

# Gold Medal Profile

TECHNICAL - TACTICAL - PHYSICAL - MENTAL - HEALTH/LIFESTYLE - ELITE BEHAVIOURS - EQUIPMENT

**GMP Purpose:** To highlight the skills and characteristics of elite speed skaters, podium performers, athletes in speed skating and short track speed skating. Providing the competitive status in our pathways consistent to strive for and work towards.

**OBJECTIVES:** Mastery and Maintenance of Skills  
Development of independent, innovative and creative athletes.  
Developing strong, resilient people capable of succeeding in sport and in life  
Podium performances supported by holistic human development.

**Note:** The Gold Medal Profile (GMP) is a compilation of skills and characteristics of Canadian athletes who achieve podium performances at senior international events. However, it is important to note that no single athlete demonstrates complete mastery or possesses all of these skills and characteristics. Human growth and development in all domains is a process and it is always continuing to evolve. What is represented in the GMP is an ideal, a target set of skills, towards which skaters can set their sights. It is our belief that skaters who are able to develop a greater variety of these skills at the highest possible levels are those who will be most successful. It is also important to develop skills across numerous domains, to encourage the holistic growth of the person. This will lead to the overall health and well-being of the person, increasing the chances for success not only in sport, but in life as well.



Technical	Body Position - Essential Position	Starts	Acceleration	Straights & Glide Phase	Cornering	Corner Entry & Exit - Transitions	Team
<b>Description</b>	<p>Correctly positioned functional position, able to move through a full range of motion.</p> <p>Total range exceeds functional range therefore not operating at end range of motion.</p> <p>Optimal joint flexibility, especially hip flexibility, required for functional body position.</p> <p>Capable of dynamically shifting position based on tactical needs.</p> <p>Knee position in front of base.</p> <p>Knee and hips compact but comfortable, hips tucked under with activation.</p> <p>Shoulders relaxed with a rounded back.</p> <p>Head neutral.</p> <p>Arms wing coordinated and does not interfere with other body position or stability.</p> <p>Able to skate effectively while wearing both arms, one arm at a time.</p>	<p>Stable start position, ready to create rapid forward movement as race destabilization.</p> <p>Quick reaction at the start of the race.</p> <p>Push is initially backward with effective drive angle to move the skater's center of gravity forward with maximal power (hips forward).</p> <p>Comfortable on the start line and on a crowded start line.</p>	<p>Body angle, push angle and frequency of movement all working together to create rapid forward acceleration.</p> <p>Transition from high step frequency to powerful skating movements for consistent acceleration.</p> <p>Optimal transition towards sideways push to maximize power transfer into ice.</p> <p>Able to transition from straightaway to corner while accelerating.</p>	<p>Push direction, early pressure and push off angle working together for optimal power &amp; efficiency.</p> <p>Link recovery movements, weight transfer, knee drive and hip repositioning are coordinated.</p> <p>Arms wing coordinated and supporting overall movement pattern.</p> <p>Able to shift between full skating strides, 2-foot shuffle, push, double single-leg push and other creative variations to achieve desired speed, direction change or tactical maneuver. (Mostly present in short track and mass start long track racing).</p>	<p>Effective use of lean, and push &amp; glide mechanics to maneuver effectively in the corners.</p> <p>Body position square (to tangent of skating radius).</p> <p>Minimal/optimal deceleration on corner entry.</p> <p>Maximal/optimal acceleration on corner exit.</p> <p>Effective lean angle for desired outcome.</p>	<p>Effective timing of transition to maximize the benefits of lean, maintain speed or efficiency and support the application of tactical maneuvers.</p> <p>Long Track: Width of the lean at corner entry. Height corner entry, post first cone. Foot placement for effective lean and early push phase.</p>	<p>Ability to execute skills related to team events, working in unison to increase the odds of team success.</p> <p>Relays (2000m Mixed, 3000m Women, 5000m Mixed) Working on track at the appropriate time for the exchange with the teammate to optimize speed, direction and stability.</p> <p>Maintaining or gaining speed on relay push.</p> <p>Ability to communicate with teammates to execute adjustments to plan during the race.</p> <p>Team pursuit/Mass Start/Team Sprint: Synchronization (pace/stride). Transfer energy to teammate - push while in a pack. (Comfortable to pack skating off/into).</p>

