



**Cross Country  
Ski Ontario**

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**2019 ONTARIO TEAM PROGRAMMING &  
DEVELOPMENT OPPORTUNITIES**

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## Preamble

Cross Country Ski Ontario (XCSO) is committed to providing programming to enhance skier development and incentives to encourage our skiers to seek every opportunity to ski as fast as they can. Our objective is to both retain as many skiers as possible across all age categories and to grow Ontario's representation across all programs at the National level.

On an annual basis the High Performance Committee (HPC) reviews the XCSO high performance programming to determine whether it is achieving the above stated objectives and other strategic goals of XCSO. Every 3 to 4 years, we take a deeper dive to review the effectiveness of our programs

A complete review of our system and programming was undertaken in the fall 2017 with the assistance of a facilitator and an industry expert. At the review meeting, we committed to core principles:

- The shift to grassroots development and involve more ON racers in age appropriate developmental opportunities is the cornerstone of our programming.
- Our commitment to high performance continues our aligned programming with the NTDC Thunder Bay.
- We want to engage our younger skiers to embrace the love of skiing and racing.
- Ontario is home to the largest and most competitive Ontario University/College community and we are committed to recognizing the importance of postsecondary education and support a broader athlete development pathway.
- Our coaching community is integral to the development of our athletes and we want to optimize our collective coaching resources

In order to achieve our objectives, XCSO is introducing the following (full descriptions are further along in the document):

1. XCSO Super Camps: These Super Camps are intended to provide training and development opportunities to the greater ski community. We will work in collaboration with our clubs in each District. These camps are not intended to replace District or club camps but to enhance and augment the range of opportunities for our skiers. The Super Camps are an important developmental tool for the entire ski community from midget aged skiers up to our varsity athletes.
2. XCSO District Team Competition: A team named in each of the 4 Districts based on CPL. XCSO values our clubs and Districts. We are unique in that regard and we want to develop a fun and friendly way to encourage racing and competition.
3. Ontario Cup Leader Bib Incentives: This is not changed from previous years. We still want to encourage participation in our Ontario Cups series.
4. Ontario Junior Ski Team: A more focused team of 20 spanning 2 YOBS with a dryland camp and on snow camp. This team is a bit of a hybrid between the OTS and OST. This programming is intended to both identify and develop talented Ontario athletes, and provide a development path to assist their athletic development.
5. Ontario Ski Team: This is a high performance focused team which will include training opportunities offered in partnership with NTDC Thunder Bay. This is intended to ensure alignment in our programming and to offer the opportunity for both skiers and coaches to learn with each other.

### Purpose

This document will be used by the XCSO High Performance Committee to identify athletes for the Ontario Junior Ski Team and Ontario Ski Team and outline training opportunities for the broader Ontario ski community.

### Definitions

CCC	Cross Country Ski de Fond Canada
XCSO	Cross Country Ski Ontario
CCUNC	Canadian College and University National Championships
CPL	Canada Points List (as produced by CCC)
HPC	XCSO High Performance Committee
IPB	International Performance Benchmark (as produced by CCC)
LSSD	Lake Superior Ski District
NCD	National Capital District
NOD	Northern Ontario District
NTDC	National Team Development Centre (includes NTDC Thunder Bay, Pierre Harvey Training Centre, and the Alberta World Cup Academy)
OCup	Ontario Cup
OCS	Ontario Cup Series
OJST	Ontario Junior Ski Team
OST	Ontario Ski Team
OU	Ontario University
SOD	Southern Ontario District
YOB	Year of Birth

### Competition Categories for 2018/2019

Category	Age as of 31 Dec 2018	YOB
Midget B1/G1	12	2006
Midget B2/G2	13	2005
Juvenile B1/G1	14	2004

Juvenile B2/G2	15	2003
Junior B1/G1	16	2002
Junior B2/G2	17	2001
Junior M1/W1	18	2000
Junior M2/W12	19	1999
U23 M1/W1	20	1998
U23 M2/W2	21	1997
U23 M3/W3	22	1996

### **XCSO Super Camps**

#### Description:

XCSO Super Camps will be held in partnership with clubs to create synergy and collaboration with existing club/District initiatives. There will not be a selection process and all athletes are eligible to attend. The camps will be structured to incorporate athlete's stage of development. These camps will also include a post-secondary component for varsity athletes and those who are continuing to compete in the Junior/U23 M/W categories. Longer, more structure camps will be offered for older ages and shorter, more developmental camps will be available for younger ages. The total duration and range of activities of each camp will be dependent on the suitability and logistics associated with each of the venues and community partners.

