CEGB Academy
Annual Programs 2025-2026

Located at the Centre de glaces Intact Assurance since September 2021, the CEGB Academy named after the great Canadian skater Gaétan-Boucher, offers high-level speed skating coaching with an outstanding team of professionals and optimal facilities: a long track ice rink, a short track rink, a training room, specialized equipment, rest and study rooms, and locker rooms—all essential conditions for achieving excellence.

The CEGB promotes harmonious personal development toward high performance. It offers athletes coaching and services for holistic support, including programs in long track speed skating, short track speed skating, or a hybrid approach based on both disciplines, depending on each athlete's aspirations and needs.

TOGETHER, LET'S AIM FOR 2030

The CEGB Academy's activities are coordinated with the performance development programs of Speed Skating Canada (SSC) and *Patinage de Vitesse Québec* (PVQ) and are focused towards 2030, the Olympic cycle. Since 2022, the CEGB has been recognized as an Hybrid National Development Center (NDC) by SSC. With this recognition, the CEGB has access to numerous facilities and offers high-quality integrated support team (IST), including physiotherapy, physiology, nutrition, mental preparation, and sports medicine.

The CEGB is a center for development, knowledge sharing, and best practices for both athletes and coaches. All its activities take place annually and provide access to specialized performance measurement, timing, and video analysis equipment, which significantly enhances its programs.

The CEGB Academy's core objective is inclusive recruitment and offers a sporting, intellectual, and social framework. **This support positions the athlete, as the primary partner in their development, enabling them to progress to the highest national and international levels**.

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PATINAGE DE VITESSE CANADA
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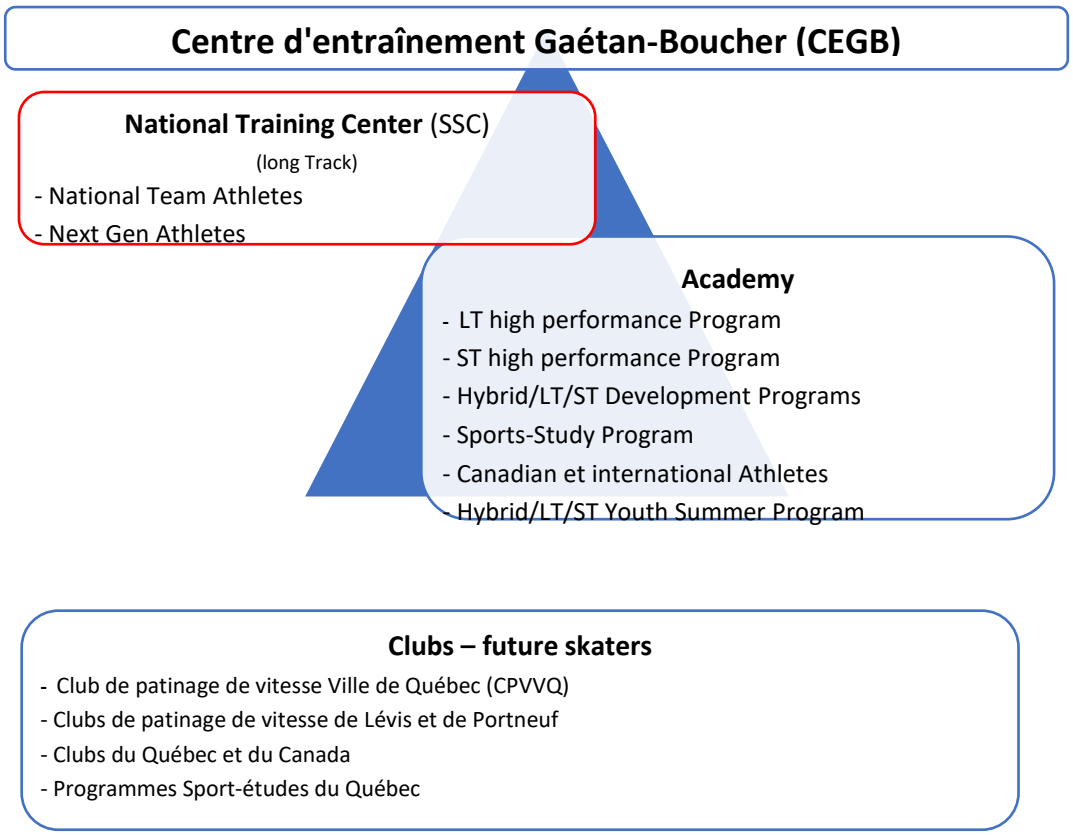
PCN Physio

Supervision structures offered at the Centre de glaces de Québec



CEGB Academy Team:

Coordinator

- André Grenier, Sports Development and Operations Coordinator, Centre d'entraînement Gaétan-Boucher.

