSO Ranking List Database as of March 31, 2026.

Discretionary Considerations

The above criteria will ordinarily determine who is selected for the 2026 LEVEL UP CTG, however, the SSO Technical Director or Provincial Team Coach may invite athletes who are not captured by the Athlete Selection Criteria.

Athlete Invitations

Identified athletes will be invited to the 2026 LEVEL UP CTG via email by **Friday April 10, 2026**.

Registration

We kindly ask that all invited athletes, regardless of whether they accept or decline their invitation to the 2026 LEVEL UP CTG, inform SSO of their decision by **Friday April 17, 2025**.

Program Fee

The cost of the 2026 LEVEL UP CTG program is \$1650.00 + HST (\$1864.50).

Appeals

Appeals to the 2026 LEVEL UP CTG 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 LEVEL UP CTG can be directed to:

Julie Byers, Technical Director at techdirector@ontariospeedskating.ca