



Cross Country Ski Ontario is continuing its Coach Mentorship Program. The aim of this program is to facilitate partnerships and knowledge transfer between coaches in Ontario to support and facilitate the ongoing education of ON high performance coaches. Through increased collaboration and knowledge sharing, XCSO aims to improve the coaching environment in the province while increasing connections with coaches. Through this program, coaches can share experiences, exchange ideas, best practices, and coaching strategies resulting in an improved daily training environment for athletes.

Up to 5 coaches will be selected to be mentored by Victor Wiltman, XCSO coach/technical support. The program will be administered by Katja Mathys, XCSO coaching development co-ordinator.

The program includes the following:

June 4 – 6, 2017 Coaching Seminar

- face – to – face meeting with Victor Wiltman and Katja Mathys
- discuss program, establish individual program structure, goal setting and explore outcome expectations

Dryland and OnSnow Camps (throughout summer, fall, early winter)

- 1 training camp per coach – This coach will be selected as the PCE (Provincial Coach Experience) coach for that camp
- opportunity to observe coaches in action, participate in sessions and apply learning directly with athletes

March 10 – 17, 2018 National Championship, Thunder Bay

- face-to-face meeting to discuss program, answer questions, share experiences , validate learning outcomes

Funding will be available and assessed based on the structure of the individual program. PCE opportunities are funded by XCSO.

A final report by each coach will be required. A report template will be provided.

Please complete the application form below.

XCSO Coach Mentorship Program Application

Personal Information

First Name: _____ Last Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Email: _____

Club Membership: _____

Current NCCP Coaching Level: _____

Current Coaching Position in Club: _____

I am applying for this program because: _____

My objectives/expectations: _____

Program Delivery:

I would be able to participate in:

- Coaching Seminar, June 4 – 6, 2017, North Bay
- OTS Summer Camp, Target Date: July 12-16, location: TBA
- OTS On-Snow Camp, Late November, Ottawa
- OST Mid-summer Alignment Camp, June 29 – July 10, Thunder Bay
- OST Late Summer Alignment Camp, approx. August 14 – 21, location: TBA
- OST Foret Montmorency, Mid/late November, Foret, Quebec
- OST Early Season Racing, Early December, Silverstar, BC
- National Championships, March 10 – 17, 2018, Thunder Bay

Application Deadline:

June 4, 2017

Katja Mathys
XCSCo Coaching Development Co-ordinator
GMB 3, 746-Hwy 124
McKellar, Ontario
POG 1C0
(705) 774-0713
cd@xcskiontario.ca