



2025-2026 Ontario Hubs Program

Introduction

The Ontario Hubs Program is guided by Speed Skating Ontario's 2021-2028 High Performance Plan and intends to support the development of Train to Train and Learn to Compete speed skaters in Ontario by complimenting Club Programming and elevating their Daily Training Environment.

Speed Skating Ontario (SSO) was accepted into the Canadian Sport Institute Ontario's (CSIO) Ontario High Performance Sport Initiative (OHPSI) program in August 2023. The funding available to SSO will continue to support our High Performance programs and initiatives, focusing on athlete and coach development. To ensure that our involvement in the OHPSI program benefits as many athletes as possible, SSO will identify and include Ontario Hubs Program athletes in some aspects of OHPSI service delivery.

Through the Ontario Hubs Program, SSO aims to support the development of speed skaters in Ontario who show potential for qualification at Canadian Junior National Competitions in 2-4 years, or potential for qualification for Canadian Youth Championships in the 2025-2026 season.

SSO will name athletes to both the Ontario Hubs Short Track Program and Ontario Hubs Long Track Program.

Ontario Hubs Program – Short Track and Long Track

Guided by Speed Skating Ontario's 2021-2028 High Performance Plan and supported by CSIO's OHPSI program, the 2025-2026 Ontario Hubs Program will offer:

- Integrated Support Team (IST) services delivered virtually in a group setting throughout the 2025-2026 season, including Nutrition and Mental Performance Consultation.
- Speed Skating-specific Dryland Training Programs and home workouts from May to August.
- In-season Hubs Ice sessions with the Provincial Short Track or Long Track Coach.
- Coaching at National Competitions from Ontario Coaches for Ontario based athletes.
- Summit Performance Camp in Calgary – August 4-9, 2025. Skaters who meet the camp age and time standards are strongly encouraged to attend.

Weekly Summer Ontario Ice is not included in the HP Program this year.

Skaters in the West and Central Regions, where summer ice programs are offered by Clubs, are encouraged to skate with their Club or take advantage of local guest skating opportunities. Skaters in the East Region, where there is a lack of summer ice programs run by Clubs, will have access to weekly SSO summer ice sessions in Ottawa for a fee.

Eligibility

To be eligible for the Ontario Hubs Program all athletes must:

- be a current member in good standing with Speed Skating Ontario.
- Intend to compete in the 2025-2026 season in the Ontario Provincial or Elite Circuit meets, or identified Long Track competitions or National Competitions when selected.

Athlete Selection Criteria

Skaters will be invited to the Ontario Hub Program based on the criteria below:

Age in 2024 - 2025 Season	Short Track	Long Track
10 years old	The skater's 400m time is in the top six (6) 10-year-old skaters in their gender category on the 2024-2025 SSO Year-End Short Track Ranking List.	As a later maturing sport, 10 year old Long Track skaters will not be selected for the Hubs Program.
11-13 years old	<p>The skater's 400m time on the 2024-2025 SSO Year-End Short Track Ranking List is within 115% of the 400m time of the second fastest skater in their gender category aged 10-13 on the January 29, 2025 SSO Ranking List.</p> <p>If a skater is already captured in the High Performance Program selection, they are not eligible for the Ontario Hubs Program.</p>	<p>The skater attended the 2025 Canadian Youth Long Track Championships.</p> <p>Or</p> <p>The skater's 500m Long Track time in the 2024-2025 season recorded on speedskatingresults.com as of March 31, 2025 is in the top 4 Ontario skaters in their age class (each of YA, YB).</p>
14-18 years old	<p>The skater's 500m + (1500m/3) combined time on the 2024-2025 SSO Year-End Short Track Ranking List is within X% of the combined time of the fastest in-province skater in their gender category aged 13-18 on the January 29, 2025 SSO Ranking List.</p> <p>For women, X = 116% For men, X = 111%</p> <p>If a skater is already captured in the High Performance Program selection, they are not eligible for the Ontario Hubs Program.</p>	The skater has demonstrated commitment to Long Track training by participating in previous Long Track training events or competitions.

Short Track Time Standards

Table 1. Youth Time Standards for the Ontario Hubs Program		
Criteria	Age	400m Time Standard
The skater's 400m time on the 2024-2025 SSO Year-End Short Track Ranking List is within 115% of the 400m time of the second fastest skater in their gender category aged 10-13 on the January 29, 2025 SSO Ranking List.	11-13 girls	0:47.47
	11-13 boys	0:44.00

Table 2. Junior Time Standards for the Ontario Hubs Program		
Criteria	Age	500m + (1500m/3) Time Standard
The skater's 500m + (1500m/3) combined time on the 2024-2025 SSO Year-End Short Track Ranking List is within X% of the combined time of the fastest in-province skater in their gender category aged 13-18 on the January 29, 2025 SSO Ranking List. For women, X = 116% For men, X = 111%	14-18 women	1:52.91
	14-18 men	1:42.51

Athlete Obligations

As part of the Ontario Hubs Program, athletes will be required to meet the following expectations and obligations:

- a. Accept their invitation to the program through completion of the SSO Hubs Program Registration Form within 1 week of notification of selection to the Program.
- b. Pay Program Fees as outlined in the athlete invitation.
- c. Always wear an Ontario skin suit at national competitions, including for podium appearances.
- d. Adhere to the SSO Athlete Code of Conduct.
- e. Intend to compete in the 2025-2026 season for Ontario in the Ontario Provincial or Elite Circuit meets or National Competitions when selected.

Athlete Invitations

Identified skaters will be invited to the 2025-2026 Ontario Hubs Program via email by **April 11, 2025**.

Registration

We kindly ask that all invited skaters, regardless of whether they accept or decline their invitation to the Ontario Hubs Program, inform SSO of their decision by **April 18, 2025**.

Appeals

Appeals to Speed Skating Ontario's Hubs Program Selections may be made by any member in good standing of Speed Skating Ontario who is materially affected by the selection. Appeals must be made under SSO's Appeal Policy which can be found on the SSO website <https://www.ontariospeedskating.ca/ossa-policies>. A nonrefundable appeal fee of \$50 shall apply.

Questions about the Ontario Hubs Program can be directed to:

Julie Byers, Technical Director at techdirector@ontariospeedskating.ca