



2024-2025 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 late August 2023. The funding available to SSO will continue to support our High Performance programs and initiatives, focusing on athlete and coach 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)

The Ontario High Performance (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. The HP program also aims to increase medal potential for Ontario at both national Long Track (LT) and Short Track (ST) competitions.

Guided by Speed Skating Ontario's 2021-2028 High Performance Plan and supported by CSIO's OHPSI program our 2024-2025 Ontario High Performance Program will offer biannual athlete testing, Integrated Support Team (IST) services including exercise physiology review, strength and conditioning programs and support, nutrition education and mental performance consultation, to eligible LT and ST speed skaters in Ontario.

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

See Appendix A – Athlete Selection Criteria and Eligibility

Provincial Short Track (ST) and Provincial Long Track (LT) Team

Provincial Team athletes will have access to the following services through OHPSI and SSO:

- Biannual Athlete dryland testing at CSIO (April and September). Our sport consultants at CSIO have collaborated with exercise physiologists in Montreal at the Institut National du Sport and in Calgary at CSI Calgary to ensure that our testing protocols align with our partners and are approved by Speed Skating Canada.
- Strength and Conditioning Programs based on testing results and exercise physiology review.
- Strength and Conditioning Training twice per week (May – August) at one of the following CSIO training centres, CSIO Pan Am Sports Centre, Toronto, CSIO Milton Velodrome or CSIO Ottawa services partner.
- Group IST services including Nutrition and Mental Performance Consultation. (2024-2025 season)
- Individual IST services delivered virtually, including Nutrition and Mental Performance Consultation intakes and follow up sessions. (2024-2025 season)
- CSIO [Athlete Services and Benefits](#)
- Access to weekly on-ice programming from June to August in select locations. Details to follow.
- Coaching at national competitions.

Provincial ST and LT Team athletes will be monitored throughout the season by an Individual Athlete Performance Plan (IAPP).

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

***Note - Provincial ST and LT Team Athletes at a National Development Centre or Regional Training Centre**

The Ontario High Performance Program will include Provincial Short Track and Long Track Team Athletes who will be moving to a National Development Centre (Oval Program in Calgary, CRCE in Montreal, CEGB in Quebec City) for the 2024-2025 season. These skaters have successfully transitioned 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.

Athletes who were members of the 2023-2024 Provincial ST and LT Team who are moving to train out of province at a regional or national training centre in 2024-2025 will continue to have access to virtual IST service delivery to complement their daily training environment for the 2024-2025 season.

Provincial Development ST and LT Team Athletes

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

- Biannual Athlete dryland testing at CSIO (April and September). Our sport consultants at CSIO have collaborated with exercise physiologists in Montreal at the Institut National du Sport and in Calgary at CSI Calgary to ensure that our testing protocols align with our partners and are approved by Speed Skating Canada.
- Strength and Conditioning Programs based on testing results and exercise physiology review.

- Strength and Conditioning Training twice per week (June – August) at one of the following CSIO training Centres, CSIO, Pan Am Sports Centre, Toronto, CSIO Milton Velodrome or CSIO Ottawa services partner.
- Group IST services including Nutrition and Mental Performance Consultation. (2024-2025 season)
- Access to weekly on-ice programming from June to August in select locations. Details to follow.
- Coaching at national competitions.

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

Additional Training Opportunities for Ontario High Performance 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 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 High Performance Program (Provincial Team, and Provincial Development Team) via email by April 29, 2024.

Program Fees

Provincial ST and LT Team Program Fees \$450.00 + HST

Program Fees cover: athlete dryland testing at CSIO in September, Strength and Conditioning Programs, Strength and Conditioning Training twice per week (June – August), group IST services including Nutrition and Mental Performance Consultation (2024-2025 season), individual IST services delivered virtually, including Nutrition and Mental Performance Consultation intakes and follow up sessions (2024-2025 season), access to weekly on-ice programming from June to August in select locations, Individual Athlete Performance Plan and coaching at national competitions.

Provincial Development ST and LT Team Program Fees - \$350.00 + HST

Program Fees cover: athlete dryland testing at CSIO in September, Strength and Conditioning Programs, Strength and Conditioning Training twice per week (June – August), group IST services including Nutrition and Mental Performance Consultation (2024-2025 season), access to weekly on-ice programming from June to August in select locations and coaching at national competitions.

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 **Monday May 6, 2024**.

Questions about the Ontario High Performance 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 High Performance Program must be a current member in good standing with Speed Skating Ontario.

Athlete Selection Criteria - Provincial Short Track and Long Track Team Athletes

The top Short Track (ST) and Long Track (LT) athletes will be invited to the Provincial Teams. Provincial Team athletes are those who qualified for Junior (or higher) national competitions in the 2023-2024 season or show immediate potential to qualify in the 2024-2025 season.

These athletes are selected using attendance at national meets.

Short Track: The skater qualified for and raced at one of the following national short track competitions in the 2023 -2024 season: Canadian Junior Open, ST Canada Cup 1, Canadian Championships, Canadian Junior Championships, ST Canada Cup Final, or ST Canada Cup Junior Final.

Long Track: The skater qualified for and raced at one of the following national long track competitions in the 2023 -2024 season: Canada Cup, Canadian Junior LT Championships, or Canadian Championships or the skater skated a Junior Canada Cup qualifying time in the 2023-2024 season.

Athlete Selection Criteria - Provincial Development Short Track and Long Track Team Athletes

Skaters will be invited to the Provincial Development Team based on the following criteria:

Age in 2023-24	Short Track	Long Track
13 years old	The skater's 400m time is in the top four (4) 13 year old skaters on the 2023-2024 SSO year-end ranking list.	As a later-maturing sport than short track, 13 year old skaters will not be named to the Provincial Development Team for long track.
14-18 years old	The skater qualified for and raced at the Short Track Neo-Junior Championships, or the skater is in the top four (4) 14 year old skaters on the 2023-2024 SSO year end ranking list.	The skater competed at the Long Track Neo Junior Championships and was within X% of the fastest 500m time skated at the competition: Male: X=113%; Female X=114%.

Exceptional Considerations

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