Tactical	Decision Making	Positioning - Leading/Drafting	Passing	Passing	Blocking	Track Patterns	Team
<b>Description</b>	<p>Knowing when to stick to your plan or deviate based on how the race is playing out.</p> <p>Reading the tactical conditions correctly, making a decision quickly and taking the best action possible at the appropriate time.</p> <p>Information taking, analysis, anticipation and adaptation to make a decision which leads to success.</p>	<p>Effective use of track patterns, pacing, and awareness effectively executed race tactics from the floor of the pack or while following/drafting within the pack.</p>	<p>Controlling the pace of the race and managing individual effort to maximize potential success of race plan.</p> <p>Energy management in the pack for conservation.</p>	<p>Successful execution of overtaking another skater in the race, without penalty or loss of speed.</p> <p>Ability to pass both inside and outside with the necessary speed and track pattern to achieve desired result.</p> <p>Matching specific timing and execution of various inside or outside passes.</p> <p>Ability to execute passing at various parts of the track, at various times in the race and at race specific speeds.</p>	<p>Ability to block opponents from overtaking your position during a race.</p> <p>Effectively controlling your opponent's position in the race.</p>	<p>Ability to execute a variety of track patterns at race specific speeds to achieve desired tactical results.</p> <p>Improve speed, efficiency and energy saving purposes.</p> <p>Execute passing, blocking.</p>	<p>Ability to coordinate with other skaters in a race intentionally with teammates for specific purpose.</p> <p>Spontaneously with opponents to take advantage of their tactics.</p> <p>Mixed relay event.</p>
<b>Short Track</b>		The ability to be properly positioned in the race at the critical moment to significantly increase the odds of qualifying or winning.	Pace control when leading in individual or team events for desired tactical outcome.			Ability to skate variations of tight, moderate and wide track patterns.	
<b>Long Track</b>		Team Sprint / Team Pursuit / Mass Start Mass start: anchoring the ice (safe position and technical stability prepared for the unexpected in mass start race) Individual Races: drafting opponent on lane change	Individual events: pace control based on executing the race plan Team pursuit: optimizing the team effort and responding to opponents pace Mass start: Pace control when leading in individual or team events for desired tactical outcome Energy management in the pack for conservation	Mass start	Mass start	Ability to execute track patterns with desired effect within tactical situations.	Mass start - physical support of teammate? Team Sprint

Physical Performance - On Ice (Objective data coming soon)	Starts	Acceleration	Top Speed	Endurance
<b>Description</b>	Beginning the race with a fast reaction and rapid initial acceleration. (Objective data coming soon)	Achieve maximal speed in the shortest time frame possible. Critical for sprint events and tactical speed adjustments in mass start racing. (Objective data coming soon)	Achieve top speeds greater than your opponents and able to maintain top speed for longer periods of time. (Objective data coming soon)	Ability to maintain high speeds for long periods of time. (Objective data coming soon)

Physical Performance - Off Ice	General fitness	Speed / Strength / Power	Recovery	Mobility
<b>Description</b>	<p>General fitness encompasses the athlete's ability to engage in a variety of training methods and develop non-sport specific fitness parameters to support their overall performance. These parameters indirectly impact the sport specific performance as they enable the athlete to endure increased training loads, improve recovery and add to the resiliency of the athlete in training and competition. Thus enabling the athlete to move freely, tactically well with full amplitude.</p> <p>Able to use variety of dynamic training equipment: cones, bands and elastic, weight room equipment, Olympic lifting techniques, bike training, running/rowing and proprioceptive methods of training, using with various other methods as needed.</p> <p>Reach the most efficient body composition to achieve peak performance (specific to athletes). Work on optimizing body composition in a safe and healthy manner if needed.</p>	<p>Able to train and perform using both speed and strength traits.</p> <p>Neuromuscular performance is a key factor in the athlete's ability to apply force and a required access to 3 planes of movement (vertical, horizontal and lateral).</p>	<p>Ability to use various techniques to improve recovery between training sets, training programs and competition.</p> <p>Optimized aerobic system for recovery.</p> <p>Effective use of tools used in recovery such as: hydrotherapy, yoga, flexibility, meditation, compression, muscle stimulation, sleep, massage etc.</p>	<p>Training movements require the necessary mobility, enabling the skater to perform at optimal joint angles, with full amplitude to engage in the necessary tactical movement patterns.</p>

