

SHORT TRACK SPEED SKATING PATHWAY

PROGRESSION THROUGH A CLEAR PATHWAY TO THE PODIUM

Progression through the pathway is based on a combination of performance standards, technical competency, training commitment, development potential, and alignment with British Ice Skating performance behaviours. Progression is not automatic and may occur at different rates depending on the athlete's stage of development.

1. CLUB



Introduction to short track speed skating

Development of fundamental skating skills and race awareness

Participation in club training and local competitions



OUTCOME:

Focus on enjoyment, skill acquisition, and long-term athlete development

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2. NATIONAL CAMPS



Technical, tactical, physical, and psychological development

Exposure to national coach's expectations and screening

Increased ice time with specific focus's



OUTCOME:

Preparation for possible progression to become an SSPP Guest

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3. SSPP GUEST



Athletes train periodically within the national performance environment



Access to selected SSPP camps, testing, and support services



Opportunity to demonstrate readiness for full integration



Increased exposure to performance standards



OUTCOME:

Preparation for possible progression to SSPP Full Time

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SELECTION CONSIDERATIONS:

- ★ Achievement of minimum performance standards
- ★ Age range 14–18*
- ★ Demonstrated progression and commitment
- ★ Positive engagement within the performance environment

4. SSPP FULL TIME



Full integration into the British Ice Skating high-performance programme



Individualised coaching and performance support



Access to strength & conditioning, sports science, sports medicine, and performance lifestyle services



Preparation for World Cups, Championships, Olympic qualification, and Olympic Games



OUTCOME:

Achievement of podium-level international performance

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SELECTION CONSIDERATIONS:

- ★ Minimum performance standards
- ★ Age 16 or over
- ★ International competitiveness
- ★ Programme behaviours and commitment

DEVELOP. PROGRESS. PERFORM.
ONE PATHWAY. EVERY STEP MATTERS.

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5. JR PERFORMANCE TEAM



Athletes aged between 15 - 18 as of July 1st.



Athletes have the opportunity to represent GBR and British Ice Skating at the ISU Junior World Cups and ISU Junior World Championships



Athletes must achieve selection to the team from the BIS qualification process and have the minimum eligibility standards



MENS ELIGIBILITY STANDARDS:

500m - 44.260
1000m - 1.30.590
1500m - 2.23.540



WOMENS ELIGIBILITY STANDARDS:

500m - 47.210
1000m - 1.36.540
1500m - 2.32.560

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6. SR PERFORMANCE TEAM



Athletes aged 17 or older as of July 1st



Athletes have the opportunity to represent GBR and British Ice Skating at the ISU World Tours



Athletes must achieve selection to the team from the BIS qualification process and have the minimum eligibility standards



MENS ELIGIBILITY STANDARDS:

500m - 41.880
1000m - 1.25.730
1500m - 2.15.620



WOMENS ELIGIBILITY STANDARDS:

500m - 43.900
1000m - 1.31.120
1500m - 2.22.420

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7. SR CHAMPIONSHIP TEAM



Athletes aged 17 or older as of July 1st



Athletes have the opportunity to represent GBR and British Ice Skating at the ISU European and World Championships



Athletes must achieve selection to the team from the BIS qualification process and have the minimum eligibility standards for individual or relay teams



INDIVIDUAL = 2 x main event



RELAY = Minimum eligibility standards for the Sr Performance Team

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