Coaches :

- Sabrina Lapointe, LT Program, B.Sc. Kinésiologie, Diplôme avancé en entraînement,
- Sébastien Beaulieu, LT Program, B. Enseignement Éducation Physique, certifié niveau compétition développement PNCE,
- Pierre-Charles Blais, ST Program, B.Sc. kinésiologie, certifié niveau compétition développement PNCE,
- Frédérick Déry, ST Program and Sport-Study Coordinator Program,
- Marc-André Poudrier-Michaud, Hybrid/LT/ST Development Program, B.Sc. Intervention sportive, certifié niveau compétition développement PNCE,
- Daniel Dubreuil, Hybrid/LT/ST Development, certifié niveau compétition développement PNCE,
- William Lemelin-Bilodeau, Hybride Program, Niveau 3 PNCE compétition/développement en cours de formation,

Support Coaches :

- Sébastien Dubé, Support to Hybrid/ST Program
- Guillaume Plante, Support to Hybrid/ST Program, Niveau 3 PNCE compétition/développement, ancien patineur de niveau national,
- Hubert Marcotte, Support to Hydrid/LT Program,

Technical Support:

- Shannon Cyr-Kirk, Strength and Conditioning Coach, ESQL, M.Sc. Kinésiologie,
- Sarah-Maude Carbonneau, Physiotherapist PCN l'Hêtrière, FCAMPT,
- Laura Belley, Physiotherapist PCN St-Nicolas, M. Pht.,
- Guy Labrecque, Academic Coach « life coach » M. Sc. Collaborateur Université Laval

National Team Partner:

- Gregor Jelonek, LT National Team Coach, B. Enseignement Éducation Physique, Entraîneur professionnel agréé (EPA), Olympien 1988,
- Muncef Ouardi, LT National Team Coach, B.Sc. Intervention sportive, certifié niveau compétition développement PNCE, Olympien 2014,
- Jonathan Pelletier, LT National Team Strength and Conditioning Coach and , Physiotherapist, B.Sc. kinésiologie, B.Sc. Physiothérapie,
- Bastien Garon, , National Team Physiotherapist.

Support and commitment required from athletes:

- Annual commitment to the athlete's sport. Skaters will be offered a full-time program and support by their coach, tailored to their competition schedule.

- Inclusive from the outset, the CEGB allows athletes to develop their potential through various training programs. The basic objective includes acquiring lifestyle habits, training methods, and developing values that will allow them to reach their full athletic potential. These elements encourage the athlete to perform, not solely based on results.

- Technical support (physical preparation and physiology, physiotherapy, mental preparation, nutrition, and equipment technician) and administrative support for athletes and coaches. For all technical support to athletes, the CEGB has developed partnerships with Excellence Sportive Québec-Lévis (ESQL), which offers athletes identified as Relève-Élite-Excellence high-level services and professional expertise in sports science and sports medicine, and with SSC short track and long track technical support teams.
- 6-day/week commitment based on the schedule prepared by the coach (*may vary depending on the week's schedule).

- It is strongly recommended that high school student-athletes be enrolled in the Sport-Études Speed Skating program, and that college-level student-athletes be members of the Alliance Sport-Études to facilitate scheduling.
  Failure to join these programs may make it difficult to properly follow the training group for which the athlete is qualified.
- All CEGB athletes must read and agree to follow the CEGB Athlete Code of Ethics in Appendix E.

