

Whistler Nordic Development Centre Whistler Olympic Park



High Performance Training Program and Sport Services

2017-18

Whistler Nordic Development Centre

Whistler Olympic Park



Overview

Whistler is acknowledged as a world leading ski resort and sport community. The sport community in Whistler has supported development of many Olympic and World Championship athletes, including three Olympic Champions. To build on this rich history a group of likeminded stakeholders have come together to leverage the Nordic legacies from the 2010 Olympic Winter Games, for the purpose of systemically enhancing high performance athlete pathway locally, provincially and nationally. Our goal is to further establish British Columbia as a Canadian centre for sport development that consistently contributes to the pool of podium potential athletes while exemplifying the values that sport brings to young generations:

RESPECT | SOCIAL RESPONSIBILITY | SKILL DEVELOPMENT | SPORTSMANSHIP | WELL-BEING

The Whistler Nordic Development Centre at Whistler Olympic Park (W-NDC) is a purposeful centre for athletes who are committed to the high performance pathway and focussed on the pursuit of future success in international competition. The W-NDC supports this pursuit through its unique high performance planning process and development, with sport service provision that is in alignment with athlete goals and targeted objectives according to the plan.

Centre Description

The W-NDC is led by Whistler Sport Legacies-Whistler Olympic Park's Nordic Head Coach and Technical Advisor Etienne Letondeur.

Whistler Sport Legacies and our performance partner's recognize the importance of sport science services and access to the appropriate training environments, as athletes enter and develop in the high performance stream of Nordic sport. W-NDC offers sport services to dedicated athletes as part of a comprehensive training plan designed specifically to progress

athletes along the high performance pathway (HPP), while athletes remain training and developing with their respective clubs/teams. The W-NDC offers 3 types of services and programming to support athletes and coaches these are outlined in Figure 1, and fits into the late train to train and train to compete stages of the athlete pathway outlined in Figure 2.



Program Description

I. W-NDC High Performance Team: Train To Compete

Who: Dedicated athletes wanting to develop the highest level of racing and training opportunities who are focused and committed to the high performance pathway.

Where: The W-NDC Team is based in Whistler and all athletes are expected to reside in Squamish or Whistler. Ideal candidates are athletes training for long-term international success.

What: Athletes committed to the W-NDC will have full time coaching and performance services for the training and competitive periods. Specific training plans will be centered on individual athlete goals and individual athlete development. Through Technical and Performance Service as well as access to Whistler based facility athletes have everything needed to take their performance to the next level on the athlete pathway. The suite of these services are outlined in Table One.

When: Beginning April 29th, 2017.

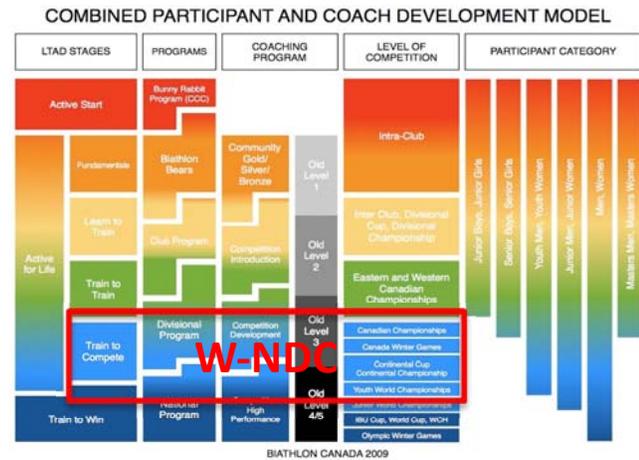


Figure 1: W-NDC Pathway fit

II. W-NDC Satellite Program: Train to Train

Who: W-NDC Satellite Program is design for athletes who need a high quality program and environment in order to program their skills to the next level, while finishing going to school.

Where: The W-NDC Satellite Program is based in Whistler and all athletes are expected to reside in Squamish or Whistler for the summer, and full-time if they join the HPT for the remainder of the year.

What: Athletes committed to the W-NDC Satellite Program (SAT) have the same access full time coaching and performance services while centralized in Whistler. Additionally SAT program athletes will have their individualized training and competition plans throughout the year. The suite of these services are outlined in Table One.

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When: Foundation camp April 29th, 2017.

Summer training starting June 26th to August 27th, 2017 this program includes appropriate age and stage programming and training in Whistler.

*BC athletes may be eligible for a subsidy please inquire with your Provincial Sport Organizations.

III. Targeted Competitions

- Trials for World Youth Junior Championships and IBU/WC
- Trials for Provincial Teams for Canada Games
- IBU Cup / Junior IBU Cup
- Open European Championships
- Canadian Biathlon Nationals

Table One: W-NDC Program Pricing

| Whistler Nordic Development Centre: Biathlon Programming* | | |
|---|--|-----------------------|
| Program | Services | Program Pricing |
| Fully Serviced Annual Plan | | |
| W-NDC High Performance Team | Coaching (daily programming based off of a Yearly Training Plan) | \$6000 for May Start |
| | Coaching and coach travel to targeted/planned competitions | \$5300 for June Start |
| | Individualized training plans | |
| | Comprehensive Testing: Technical and Physical | |
| | Performance services: Nutrition | |
| | Performance services: Strength and Conditioning | |
| | Performance services: Mental Performance | |
| | Wax | |
| | Uniform | |
| | Facility Access WSL/WOP | |
| Serviced Annual Plan: Train to Train | | |
| W-NDC Satellite | Coaching when in Whistler (technical/Strength) | \$3000 |
| | Training program design and follow-up (annual training plan) | |
| | Performance Services: Introductory | |
| | Testing | |
| | Facility Access WSL/WOP | |
| Additional Costs Not Included in Team Fees | | |
| Ammunition | Travel to Whistler | |
| Equipment | Travel in Whistler | |
| Competition travel, race entries | Accommodation | |
| Additional para-medical and support services | Food | |

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Next Steps

If you are interested in joining the W-NDC Team, please complete the athlete application form found at:

<http://www.whistlerolympicpark.com/about-us/nordic-development-centre>

If you have more questions or would like more information please feel free to contact:

Etienne Letondeur
Biathlon Head Coach, Whistler Olympic Park
Whistler Sport Legacies

direct: 604-966-7207
e-mail: eletondeur@whistlersportlegacies.com

Post-Secondary Education Opportunities

QUEST
UNIVERSITY CANADA
QUESTU.CA

3200 University Boulevard
Squamish, BC, CANADA V8B 0N8
Email: info@questu.ca

The Whistler Nordic Development Centre works in partnership with Quest University Canada

who developed "LEAP", a program geared towards young high performance athletes.

The Leaders in Elite Athletics & Performance Program (LEAP) at Quest University Canada is a program structured to accommodate the special needs of accomplished student athletes and performers. This program specifically caters to students balancing rigorous academics with the pursuit of their sport or art at a highly competitive level. LEAP students are afforded extra flexibility in course scheduling, housing and billing, and are eligible to be considered for a LEAP scholarship.

For more information, please visit www.questu.ca/leap

