Revised: Sep 11, 2026

Podium Pathway & Podium Development Program Success Meeting

CAMPBELL River SKATING CLUB

REQUIREMENTS PER THE 2026-2027 PROGRAM GUIDE

PODIUM DEVELOPMENT PROGRAM	PODIUM PATHWAY
1. Annual off-ice fitness assessment 2. Fall, Winter & Spring training commitment: minimum of 3 days per week 3. Summer training commitment: minimum of 3 days per week for 4 weeks 4. Exemplary behaviour	1. Semi-annual off-ice fitness assessment 2. Fall, Winter & Spring training commitment: as recommended by the Primary Coach 3. Summer training commitment: minimum of 4 days per week for at least 6 weeks 4. Exemplary behaviour 5. Enhanced off-ice: min 1x 10min private off-ice lesson weekly 6. Reduction of on-ice multi-discipline assessments as determined by the athlete's Primary Coach, based on individualized YTP and specific needs
NEW: For the 2026-2027 Season, program requirement data will be tracked and recorded in a separate database.	

Additional details pertaining to the 2026-2027 Podium Pathway & Podium Development Program:

1. Recommended practitioner is Matthew de Gooijer
   Next steps: review new information on the Fitness Assessment opportunities that are available
   Completion deadline: October 11, 2026
   Podium Pathway additional fitness assessment completion deadline: April 11, 2026

2. Plan ahead, as commitment must be maintained. Complete the chart below to outline your training commitment per term (# of days per week ***and*** which days), assuming the schedule remains similar to previous terms.

FALL (Sep - Dec) 2026 Number of weekly training days: _____ Circle your estimated training days: M TU W TH F	**WINTER (Jan - Mar) 2027** Number of weekly training days: _____ Circle your estimated training days: M TU W TH F
SPRING (Apr - Jun) 2027 Number of weekly training days: _____ Circle your estimated training days: M TU W TH SA	**SUMMER (Jul - Aug) 2027** Number of weekly training days: _____ Circle your estimated training days: M TU W TH F

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PLANNED VACATION (if known): Block off vacation time at strategic times that align with training and event participation.

3. Summer commitment minimum standard (more is appreciated) is 4 weeks. It is anticipated that our Summer Term will start July 5, 2027 and end August 27, 2027, with active rest occurring near the end of the term. Take a look at the calendar and mark down the weeks you ***plan*** on attending.

WEEK 1	**WEEK 2**	**WEEK 3**	**WEEK 4**
Dates:_____ Y N	Dates:_____ Y N	Dates:_____ Y N	Dates:_____ Y N
WEEK 5	**WEEK 6**	**WEEK 7**	**WEEK 8**
Dates:_____ Y N	Dates:_____ Y N	Dates:_____ Y N	Dates:_____ Y N

4. Participation is:

- An **honor**
    - **Podium Pathway:** well communicated
    - **PDP:** no one knows, nor do they need to know. Have an attitude of appreciation, while being humble and kind towards others.
- **Earned** by meeting criteria I've established
- **Opportunities** abound for those who consistently take it seriously
- Character matters most: take a moment to reflect in your book.
    - Characteristics that make a high performance athlete.
    - Characteristics I struggle with.
    - Characteristics I promise to work on improving, especially when it isn't easy.

Overall, remember that you are being watched. Be the type of person (and athlete) that inspires others to *want* to achieve more. Take the approach that each and every attempt matters. Learn to give your best effort, 100% of your time, and do your best to leave the training environment with the big picture in mind. **Who** you are matters more than anything else!

Qualities I will uphold during the 2026-2027 Season as a 2026-2027 Podium Pathway & Podium Development Program participant include:

_____

_____

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5. PODIUM PATHWAY ONLY:
Enhanced off-ice: min 1x 10min private off-ice lesson weekly

Outline what you feel you need to improve the most that you would like to have scheduled into your POI:

_____

_____

6. PODIUM PATHWAY ONLY:
Upcoming assessments you feel are most important during the 2026-2027 season. Select **one** additional discipline over and above any necessary freeskate assessments for your level.

FREESKATE	ICE DANCE	SKILLS	ARTISTIC

Hand this form in to your primary coach no later than September 20, 2026