



## **AB HUB LT ACADEMY PROGRAM**

***Start Date: July 10th, 2023***

Hi (SSA Member),

Speed Skating Alberta (SSA) is pleased to invite you to the **AB HUB Long Track (LT) Academy Program** for the 2023/24 season.

The **AB HUB LT Academy Program** is an integration of current club programming with increased access to quality coaching, robust training groups, and on/off-ice sessions. This progressive approach enables skaters to develop the necessary strength, technical abilities, and athletic habits to transition to the Olympic Oval Program as part of a seamless progression.

Progressive, sequenced, consistent, and documented programming are key components for optimal athlete development season after season. SSA is committed to working with all clubs, regardless of their location in Alberta, to support the unique needs of each club and their skaters.

Integral to the success of this program is SSA's continued collaboration with our Alberta clubs and the Calgary Olympic Oval.

### **LT Academy Head Coach – Xiuli Wang**

The Head Coach for the **AB HUB LT Academy Program** is no other than Xiuli Wang, a world-renowned speed skating coach.



Xiuli was the High-Performance Coach at the Calgary Olympic Oval from 1997-2002 prior to become a National LT Team Coach for Canada from 2002-2017. In 2017, in the lead up to the Beijing 2022 Olympics, Xiuli was recruited by China to become the Head Coach of their National LT Team. She led the team through the Olympics.

Xiuli is a very respected coach worldwide and has coached many of Canada's Olympians: Kaylin Irvine, Clara Hughes, Christine Nesbitt, Christina Groves, Cindy Klassen, Brittany Schussler, Shannon Rempel, and Arne Dankers to name a few.

Xiuli is a former speed skater, competing for China in the 1984, 1988 and 1992 Olympic Winter Games. From 1985-87, Xiuli was China's record holder (Ladies) in the 500, 1000, 1500, 3000 and 5000m distances.

### **Program Schedule**

The **AB HUB LT Academy Program** will run a full-time schedule from July 10, 2023, to March 17, 2024. Below is the detailed schedule for the program.

Monday & Tuesday PM (Ages 15+)	Program Components
15:30-15:45 Warmup 16:00-17:30 Ice Session 17:45-18:45 Dryland (Monday) 17:45-18:45 Strength Session (Tuesday)	<ul style="list-style-type: none"> <li>✓ 10+ hours of coaching/week</li> <li>✓ 1 strength session/week (with a Certified Strength &amp; Conditioning Specialist (CSCS))</li> <li>✓ Weekly training plan (microcycle)</li> <li>✓ Competition Coaching</li> </ul>
Thursday & Friday AM	
06:30-06:45 Warmup 07:00-08:15 Ice Session	
Wednesday – Easy recovery (On Your Own)	
Saturday – OYO Training (or Racing)	
Sunday – OFF (or Racing)	

The **AB HUB LT Academy Program** will run on ‘B’ ice sessions at the Olympic Oval. The fees for the Oval Ice and the program are listed below. We are also including the rates for the Drop-In, Weekly and Monthly options.

Full-Time Fee	Drop-In Fees	Weekly/Monthly Fees
<p>Total: \$3,875.00/skater</p> <p>This includes:</p> <ul style="list-style-type: none"> <li>✓ Oval Ice Fee: \$2103.25</li> <li>✓ LT Academy Program Fee: \$1771.75</li> </ul> <p>The program fee includes all coaching fees (long-track and strength training)</p>	<p>The fees are per skater per session:</p> <ul style="list-style-type: none"> <li>✓ Oval Ice Fee: \$18.75</li> <li>✓ Program Fee: \$35</li> </ul> <p>A Program Pass for 10 visits is also available for the cost of \$300. This excludes the Oval Ice Fee.</p>	<p><u>Weekly Fees:</u> \$177.50</p> <ul style="list-style-type: none"> <li>✓ Oval Ice Fees: \$90.00</li> <li>✓ LT Academy Program Fee: \$87.50</li> </ul> <p><u>Monthly Fees:</u></p> <ul style="list-style-type: none"> <li>✓ Oval Ice Fee (Summer): \$123.50*</li> <li>✓ Oval Ice Fee (Monthly): \$312.00</li> <li>✓ LT Academy Program Fee: \$262.50</li> </ul> <p>*Summer includes 2 months (July/August) of ice access.</p>

Additionally, as part of the **AB HUB LT Academy Program**, pre-competition and competition day support is also available for those not registered in the full-time program. This is available on ‘C’ ice sessions at the Olympic Oval. These services and fees are listed below.

Schedule	Cost
<b>Thursday PM (Pre-Competition Dates)</b>	The fees are per skater per session: ✓ Oval Ice Fee: \$18.75 ✓ Coaching Fee: \$30.00  <b>Competition Coaching Fees per skater per day:</b> ✓ Time Trial Coaching Fee: \$30.00 ✓ Competition Coaching Fee: \$50.00
17:50--18:35: Warm-Up & Dryland	
18:50-20:00: Ice Session ("C" Ice Time)	
<b>Sunday – AM (Ages 8+)</b>	
09:15-09:55: Warm-Up & Dryland 10:10-11:40: Ice Session 11:40-12:00: Debrief	
<b>IceReg Links:</b> <a href="#">Click here</a> and scroll to fund 'AB HUB LT Academy'	

Finally, private, and semi-private sessions are also available. These services and fees are listed below.

Private Fees	Semi-Private Fees
The fees are per skater per session: ✓ Oval Ice Fee: \$18.75 ✓ Private Coaching Fee: \$80.00  Coaching fee includes dryland & ice.  <u>Weekly Fee (6 sessions)</u> ✓ Oval Ice Fee: \$90.00 ✓ Private Coaching Fee: \$375.00	<u>2 Skaters</u> The fees are: ✓ Oval Ice Fee: \$18.75/skater ✓ Semi-Private Coaching Fee: \$130.00/session  <u>3 Skaters</u> The fees are: ✓ Oval Ice Fee: \$18.75/skater ✓ Semi-Private Coaching Fee: \$170.00/session  Coaching fee includes dryland & ice.

### Registration

All payments are made through IceReg (see link above). An installment payment plan is provided on IceReg. Completed registration is a confirmation to remain in the program through to March 2024. Refunds will be issued due to medical reasons only (doctors note required): refunds will be pro-rated based on time in the program.

### Questions

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