#### Goal:

Provide developmentally appropriate training opportunities for all Ontario athletes.

#### Athlete Eligibility:

These will be open to all athletes registered with an ON club or Ontario university/college program.

#### Benefits/Opportunities:

1. Dryland and on snow camps
  - Dryland camps will take place at the end of June/early July and end of August
  - On snow camps will take place in late November/early December in areas where early season snow (natural or manmade) has potential.
2. XCSO clothing

### **XCSO District Team Competition**

Our Districts – LSSD, NOD, SOD, and NCD - and clubs are the hub of our athlete development and we want to encourage competition and spirit within our community. Our goal with the XCSO District Team competition is to create excitement and energy within our Districts and clubs to produce a healthy and fun competitive spirit for bragging rights as the top District in the province. This is intended to use

existing competitions including our Ontario Cups and NorAms. A District map can be found at <http://xcskiontario.ca/districts-clubs/>.

Description:

The top 10 men and top 10 women per District based on final period CPL sprint or distance will be named to the XCSO District Teams. The top District based on total CPL will have bragging rights and will receive ON swag.

Goals:

The goals of this team are to encourage District participation in racing throughout Canada and in Ontario and create a friendly competition between districts.

Athlete Eligibility:

YOB 1996 and younger

- Hold a valid 2018-2019 CCC racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status

Athlete/Team Selection:

A ranking list identifying the top 10 men and top 10 women in each District will be produced based on athlete's best of final period CPL sprint or distance. Total CPL per district will be calculated and Districts will be ranked.

Benefits/Opportunities:

1. All XCSO District team members will receive an XCSO Super Camp subsidy for the 2019/2020 season (via promo code at camp registration)
2. The winning District athletes will receive ON swag
3. District pride!

**Ontario Cup Series (OCS) Junior Leader Bib and Incentive**

Description:

The OCS Junior Leader Bib recognizes the top performing Ontario athlete of each gender in each of three categories after each Ontario Cup race.

Goal:

Encourage athletes to compete in the Ontario Cup race series.

Athlete Eligibility:

Compete in the Ontario Cup series in the following categories:

- Juvenile girl/boy
- Junior girl/boy
- Junior women/men

All athletes must also:

- Hold a valid 2018-2019 CCC racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status

#### Athlete Selection:

Selection of the leader bib recipient will be based on points accumulated from each Ontario Cup race using the table of ordinal points in Appendix 2 of this document (100 points for first, 80 for second, 60 for third, etc). The current, updated and final category leaders will be determined at the end of each of the eleven races in the O Cup Series. For sprint races the points are allocated based on final finish order.

#### Benefits:

The top three final category leaders in each category for each gender at the end of the OCup series will receive incentive grants as follows:

First place – (\$150)

Second Place – (\$100)

Third Place – (\$50)

### **Ontario Junior Ski Team (up to 20)**

#### Description:

Athletes named to the Ontario Junior Ski Team will be representative of the top male and female athletes born in the identified YOBS.

#### Goal:

The goal of the Ontario Junior Ski Team is to provide focused, developmentally appropriate training opportunities to the top athletes in the province on a cost - sharing basis.