Mental	Attention	Engagement	Resilience	Team / Teamwork	Coachability	Risk Taking	Leadership
<b>Description</b>	<p>Regular attention to go beyond one's limits through a willingness to reach difficult but possible goals in order to train and compete to the best of one's potential for skills, the purpose is to win. Ability to develop a curiosity to learn from successes and failures through self-improvement.</p> <p>FR: Intention régulière de dépasser ses limites pour une variété d'événements des objectifs difficiles mais possibles. Ciel dans le but de s'améliorer et d'acquiescer au meilleur de son potentiel (FR: elle, the purpose is to win). Capacité à développer une curiosité d'apprentissage des succès, des échecs à travers le développement de soi.</p>	<p>Ability to invest oneself in a regular, intense, and autonomous way in order to develop a harmonious passion to last without objectives.</p>	<p>The ability, in a context of adversity, to reorganize oneself at the cognitive, emotional, motivational and confidence levels in order to adapt positively to the situation. The situation is then presented as a challenge that we wish to take up.</p> <p>FR: Capacité à s'investir de manière régulière, intense et autonome dans un projet, à se réorganiser au niveau cognitif, émotionnel, motivationnel et confiance afin de s'adapter positivement à la situation. La situation se présente ainsi comme un défi que l'on souhaite relever.</p>	<p>Has clear role definitions within team goals and holds themselves accountable to the team. Supports the team through personal performance for the overall team's success and expectations. Maintains open communication within the norms of the team and for its development.</p>	<p>Follows instructions and engages in the conversation. Demonstrates an openness to improve and learn everyday (growth mindset). Sets a high standard in training (professionalism, leads by example) regardless of the intensity of training.</p>	<p>Willing to take appropriate risk to challenge oneself. Commitment in preparation of race/trains Engagement to strive for new levels of performance. Prepares and commits to new and highly demanding tasks.</p>	<p>The ability to lead teammates with integrity. The skater's actions on the ice are consistent with their words in the changing room. Exemplifies the team values in messaging, attitude and behavior.</p>

Health & Lifestyle	General Health - Self Care	Lifestyle - Life/Sport balance	Nutrition	Sleep
<b>Description</b>	<p>Maintains good health through self care and by seeking support from medical or mental health experts as needed.</p> <p>Clear understanding of how and when to use different recovery methods to suit demands of training. Proactive in seeking treatments or new information from medical staff if unsure of protocols. Integrates exercises given by medical staff into training appropriately.</p>	<p>Keeps in balance with outdoor activities to support overall health and wellbeing. Makes responsible choices to maintain healthy supportive relationships and prepares for life after high performance sport.</p> <p>Does school / work appropriately as a healthy distraction from skating, plans appropriately well in advance for issues that may interfere with skating.</p>	<p><b>Daily Eating Habits:</b> Prefers high quality foods vs processed foods. Ensures regular, dietary intake is proper hydration and adapting to personal life / school schedule. Ability to plan meals and cook for yourself.</p> <p><b>Performance Nutrition:</b> Implement nutritional strategies pre-pre/post training and adapting to training load/schedule. Maintains performance nutrition strategies when traveling for camp/competitions and adapting to environment. Safe and efficient usage of sports supplements.</p> <p><b>Health (Clinical Condition):</b> Maintains optimal blood work. Respect prescribed/clinical nutrition advice.</p>	<p>Practices effective race and training specific sleep routines.</p> <p>7-9 hours per night (based on individual needs). Have a review time before bed. Optimized jet lag strategies (make use of light / dark, sleep aids) based on individual needs.</p>

Elite Behaviours	Professionalism	Preparation	Monitoring	Media - Communications	Race IQ - Executing Race Plan	Race Plan / Strategy
<b>Description</b>	<p>Is on time, communicates effectively, prepares for scheduling conflicts in advance, takes care of documents, forms and questionnaires with high quality and in a timely manner.</p>	<p>Pre-training/acing: Adjusts warm up to the specific workout, sets clear goals and objectives for today's training. Post training/icing: Performs training / race specific and tailored cool down and an effective debrief assessment of training / race execution.</p>	<p>100% Compliance on Daily Monitoring and Training Logs</p>	<p>Media - Communications</p>	<p>Race IQ - Executing Race Plan: Demonstrates competence in setting goals for training and competition. Develops sound focus and refocus plans. Demonstrates an ability to use imagery to reinforce and correct key skills and desired outcomes for performance. Submits predetermined race plans (relevant tactical, technical and mental cues) to the coach. Demonstrates skills to develop and refine optimal activation levels and annual adjustment to convert training into the race.</p>	<p>Race Plan / Strategy: Planning based on your own strengths &amp; weaknesses, current environment and race conditions. Adaptability to various situations (opponents, track/ice, environmental etc). Detailed plan based on race time (schedule) specific to their event, performance demands, technical, metabolic, mental cues/race specific cues and debrief. Effective planning for personal review and performance analysis.</p>

Equipment	General	Sticks	Boots	On-Board - Team Canada / Sponsorship
<b>Description</b>	<p>Maintains all necessary equipment at training &amp; competition sites. Equipment is current, up-to-date, clean (hygienic) and performance ready.</p>	<p>Can charger with minimal ruck / band alteration, always wears HR monitor / transponders for data collection.</p> <p>Maintains a minimum of 3 pairs of race ready blades during competition (short track).</p> <p>Monitor drag mechanism for wear &amp; tear, ensuring optimal performance from equipment (long track).</p>	<p>Addresses issues and monitors boot fitting routinely to ensure proper functioning and support.</p>	<p>Always wearing appropriate team gear and professionally dressed for the occasion</p>