



Training Voucher Support Program

1. Introduction:

The Training Voucher Support program is a bridging program, from Provincial to Senior National Team levels, aimed at promising Youth and Junior athletes. It is intended to help talented Alberta athletes achieve their best while competing for the province, so that they may graduate into Senior National Team programs.

The following coaching and development activities are *recommended* for such athletes: *

1. A personalized Annual Plan, designed and monitored on a daily basis, by a Level 3-plus coach, which takes into account the athlete's individual strengths and weaknesses and optimizes facility use.
2. Six, preferably eight, supervised practice sessions or a minimum of four contact days per week, 11 months a year, with the Level 3-plus coach who designed the annual plan.
3. Convenient access to a good Biathlon facility, including a shooting range, roller skiing and running trails, gym/weight room; all reasonably close together.
4. Several 4-5 day camps during the year to provide intense-focus micro-cycles, e.g. Shooting Camp; Endurance Training Camp; Biathlon Shooting Camp; Early Snow Camp; Altitude Camp; etc.
5. Access to a Performance Enhancement Team (PET), which provides access to experts that can supplement the coach's expertise, e.g. nutrition; mental training, strength and conditioning; massage, physiotherapy, etc.
6. Access to high level domestic and North American competitions.
7. Support to attend Trials and National events used as qualifiers for international experience.
8. International Competitive experience.

* *Long Term Athlete Development Model, Volume 2, Biathlon Canada, 2005*

2. Objectives of the Training Voucher Support Program

Training vouchers are designed to assist Alberta biathletes, in the Youth and Junior categories, access suitable high-level training via Club programs. The intense and focused program needed to succeed in crossing the bridge from development to National Team is best delivered by an active Biathlon club which has a full-time coach and access to first-class training facilities.

Most successful biathletes in Alberta are pursuing programs similar to that described in the Introduction, with a local club. The Training Voucher Support Program is designed to provide direct financial support to such athletes.

This program is specifically designed to make access to a program like that described above more available to suitable candidates. Training vouchers will help bridge the funding gap between development and national programs and assist Alberta's biathletes to reach their full potential.



3. Eligibility

- Athletes must be members in good standing of Biathlon Alberta, and eligible for selection to both the Alberta Provincial Team and the Canadian National Team.
- Athletes selected to the Provincial Training Squad are eligible for a Training Voucher; information on Biathlon Alberta's Provincial Training Squad appears on pages 3-4 of this document.
- Clubs must be member clubs of Biathlon Alberta in good standing. Biathlon clubs anywhere in Alberta may establish a suitable program and apply for inclusion in the Training Voucher Program.
- Alberta Provincial Training Squad members on the National Junior Development Program: The National Junior Development program will be considered a club for the purposes of Training Vouchers.

4. Athlete Application

Applicants must apply by completing the included Athlete Application Form prior to **February 13th of the current training year.**

5. Club Application

Clubs wishing to participate in this program must apply for certification to Biathlon Alberta, by completing the included application form prior to **January 31st of the current training year.** Clubs that can demonstrate the ability to deliver a suitable program will be certified for the Training Voucher Support Program.

6. Administration

- Athletes may allocate their Training Voucher to any Alberta Biathlon club that is participating in the Training Voucher program.
- Payment will be made to athletes upon receiving both the Application Form and a receipt or invoice for coaching/training program services.
- The maximum per-athlete voucher amount for the 2008/09 season is \$1000.

7. Program Definition

Program standards and performance measures will be based on the 2005 Biathlon Canada LTAD, Volumes 2 and 3*, as amended from time to time. A qualifying program must provide these elements:

- Coach: The program coach must be qualified at NCCP Level 3 Biathlon, or the CBET or international equivalent.
- Equipment and Services: Sufficient to deliver the program.
- Performance criteria: Progress will be in line with LTAD Volume 2, Skiing Development, Years 4-5 (Annex 3) and Shooting Development, Train To Compete (Annex 4)

* Biathlon Canada LTAD, Vol 3, Example YTPs and Meso cycles will be published in 2008



Provincial Training Squad --- Selection Criteria ---

Nomination to the Provincial Training Squad recognizes the achievements, in the season prior, of athletes eligible to compete as Junior Men/Women or Youth Men/Women in the new season. A team of up to sixteen (16) athletes will be nominated. The squad will be named in April of each year, and selected using the following criteria:

Selection:

Separate male and female ranking lists will be compiled for athletes who competed in the Junior Men/Women, Youth Men/Women and Senior Boys/Girls categories. The ranking will be based on performance in the season just ended (see *Ranking*, below).