#### Athlete Eligibility:

- Years of Birth/Category  
2003 = Juvenile B/G Y2  
2002 = Junior B/G Y1
- Hold a valid 2018-2019 CCC racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status
- Be a permanent resident of Ontario prior to the beginning of the Ontario Cup racing series

#### Athlete Selection:

- A ranking list will be produced by XCSO with the average of an athlete's Final Period Sprint & Distance CPL as produced by CCC. The ranking list will include athletes who:



- Compete in a minimum of 2/3 of all Ontario Cup individual races
- Compete in the 2019 Ski National Championships
- Achieve a minimum best of sprint or distance CPL as per table below

YOB	Male		Female	
	Sprint	Distance	Sprint	Distance
2002 & 2003	70	70	70	70

- The ranking list will identify a minimum of 3 per YOB and gender
- The next highest ranking athletes will be identified regardless of YOB with a minimum # per gender of 8 identified

**Note:** in the event of cancellation of or changes to ON Cup races due to weather or other circumstances, the number of races required to be selected to the OJST will be based on 2/3 of the races completed.

Benefits/Opportunities:

1. A dryland camp (summer)
2. An on snow camp (mid- November/early December)
3. ON Team Jacket
4. Access to Ontario team ski equipment discounts (as provided by equipment suppliers)

Athlete Obligations:

Ontario athletes who accept their nomination to the Ontario Junior Ski Team will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee of \$250. In addition, the athlete will indicate the intent to register as an Ontario athlete in 2018-2019 ski season. The Athlete Contract will include a schedule that outlines all planned Ontario Junior Ski Team activities for the upcoming season. The expectation is that athletes attend at both the dryland and on snow camp. A non-refundable 2<sup>nd</sup> camp deposit will be collected at the time of registration.

Discretionary Addition to Ontario programming:

In exceptional circumstances, the HPC designate or a club coach may make a recommendation to the HPC for the consideration of one or more additional athletes to be considered for OJST programming opportunities. Any such exceptional cases will be reviewed by the HPC in terms of the purpose and objectives of the OJST and the athlete's progress to date and potential progression to the next level of performance.

**Ontario Ski Team**

Description:

The Ontario Ski Team is a high performance focussed team and athletes named to the Ontario Ski Team will be representative of the top male and female athletes in Ontario including those named to the CCC's NTDCs. All athletes must achieve a minimum standard of CPL versus IPB. There may be some YOBs which do not have representation.

Goals:

The goals for this team are high performance focused and intended for athletes who are performing at a National level and whose goals include World Junior/U23 Championships, Euro B Tour, Canada Winter Games, FISU Univerisade, and other international events.

Athlete Eligibility:

2001 = Junior B2/G2

2000 = Junior M1/W1

1999 = Junior M2/W2

1998 = U23 M1/W1

1997 = U23 M2/W2

1996 = U23 M3/W3

- Hold a valid 2018-2019 CCC racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status

Athlete Selection:

- A ranking list will be produced by XCSO with the best of an athlete's Final Period Sprint or Distance CPL. The athletes' average CPL will be compared to the average corresponding average IPB. The ranking list will include athletes who:
  - Compete in the 2019 Ski National Championships
  - Achieve a minimum average CPL versus IPB threshold as identified below

YOB	Category	CPL/IPB %	Minimum # of Ocup
2001	Junior B/G Y2	93%	2/3 of individual Ocup races
2000	Junior M/W Y1	93%	n/a
1999	Junior M/W Y2	93%	n/a
1998	U23 Y1	95%	n/a
1997	U23 Y2	96%	n/a
1996	U23 Y3	97%	n/a

Benefits/Opportunities:

- Integration into select NTDC camps on a cost sharing basis with coaching support provided through XCSO
- Ontario Team jacket

Athlete Obligations:

Ontario athletes who accept their nomination to the Ontario Ski Team will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee of \$75. In addition, the athlete will indicate the intent to register as an Ontario athlete in 2018-2019 ski season. The Athlete Contract will include a schedule that outlines all planned Ontario Ski Team activities for the upcoming season. The expectation is that athletes attend at a minimum of one integrated training camp and one XCSO Super Camp.

**Discretionary Addition to the Ontario programming:**

In exceptional circumstances, the HPC designate or a club coach may make a recommendation to the HPC for the consideration of one or more additional athletes to be considered for OST programming opportunities. Any such exceptional cases will be reviewed by the HPC in terms of the purpose and objectives of the OST and the athlete's progress to date and potential progression to the next level of performance.

