

Provincial Development Program Committee Meeting  
MEETING MINUTES  
Wednesday July 13, 2022  
8:00 PM

Present (Zoom): Karin (minutes), Richard, Andrew, Elise, Raphaël, Alex. Megan, Mia  
Regrets: Ihor, Pauline, Jennie

1. Approve minutes from last meeting – **MOTION:** to approve the minutes from June 1, 2022. Richard. 2<sup>nd</sup> Alex. All in favour. Passed
2. 2022-2023 PDP
  - 2022-2023 Committee – need parent rep. Karin!
  - Handbook edits – work in progress. If anyone has any particular edits to make, let Karin know.
  - Discussion of early race opportunities Nov/Dec. Favouring Sovereign Lake race (Nov 19 – 28<sup>th</sup>?) over Kimberley race. Trials and early races are esp. important for William/Mia this season.
  - Dec Selections, Easterns (vs Westerns)?, Trials?, O Cup (development trip or encourage clubs to send athletes)?, Nationals (TBay), CWG
3. Nordiq Canada Committee updates
  - Domestic Development (Pauline) – no update
  - CAD Coordinators (Karin) – nothing to report
  - Athlete Advisory (Raph) – nothing to report
4. Events
  - Spring camp debrief – lots of rain & team building, more running & hiking, rollerski terrain had great elevation.
  - Rollerski TT (BHP) Aug 13, 24 – fleet requested, waiting for confirmation.
5. Athlete Development
  - Sport MB strength training program update. **ACTION:** Karin to follow up with Jeff
  - Mental Skills with Paige Z. Start in August.
  - Sport MB - Hone program. Interesting, worth exploring a little further. **ACTION:** Karin to follow up with Kylo.
6. Equipment & Waxing – no updates
7. Coach Development
  - Stephen Novosad promises everything will be fine.
  - Training Peaks account – our community isn't using this. Google Sheets and paper/pencil works!
  - Nordic Ski Lab accounts? Yes, these are great.
8. New Business
  - Stakeholder meeting – Carolyn Trono – afternoon of the AGM + next day?
  - We want Nordiq Canada socks!
9. **PRIOR ACTION ITEMS:**
  - Schedule a PDP facilitated Stakeholder meeting - **KARIN**
  - Establish clear and reasonable young athletes “racing up” guidelines (Nationals, Canada Games considerations etc.) – **ALL**
10. Next meeting: Wed August 3<sup>rd</sup>, 2022 8:00 PM

Adjourned: 9:15 PM