Training areas and times:

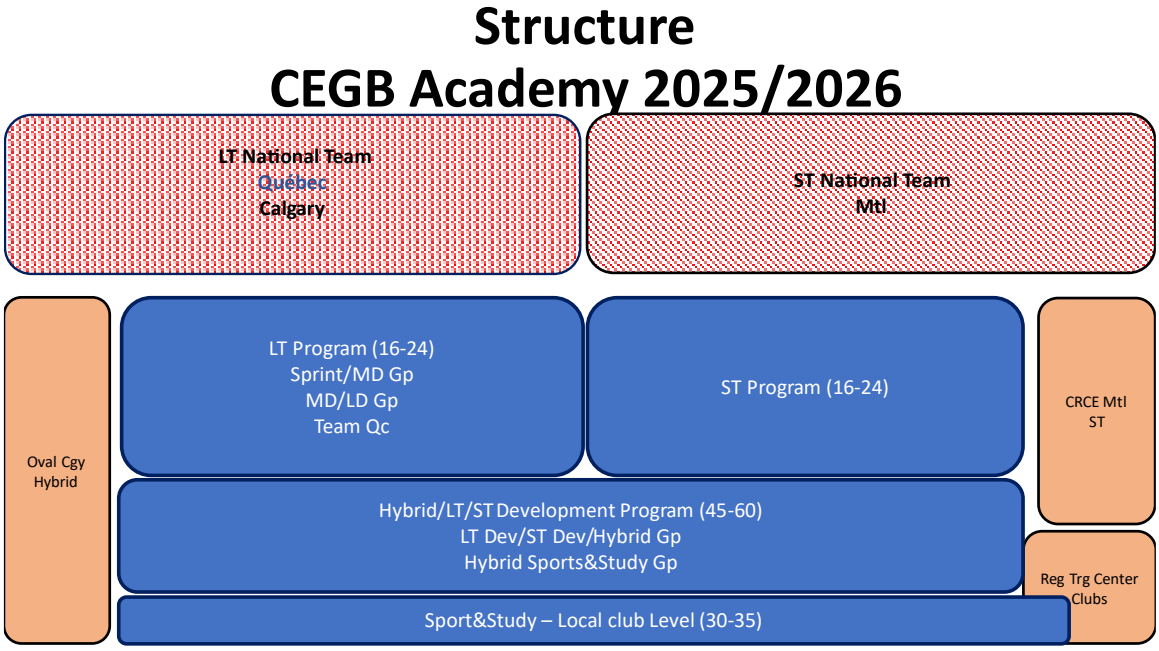
The areas are used based on the development of different physical and muscular qualities. The number of opportunities on each area depends on the training phases.

- Gaétan-Boucher oval for long track and Rink 1 for short track
- Weight room at the Ice Center
- Other suitable areas suggested by the coach and/or strength and conditioning coach.
- Training hours and load vary depending on the spring, summer, fall, and winter training cycle.

Academy Program (blue boxes):

In accordance with the Canadian Development Model, the CEGB offers the following training programs in 2025/2026:

- High Performance LT Program (see eligibility criteria in Appendix A)
- High Performance ST Program (see eligibility criteria in Appendix B)
- Development LT Program (see criteria in Appendix A)
- Hybrid Development Program (see eligibility criteria in Appendix C)



The CEGB is a high-performance sports organization that supports athletes towards provincial and national teams by offering high performance programs in Long track and Short track, Hybrid development and LT development.

The CEGB has an internal structure called "stages". These stages have several objectives such as helping stakeholders identify with athletes their career goals and thus specify priorities in the organization such as determining the allocation of resources and services (nutrition, physiology, mental preparation, physical preparation, physiotherapy, blade technician, etc.). The stages allow a structure more oriented towards optimizing priorities at the CEGB and establishing objectives by stage for the athlete. For each stage, criteria must be met to obtain the corresponding services (see Appendix D). The criteria are revised at the beginning of each year, the athlete can graduate from stage to stage during the season as soon as he or she meets the stage criteria.

Training groups will not be based exclusively on the stage reached, but rather by assessing the relevance of grouping athletes together according to age, athletic profile, objectives, training capacity, etc. An athlete who undertakes high-level practice is considered as much as an athlete on the threshold of the national team. However, monitoring will be calibrated accordingly. The formation of groups will take place at the end of the registration period.

Resources offered by the CEGB Academy team

- Personalized annual coaching
  - ✓ Adjustments to the athlete's sporting, professional, or academic needs.
  - ✓ 12-month monitoring
- Preparation
  - ✓ Specific development (physical, technical, strategic)
  - ✓ Monitoring during development and competition
  - ✓ Access to technological tools (ESQL specialized equipment, Watt Bike, Speed Cable, Transponders, etc.)
- Strength condition and physiological preparation
  - ✓ Development of physical qualities specific to speed skating
  - ✓ Development of the core component
- Monitoring on the Training Peaks, Hexfit, or similar platform
  - ✓ Daily athlete monitoring
  - ✓ Personalized training load collection
  - ✓ Athlete data collection and sharing
- Video capture and analysis
  - ✓ 4K cameras during training
  - ✓ Video analysis and sharing of movements

Academic "coaching" support

For athletes from Quebec, Canada, or abroad, an academic support service is offered to help them reconcile their athletic and academic goals this to facilitate the transition, regardless of the program or educational institution.

