



2023-2024 Ontario Development Hubs Program

Introduction

Guided by the 2021-2028 High Performance Plan, Speed Skating Ontario (SSO) is again offering the 2023-2024 Ontario Development Hubs Program (Hubs) for the top Long Track (LT) and Short Track (ST) speed skaters in Ontario. This program builds on last year's Hub's program and introduces a Provincial Team and Development Team status for selected athletes.

The Hubs program will compliment Club programming to elevate the Daily Training Environment for Train to Train and Learn to Compete athletes in Ontario. Through the Hubs program, SSO aims to support the development of speed skaters in Ontario and prepare them for entry into regional and national training centres. The Hubs program also aims to increase medal potential for Ontario at both national LT and ST competitions.

Targeted Hubs Athletes

Both LT and ST skaters will be identified for the Hubs program as Provincial Team or Development Team athletes. Skaters will be invited to regular ST training sessions throughout the spring and summer of 2023. LT skaters should participate in ST training and information about LT-specific training opportunities will follow.

Provincial Team Athletes at a National Development Centre

SSO will also identify the Provincial Team Athletes who are based at a National Development Centre (Oval Program in Calgary, CRCE in Montreal, CEGB in Quebec City). These skaters have successfully transitioned their Daily Training Environment to a National Development Centre and continue to represent Ontario nationally and internationally as they work towards their goals of attaining SSC NextGen or National Team status. SSO stays connected with these athletes to provide membership, insurance, and registration for national meets. These Provincial Team Athletes will be considered for athlete funding as described in the SSO Athlete Funding Program, and are eligible to purchase Ontario branded merchandise. When they are at home in Ontario during the off season or holidays, athletes are eligible to join Hubs programming, if space allows.

Provincial Team

Provincial Team athletes are those who qualified for Junior (or higher) national competitions in the 2022-2023 season or show immediate potential to qualify in the 2023-2024 season.

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

Age in 2022-23	Short Track	Long Track
13 years old	The skater's 400m time is in the top four (4) 13 year old skaters on the 2022-2023 year-end ranking list.	As a later-maturing sport than short track, 13 year old skaters will not be named to the Provincial Team for long track.
14-18 years old	The skater qualified for and raced at a national short track competition in the 2022-2023 season (Canada Winter Games, Canadian Junior Open, Canada Cup 1, Canadian Championship, Canadian Junior Championship, Canada Cup Final or Canada Cup Junior Final).	The skater qualified for and raced at a national long track competition in the 2022-2023 season (Canada Winter Games, Canada Cup, Canadian Junior Championship or Canadian Championship).

Provincial Team Athletes will be considered for athlete funding as described in the SSO Athlete Funding Program. These skaters have access to weekly on-ice programming from June to August and dryland training programs throughout the spring and summer. The top 8 Provincial Team athletes will be monitored by an Individual Athlete Performance Plan as a project sport of the Canadian Sport Institute of Ontario (CSIO). Provincial Team athletes are eligible to purchase Ontario branded merchandise and will receive Team Ontario swag through the Hubs program.

Development Team

Development Team athletes are those who show potential for qualification for Canadian national competitions (Junior or Senior) in 2-4 years, or potential for qualification for Canadian Youth Championships in the 2023-2024 season.

Skaters will be invited to the Ontario Development Team based on the criteria below:

Age in 2022-2023	Short Track	Long Track
10 years old	The skater's 200m time is in the top five (5) 10 year old skaters on the 2022-2023 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 2022-2023 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 2023 Canadian Youth Short Track Championships (East) based on the final protocol (including 400m, 800m and 1500m results). See Appendix A for time standards.	The skater attended the 2023 Canadian Youth Long Track Championships.
14-18 years old	The skater raced at Ontario Elite Championships and their 500m + 1500m/3 time on the 2022-2023 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 A for time standards.	The skater has demonstrated commitment to long track training by participating in previous long track training events.

Development Team Athletes have access to weekly ice sessions from June to August and dryland training programs throughout the spring and summer. Development Team Athletes will receive Team Ontario swag through the Hubs program.

Program Outline

The Hubs program will focus on dryland testing, dryland and strength training, energy system education, camps and group ice sessions throughout the spring and summer of 2023.

On-Ice Training

Ice sessions will be held from June to August in Ottawa for the East Hub, Waterloo for the West Hub and Toronto for the Central Hub. In addition to these sessions for all Hubs skaters, Provincial Team athletes also have access to weekly ice in Oakville on Tuesdays from June to August. Details will follow.

Long Track Training Camp

A weekend LT camp will be hosted in Quebec City in July. Details to follow.

Short Track Relay Camp

SSO will host a short track relay camp in July. Details to follow.

Provincial Team Testing Camp

Provincial Team athletes will be invited to a dryland testing camp hosted in collaboration with CSIO at the Pan Am Centre in Toronto on the weekend on May 6-7, 2023. 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.

Other Development Opportunities

SSO and Speed Skating Alberta will host the second annual Summit Performance Camp in Calgary on August 7-12, 2023. 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.

Development Hubs Program Fees

Provincial Team Athlete - \$350.00 per skater includes dryland testing camp, weekly ice and dryland training, and relay camp.

Development Team Athlete - \$300.00 per skater includes weekly ice and dryland training, and relay camp.

Invitations

Identified skaters will be invited to the 2023-2024 Ontario Development Hubs Program via email by April 15, 2023.

Registration

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

Provincial Team athletes must complete the registration form provided in their invitation email by **Friday April 21, 2023** to be eligible for the testing camp.

The deadline for Development Team athletes to register for the Hubs program will be determined once final ice times have been confirmed.

To decline a position in the Hubs program, skaters/families are asked to reply to the invitation email indicating the reason for declining by **Friday April 21, 2023**. This gives SSO information on how to better target Hubs program athletes moving forward.

Questions about the Hubs Program can be directed to:

Julie Byers techdirector@ontariospeedskating.ca

Appendix A: Time Standards

Based on review of the short track time data from the 2022-2023 season, the following time standards have been established.

Table 1. Youth Time Standards for Ontario Development Team		
Criteria	Age Class	70 th Percentile Time
The skater's 400m time on the 2022-2023 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	0:47.372
	12 girls	0:45.625
	13 girls	0:44.608
	11 boys	0:46.423
	12 boys	0:44.871
	13 boys	0:42.614

Table 2. Junior Time Standards for Ontario Development Team		
Criteria	Age Class	Time Standard
The skater's 500m + 1500m/3 time on the 2022-2023 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	1:55.359
	15 women	1:52.454
	16 women	1:49.128
	17 women	1:46.424
	18 women	1:47.340
	14 men	1:45.564
	15 men	1:41.454
	16 men	1:41.438
	17 men	1:38.341
	18 men	1:41.572