A. Basic Eligibility Requirements

Athletes must be members of Biathlon Alberta in good standing, and eligible to compete for both Team Alberta and Team Canada. A minimum score of 85% on the ranking calculation is required for selection to the Provincial Training Squad.

B. Primary Selection

Athletes in the six eligible categories who score 95% or better in the ranking and were nominated to the National Championships Team will be selected to the Provincial Training Squad as primary nominations.

C. Secondary Selection

If fewer than sixteen (16) athletes meet the primary selection criteria, remaining positions, or secondary nominations, will be filled alternatively from the respective male (Junior Men, Youth Men) and female (Junior Women, Youth Women) ranking lists, in order of descending percentage, until a total of sixteen (16) positions are filled.

D. Committee Selection

Should fewer than 16 athletes meet neither primary nor secondary selection criteria, any positions remaining may be filled at the discretion of the Selection Committee; The Selection Committee shall be comprised of the VP Technical, Development Coach, and one other Biathlon Alberta Board member.

Ranking:

Ranking lists will be based on Percentages, as calculated below:

The average percent from:

The best six Calforex Cup results from the previous season

Percentage = $(\text{WinnerTime}/\text{AthletesTime}) \times 100$

Results missing due to force majeure will be omitted from the averages.



Biathlon Alberta Provincial Training Squad, 2008 – 2009

	NAME	YEAR OF BIRTH
1	Crawford, Rosanna	1988
2	Chesham, Tana	1990
3	Gillmor, Aaron	1991
4	Gow, Scott	1990
5	Wenzel, Kurtis	1991
6	Lodge, Stuart	1988
7	Shiel, Carly	1990
8	Lyon, Alex	1991
9	Pacas, Joel	1990
10	Stone, Katherine	1988
12	Chisholm, Andrew	1991
13	Vukadinovik, Tatiana	1988
14	Thompson, Beau	1989
15	Apel, Anna	1989
16	MacCulloch, Elijah	1989
17	Paterson, Jennifer	1990



2008/2009 Training Voucher Support Program ATHLETE Application Form

Athlete Information
Athlete Name:
Street Address:
Phone:
Email:

Club Information
Name of Club you train with:
Name(s) of Coach(es) you train with:

IMPORTANT:

- Application deadline is February 13th, 2009

Please send applications to:

Email: info@biathlon.ca

Mail: Biathlon Alberta
Room 109, Bob Niven Training Centre
88 Canada Olympic Way, S.W.
Calgary, AB

- An invoice or receipt from your club* for training fees must be provided before funds are disbursed. *Note – Your club must be registered and certified in this program for your application to be considered.
- For more information, contact Andy Holmwood:
Email: andy@biathlon.ca
Phone: 403.202.6548



2008/2009 Training Voucher Support Program CLUB Application Form

Applying for the Training Voucher Support Program will allow athletes from your club, selected to the Provincial Training Squad, access to subsidies from Biathlon Alberta to cover costs of their training programs.

Club Information
Name:
Street Address:
Website:
Phone:
Email:

Coach Information
Name and NCCP Certification level of club coaches:

Facilities
Provide a brief description of facilities available to support training:

- Please also enclose an outline of an annual training season
- Application deadline for clubs is January 31st, 2009

Please send applications to: Email: info@biathlon.ca

Mail: Biathlon Alberta, Room 109, Bob Niven Training Centre
88 Canada Olympic Road, S.W., Calgary, AB T3B 5R5

- For more information, contact Andy Holmwood:
Email: andy@biathlon.ca
Phone: 403.202.6548