Special attention is paid to the athlete to help them develop their full potential while facilitating their integration into a new academic culture.

Integrated Support Sercices

- Physiotherapy
  - ✓ Prevention: Preventive and functional assessment of athletes at the beginning of the year to provide them with an injury prevention program.
  - ✓ Treatment: Physiotherapy treatment service at the Intact Insurance Ice Center.
  - ✓ Interventions aim to promote a rapid return to training and competition following a sports injury.
  - ✓ Support in selected competitions.
  - ✓ Support on selected gym, CP, and LP platforms.
- Sport Medicine
  - ✓ Access to the PEPS Sports Medicine Clinic at U Laval with Maude Rivard-Cloutier.
  - ✓ Referrals for this service will only be made through CEGB physiotherapy for cases specifically related to sports medicine.
- Mental Preparation/Sports Psychology/Nutrition
  - ✓ Group lectures in partnership with
    - François Billaut, ESQL Physiologist, PhD in Physiology, Advisor and Researcher, Full Professor, Department of Kinesiology, UL,
    - Alain Vigneault, ESQL Mental Trainer/Sports Psychologist, M.Sc. in Mental Preparation and Sports Psychology
    - Isabelle Morin, ESQL Nutritionist, Dt.P, M.Sc. in Nutrition, Diploma in Sports Nutrition from the International Olympic Committee. ✓ Private consultation at the athlete's expense
- Blade fitting service by Nagano Skate
  - ✓ Maintenance and/or repair of cradles or curves
  - ✓ Technical support for athletes during training as needed
  - ✓ Technical support during major short track competitions
  - ✓ Data collection for better monitoring

Required equipment

- Long and short track equipment
- CEGB-branded "Skin" suit mandatory in competition (except for members of Team Quebec or Team Canada)
- Training watch with heart rate monitor (GPS strongly recommended)
- Other equipment.
  - ✓ Foam roller
  - ✓ Elastic (mini-band)
  - ✓ Cable for imitations
  - ✓ Lane armbands (in long track)

Other costs to be expected

- Membership in a club or the Alliance Sport-Études
- Competition fees (registration, travel, accommodation, meals, etc.)
- Private consultations (nutrition/mental preparation/sports psychology)
- Physiotherapy fees beyond the services offered by the CEGB
- Adjustment of new blades
- Blade maintenance (beyond the services offered by the CEGB)

Fee : $4,065 + tax/year (non-taxable for athletes in the Sport-Études program)

Application dates: May 1, 2025 to April 31, 2026

Registration period: Until April 1, 2025, for renewals of current members.
Additional $100 fee for late registration.

Terms: ***In 12 equal installments of $338.75 + taxes.***
The first payment will be collected on May 1, 2025, and monthly until April 1, 2026 (and for the remaining 11 months). By automated bank withdrawal or pre-authorized credit card.

REFUND AND CANCELLATION POLICY

- *In the event of injury, an athlete who is unable to practice but is pursuing a rehabilitation program or receiving coaching from their coach must continue to make payments related to their registration.*
- *For any termination of a sport due to injury or retirement for personal reasons, a calculation of the ratio of completed and remaining training days will be performed. This ratio will be used to determine the value of the unused and billable portion. However, a management fee of $50 or an amount equivalent to 10% of the remaining training sessions (whichever is lower) will be retained.*
- *A cancellation request for a registration at the Gaétan-Boucher Training Center must be sent by email to info@centredeglaces.ca. The Corporation de gestion du Centre de glaces de Québec will process the refund within 10 days of receiving the request.*

Sponsors

The Corporation de gestion du Centre de glaces de Québec implements the CEGB sports coaching program at the ***Centre de glaces Intact Assurance*** **a non-breaking name that appears on the team's apparel. The Corporation reserves the right to associate other commercial partners who wish to directly support the CEGB. Athletes may individually solicit and obtain sponsorships in exchange for visibility, in accordance with the guidelines in Appendix E.*

Commitment to Sport

As part of their personal and social development, athletes are encouraged to support and contribute to the development of sport, whether paid or not, through activities geared toward young talent.