

Olympic Oval Program Entry Standards 2008/2009

For the 2008/2009 Season, the times standards have been revised to address the level and number of athletes entering the program as well as address performance expectations of athletes currently in the program. Athletes meeting these times during the 2007/2008 season are eligible for admission to the Oval Program. Athletes who meet time standards in the fall of 2008 are eligible to join the program up until November 30, 2008. Athletes must also be age 17 (last year of Junior B) or older as of June 30, 2008 in order to be eligible for the Oval program. Any athletes joining the program that are under 18 are recommended to be under the supervision of a legal guardian.

Minimum time standard requirements for admission to the Oval Program*:

**Note: These times may be skated in either a sanctioned ISU competition or an Olympic Oval Saturday morning race. All new applications must include race protocols to support qualifying times.*

Short Track

Women	500m	1000m	1500m
Senior Women	48.08	1:39.94	2:35.52
Junior Women	48.91	1:41.74	2:38.30
Men	500m	1000m	1500m
Senior Men	44.76	1:32.20	2:25.01
Junior Men	45.58	1:33.87	2:27.62

Long Track

Women	500m	1000m	1500m	3000m	
Senior Women	41.09	1:21.88	2:05.20	4:23.67	
Neo Sr. (first 2 years) Women	41.83	1:23.35	2:07.44	4:28.34	
Junior Women	42.57	1:24.81	2:09.68	4:33.01	
Junior (1 st year in program) Women	43.31	1:26.27	2:11.91	4:37.67	
Men	500m	1000m	1500m	3000m	5000m
Senior Men	37.43	1:14.37	1:53.58		6:50.55
Neo Sr. (first 2 years) Men	38.11	1:15.71	1:55.62		6:57.82
Junior Men	38.79	1:17.05	1:57.67	4:07.20	7:05.08
Junior (1 st year in program) Men	39.47	1:18.39	1:59.71	4:11.70	7:12.35

In the past, many new athletes have relocated to Calgary in September, now most training groups begin on-ice training in July, therefore, we strongly recommend that athletes who are joining the program relocate to Calgary prior to August 1, 2008. Additionally, arriving to the training centre early allows for a better transition into the training program, more on-ice technical work, and provides an adjustment period prior to fall semester.

Performance and Training Recommendations

Some athletes joining our program are ill-prepared for the training load and lack some basic competencies when they arrive. We have outlined some additional expectations, training and performance guidelines below to provide benchmarks for athletes and coaches. Athletes with the following competencies tend to have a smoother transition to and greater success in the Oval Program:

Athletes entering the Oval Program for the first time are expected to be at Stage 4.1 – ‘Learning to Compete’ stage of the SSC LTAD model <http://www.speedskating.ca/Resources.cfm>. Athletes should have at least 1 year of year round training experience and be will be expected to train 90-120’ per day 5-6 days per week (5-6 on-ice sessions and 2-4 off ice sessions.)

Athletes are expected to have basic technical competencies including; edge control, balance, and proper skate/knee/hip alignments.

Athletes are expected to have basic strength experience and know how to perform a correct single leg squat, back squat and lunge.

Athletes are expected to have some cycling experience and bike handling skills.

Athletes are expected to have basic aerobic fitness with a Leger-Boucher test score approximately level 11 for males and level 9 for females.

Athletes are expected to have power scores on a vertical jump test of approximately 20 inches for males and 17 inches for females.

The Olympic Oval will be providing additional information related to these recommendations and tests our athletes’ services web pages. This information will be available in the spring of 2008.

www.oval.ucalgary.ca/speed_skating

Athletes who are considering joining the Oval Program in 2009, are strongly recommended to attend the 2008 Top Blade Camp. Attending the Top Blade Camp a year prior to joining the Oval will help athletes in preparation for the program the following season. The Top Blade Camp also provides athletes the opportunity for evaluation and feedback for development and enhancement of the above competencies.

If you have any questions regarding the 2008/2009 Oval Program criteria please call Sean Ireland (403) 220 2785.