**Force Majeure**

The HPC/XCSO will consider force majeure additions to the OJST and the OST only. Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for a force majeure appeal. Appeal documentation to be provided to Cross Country Ski Ontario must include but is not limited to:

1. Physician letter if health related
2. A letter/email outlining exceptional circumstances
3. A letter/email from present personal/club coach indicating their intent to support their athlete as an OTS/OST member.

Appeals will be evaluated by the HPC taking into consideration the reason for the appeal and results from other races. Force majeure documentation must be received as per Appendix 4. Documentation should be sent by email to the Chair of the HPC at [jackxcgolf@gmail.com](mailto:jackxcgolf@gmail.com), with a copy to [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca).

Appeals will only be considered whereby an athlete has clearly demonstrated that he/she was achieving the highest level of performance at the time of the incident/illness. The basis on which an appeal will be awarded will be at the discretion of the HPC and will only include information related to the incident/illness.

**Ontario Cup Schedule**

<b>OCup # 1 @ Nakkertok – formats and technique will be based on snow conditions and available trails</b>				
Date	Technique		Format	
Sat-Dec 15	TBD		TBD	
Sun-Dec 16	TBD		TBD	
<b>OCup # 2/CWG Trials (AB) @ Lappe Nordic –format/technique as per CWG</b>				
	Open		Jv/Jr B/G, Midget & younger	
Date	Technique	Format	Technique	Format
Fri-Jan 4	Free	Sprints	Free	TBD
Sat-Jan 5	Free	Interval	Free	TBD
Sun-Jan 6	Classic	Mass	Classic	Mass
<b>OCup # 3 @ Walden Nordic – all categories</b>				
Date	Technique		Format	
Sat-Jan 19	TBD		TBD	
Sun-Jan 20	TBD		TBD	
<b>Easterns (OCup #4/QCup) @ Highlands Nordic</b>				
	Open		Jv/Jr B/G, Midget & younger	
Date	Technique	Format	Technique	Format
Fri-Feb 1	Free	Sprint	N/A	
Sat-Feb 2	Classic	Interval	Classic	Interval
Sun-Feb 3	Free	Pursuit	Free	Pursuit
<b>OU Champs/OCup #5 @ Nipissing</b>				
	OU & Open		Jv/Jr B/G, Midget & younger	
Date	Technique	Format	Technique	Format
Sat-Feb 16 *	Interval	Free	Interval	Free
Sun-Feb 17 *	Classic	Mass	Classic	Mass
Mon-Feb 18	Classic	Relay	N/A	
Ontario Cup categories will take place in the afternoon				
<b>Youth Championships @ North Bay Nordic - Atom to Midget</b>				
Date	Technique		Format	
Sat-Feb 23	TBD		TBD	
Sun-Feb24	TBD		TBD	
<b>Nationals @ Nakkertok - final formats/technique to be confirmed by CCC</b>				
	Open		Juv/Jr B/G	
Date	Technique	Format	Technique	Format
Wed-Mar 13		Interval		Interval
Thurs-Mar 14		Pursuit		Pursuit
Sat-Mar 16	Classic	Sprints		
Sun-Mar 17			Classic	Sprints
Mon-Mar 18	Team Sprints	Free	Team Sprints	Free
Tues-Mar 19	Mass	Classic		
Wed-Mar 20			Mass	Classic
<b>Ontario Championships/OCup #6 @ TBD – all categories</b>				
Date	Technique		Format	
Sat-Apr 6 <sup>th</sup> (am)	TBD		TBD	
Sat-Apr 6 <sup>th</sup> (pm)	Classic/Free		Mixed Club Relay	
Sun-Apr 7	TBD		TBD	

