

New Brunswick High Performance Speed Skating Training Group Program

Presented by Derrick MacLeod
HP Program Leader

Who is the CSC - Atlantic

The Canadian Sport Centre Atlantic works with High Performance athletes training Year-round with a High Performance coach.

The CSC mandate is to provide support for Nationally Carded athletes and those representing Canada at NSO sponsored events.

Where did these funds come from?

The Canadian Sport Centre Atlantic with support from the Province of New Brunswick's Department of Wellness, Culture, and Sport has made a two year commitment of \$17500 towards a high performance training group and coach centralized in Fredericton. Satellite Sites in Saint John and Restigouche have also been included in this group.

Sport science expertise has also been provided to training groups by the Canadian Sport Centre Atlantic. This funding is intended to contribute to the training of high performance athletes as well as to coach employment and expenses. Funding is limited in terms of the number of training groups supported.

We are endorsed by both Speed Skate New Brunswick and Speed Skate Canada and will positive impact the future development of there athletes.

Why were our athletes Selected?

- Speed Skating was selected due to past performance at CWG, National, and history of having N.B. athletes make National Training Team. We have been funded as National Team Prospects of the future.
- Those skaters selected to the group will need to make a solid commitment to the program in order to continue to be part. Those not selected to the group, but prove they are capable of being part will be added to the group.

Want to join the list ?

- **Mark Lackie** - Olympic Medalist, World Record Holder, and National Team Member
- **Mike Murray** – National Team Member
- **Jeff Scholten** – World Record Holder and National Team Member
- **Stephen Gough** – Olympian and National Team Member
- **Andrea Searles** – National Development Team Member
- **Beth Whitmee** – National Development Team Member
- **Travis Jayner**- U.S National Team Member
- **Dave Allardice** – Great Britain National Team Member
- **John English** – National Development Team Member
- **Reid van Drecht** – National Team Trials 2009
- **Liz Russell** – National Team Trials 2009
- **Numerous CWG and National Medalists**

Lead Coach Credentials:

- Chartered Professional Coach (ChPc)
- Bachelor of Physical Education (Sport Science/Psychology)
- Graduate of National Coaching Institute working towards Level IV certification.
- Member of Canadian Society of Exercise Physiology
- Master Learning Facilitator with National Coaching Certification Program Member of SSC Club and Membership Development committee and SSNB Coaching Chair
- Successful Head Coach of Fredericton Amateur Speed Skating Club since 1997, Have had the pleasure of coaching Numerous National Medalists and CWG Medalists.
- Competitive Speed Skater from 1979-1998
- 2002 Petro Canada Award for Achievement in Coaching 2008 Winner of Coaching Excellence Award from Speed Skate Canada

Who is involved?

To be reassessed before travel and December 31 2009:

Hannah Duguay
Sophie Tremblay
Caroline Quinn
Chae Young Lim
Catherine Tremblay
Zoe LeBlanc
Nathan Pelletier
Chad Gamblin
Evan Brideau
Andrew Evans
Ray Harris
Jeffrey Retallick
Scott Facey
Caleb Doucet
Matt Nickerson
Hilary Gamblin
Tom Jung

Program lead: Derrick MacLeod

Support (TD): Peter Steele

Saint John Support: Rachael Quinn

Restigouche Support: Darren Oakes

Strength/Conditioning: Kevin Roy

Sport Psych: Ryan Hamilton

Nutrition: Barb Duguay

Partners: Speed Skate New Brunswick and Speed Skate Canada

Supporters: CSC Atlantic and N.B. Department of Sport, Culture and Wellness

Goal of Group

- To place our New Brunswick athletes onto the National Junior, Development, and Senior Canadian Short Track Teams that will represent both our Province and Country Internationally. The program is truly a High Performance Group and should not be confused with anything less!
- To achieve our end results and to sustain this fund past two years we need to prove our worth internationally and this is not a task that will come without hard work. Along the way this program will greatly enhance CWG and Age Class National results
- You have all been chosen for this larger group based on our belief that you have the potential to be a better speed skater. In the end it will be you that makes the ultimate decision of whether or not you utilize this opportunity to it's fullest.
- To positive reduce the financial burden placed on the parents, athletes, and SSNB. This fund is independent of other funding and is only accessible to members of the HP Group. That said we will ensure it's entirety each year. Funding per athlete will increase with level of competition.

What is your commitment to the group?

- You will be ranked by a Point system. You must know this system.
- These standards are high as the standards that the grant is based upon are high ones.
- Those outside of Fredericton must be prepared to make the same commitment as those within city.
- To attain funding prior to December 31st 2009 you must maintain a minimum of 40 points. To remain in the HP Group after December you must maintain a minimum standard of 50 Points.
- Point System
- Training Diary

What are The Benefits?

- Greatly enhanced Training Program with direct link to current Club and Provincial Programming. Example of YTP.
- Funding to attend Espoir, Elite, Junior, Senior Trials, and High Level Training Camps for HP athletes in good standing
- Training Log Provided to athletes to help track performance and progress. Example of Training LOG
- Additional on Ice Practices for HP Group Athletes
- Addition of Strength and Conditioning to set up one of one programs (Mandatory Attendance for All)
- Addition of Sport Psychologist to work with our group
- Five group sessions with a Registered Dietitian
- Higher Level Performance
- Be part of the First Ever sponsored High Performance Speed Skating Group for New Brunswick !!!

First Steps:

- 1) Attend Group Meeting in September.
- 2) Sign Letter of Commitment. Due September, 15 2009.
- 3) Individual meeting with Derrick in September.
- 4) Session with Strength and Conditioning Consultant in September.
- 5) Start tracking using Training Diary - Now.
- 6) Keep in Contact with me and I will do the same.
- 7) First Assessment session is September 2nd 2009 from 8:30-11:30 AM at LBG in Fredericton.

In Closing

- It is my goal to have all of you continue to be part of this group from start to finish. I will always make the same level of commitment to you as you make to the program. Being part of such a project takes work, but will make you a much stronger person and athlete.
- We can be small and mighty NB once again and prove we are worthy of such support !!!
- Be willing to live up to your potential.



Contact me with any questions:



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Thank You!!