



2026-2027 Ontario High Performance Program

Introduction

After three successful seasons in the Canadian Sport Institute Ontario's (CSIO) Ontario High Performance Sport Initiative (OHPSI) program, Speed Skating Ontario (SSO) has successfully renewed its agreement with the OHPSI program for the 2026-2027 season. The funding available to SSO will continue to support our High Performance (HP) programs and initiatives, focusing on athlete development.

"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)

Speed Skating Ontario's 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 complement Club programming to elevate the Daily Training Environment for Train to Compete athletes in Ontario.

High Performance Program Goals

Through the Ontario HP Program, SSO aims to:

- support the development of speed skaters in Ontario and prepare them for entry into Regional Training Centres and National Team Programs.
- increase medal potential for Ontario at both National Long Track (LT) and Short Track (ST) competitions, including the 2027 Canada Winter Games.
- build the pathway for Ontario athletes to strive towards international podium success.

Teams

The 2026-2027 SSO HP Program will consist of the following Teams:

- Provincial Short Track Team
- Provincial Long Track Team
- Provincial Development Short Track Team
- Provincial Development Long Track Team

Provincial and Provincial Development Team athletes are eligible to receive services through SSO and CSIO's OHPSI program.

Ontario Provincial Team Program

Ontario Provincial Team athletes (Short Track and Long Track) will have access to the following services through OHPSI and SSO:

- Biannual Athlete dryland testing at CSIO (May and August) 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 Team Coach.
- Group IST services including Nutrition and Mental Performance Consultation throughout the 2026-2027 season.
- Individual IST services delivered virtually, including Nutrition and Mental Performance Consultation intakes and follow up sessions throughout the 2026-2027 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 (for new HP Program athletes only).
- Four-day Ontario High Performance Dryland Training Camp at Horseshoe Valley Resort during the first week of July, 2026 (final dates TBC).
- Ontario Short Track Camp in Ottawa on June 26-28, 2026 for Short Track program athletes.
- Ontario Short Track Camp in Barrie on September 12, 2026 for Short Track program athletes.
- Ontario Long Track Camp details will be confirmed for Long Track program athletes.

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

Support for Ontario Provincial Team Athletes at a Regional Training Centre in 2026-2027

The Ontario High Performance Program will include Short Track and Long Track Provincial Team Athletes who may be moving to a Regional Training Centre (Oval Program in Calgary, CRCE in Montreal, CEGB in Quebec City) for the 2026-2027 season. These skaters will transition their Daily Training Environment to a 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 Regional Training Centre for the 2026-2027 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 2026-2027 season.

Ontario Provincial Development Team Program

Ontario Provincial Development Team athletes (Short Track and Long Track) 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 Team 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 (for new HP team athletes only).
- Four-day Ontario High Performance Dryland Training Camp at Horseshoe Valley Resort during the first week of July, 2026 (final dates TBC).
- Ontario Short Track Camp in Ottawa on June 26-28, 2026 for Short Track program athletes.
- Ontario Short Track Camp in Barrie on September 12, 2026 for Short Track program athletes.
- Ontario Long Track Camp details will be confirmed for Long Track program athletes.

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

Ontario High Performance Program 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 2026-2027 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 results among Ontario skaters in the 2025-2026 season and showing potential to qualify for Junior or Senior National Competitions in the 2026-2027 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 2025-2026 season and ranked in the top 8 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.

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 2025-2026 season national ranking list on speedskatingresults.com as of March 31, 2026.

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 or Neo-Junior national competitions in the 2026-2027 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 2025-2026 season and ranked in positions 9-16 of 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.

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 2025-2026 season national ranking list on speedskatingresults.com as of March 31, 2026, and have a 1500m personal best of sub 2:25.00 for males and sub 2:40.00 for females.
- the top 4 in-province Ontario skaters aged 13 years old on each of the C1 Women and C1 Men 500m 2025-2026 season national ranking list on speedskatingresults.com as of March 31, 2026.

Discretionary Considerations

The above criteria will ordinarily determine who is selected for the Ontario High Performance Program however, the SSO Technical Director and 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 17, 2026.
- 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 Code of Conduct and True Sport Principles.
- 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 2026-2027 season for Ontario in Ontario Elite Circuit meets or National Competitions or meets that align with the Training Centre programs.

High Performance Program Team Fees

The 2026-2027 Ontario High Performance Program team fees are as follows:

Registration Type	Provincial Team Athlete	Provincial Development Team Athlete
Full program registration	\$800.00 + HST (\$904.00)	\$650.00 + HST (\$734.50)
Partial program registration*	\$700.00 + HST (\$791.00)	\$550.00 + HST (\$621.50)

*this partial program registration option is available **only** to athletes who reside greater than one (1) hour from a CSIO training hub and choose to opt out of the twice weekly group in-person Strength & Conditioning sessions. These athletes will still receive the Strength & Conditioning home program and are expected to find an alternate training location to complete the program.

Athlete Invitations

Identified athletes will be invited to the 2026-2027 Ontario High Performance Program (Ontario Provincial Team, and Ontario Provincial Development Team) 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 Ontario High Performance Program, inform SSO of their decision by **Friday April 17, 2026**.

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