**International Performance Benchmarks**

Category	Age	YOB	Distance Women	Sprint Women	Distance Men	Sprint Men
Jr B/G_2	17	2001	84.0	86.5	87.0	87.5
JrM/W_1	18	2000	86.5	89.0	89.5	90.0
JrM/W_2	19	1999	88.5	91.0	91.5	92.0
U23_1	20	1998	90.5	93.0	93.5	94.0
U23_2	21	1997	92.0	94.0	94.5	95.0
U23_3	22	1996	93.0	95.0	95.0	96.0

**Ordinal Points for Ontario Leader Bib**

Place	Points	Place	Points
1	100	20	19
2	80	21	18
3	60	22	17
4	50	23	16
5	45	24	15
6	40	25	14
7	36	26	13
8	32	27	12
9	30	28	11
10	29	29	10
11	28	30	9
12	27	31	8
13	26	32	7
14	25	33	6
15	24	34	5
16	23	35	4
17	22	36	3
18	21	37	2
19	20	38	1

**Members of the HPC**

Questions or comments regarding these selection criteria should be directed to your District's representative on the High Performance Committee. The members of the High Performance Committee are:

<b>Member</b>	<b>Name</b>	<b>Title</b>	<b>Email</b>
Voting member	Jack Sasseville	Chair	jackxcgolf@gmail.com
	Angus Foster	Athlete Rep	Angus.foster@hotmail.com
	Angus Carr	LSSD Rep (interim)	angus.carr@gmail.com
	Doug Ranahan	NCD Rep	doug@ranahan.ca
	Toivo Koivukoski	NOD Rep	toivok@nipissingu.ca
	Bryan Dubeau	SOD Rep	bryan_dubeau@outlook.com
	Jordan Cascagnette	University Rep	j.cascagnette12@gmail.com
Advisory Member/Staff	Richard Lemoine	XCSO Chair	chair@xcskiontario.ca
	Katja Mathys	Coaching Development	cd@xcskiontario.ca
	Victor Wiltmann	Technical Director	coach@xcskiontario.ca
	Camille Cheskey	NTDC Asst Coach	xccheski@gmail.com
	Timo Puiras	NTDC Head Coach	ndctimo@gmail.com
	James Maclean	Points Tabulators	w.james.maclean@gmail.com
Liz Inkila	XCSO Administrator	admin@xcskiontario.ca (807) 768-4617	

### Summary

	# of athletes	YOB/Category	Selection	Training Opportunities	Financial	Swag
XCSO Super Camps	No limit	2006 = Midget Y1 to 1996 = U23 Y3	N/A	Development camps in partnership with clubs to create synergy and collaboration with existing club/District initiatives.	Minimal at cost camp fee (less District team promo code)	XCSO T-shirt or similar
Ontario Junior Ski Team	Up to 20 Minimum of 3 per gender per YOB	2003 = Juvenile Y2 2002 = Junior B/G Y1	Ranking list of the best of Final Period CPL sprint or distance.	Dryland camp On snow camp Foret Montmorency or similar	Camp fee of \$ 250	ON Team jacket
Ontario Ski Team	As per minimum threshold	2001 = Junior B/G Y2 2000 = Junior M/W Y1 1999 = Junior M/W Y2 1998 = U23 Y1 1997 = U23 Y2 1996 = U23 Y3	Ranking list of the best of Final Period CPL sprint or distance.	Training opportunities with the NTDC Thunder Bay likely to include: <ul style="list-style-type: none"> <li>• May &amp; Sept testing camp</li> <li>• Summer camp</li> <li>• Fall camp</li> <li>• On snow camp/race</li> </ul>	Camp fee of \$75 At cost for camps	ON Team jacket



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XCSO District Teams	Up to 10 per gender per District	1996 and younger	Ranking list of best of final period CPL sprint or distance	XCSO Super Camps	Promo code for cost savings to XCSO Super Camps	Ontario swag District Pride
Ontario Leader Bib Incentives *no change from previous years	Top 3 per category per gender	Juvenile G/B Junior G/B Junior M/W	As per Leader bib points	n/a	1 <sup>st</sup> place \$150 2 <sup>nd</sup> place \$100 3 <sup>rd</sup> place \$50	