

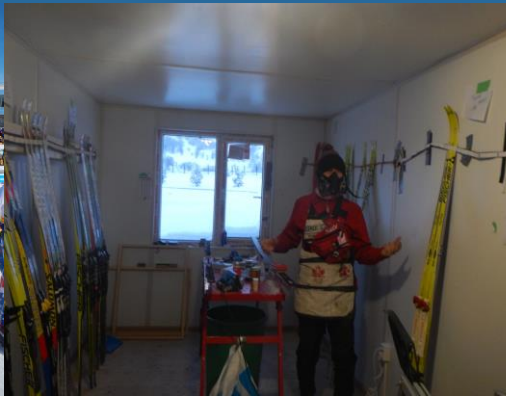


Cross Country
Ski Ontario

AGM, June 2, 2019

Cross Country Ski Ontario

Coaching Development



Workshops delivered:

	2014/15	2015/16	2016/17	2017/18	2018/19
ICC	20	11	12	8	-
CC	11	9	9	8	11
L2T Dryland	3	3	4	6	5
L2T On-Snow	2	1	3	4	2
T2T Dryland	1	1	0	1	1
T2T On-Snow	1	1	0	0	0
Comp Dev Dryland			1	1	
Comp Dev On Snow			1	1	
CC AWAD		1	1	1	1

Coaches attending:

	2014/15	2015/16	2016/17	2017/18	2018/19
ICC	166	114	123	82+11+35	139
CC	77	97	80	72	93
L2T Dryland	21	22	21	34	25
L2T On-Snow	9	7	23	32	11
T2T Dryland	12	6		6	6
T2T On-Snow	7	4			
Comp Dev Dryland			4	3	
Comp Dev On Snow			6	3	
CC AWAD		11	5	2	4
CCI AWAD		1			
Comp Dev AWAD		1			

Workshop Fees:

	2018/19
ICC online	\$67.00
CC	\$125.00
L2T D/OS	\$175.00
T2T D/OS	\$250.00

Workshop fees have been the same for 7 seasons now. The fees have mostly balanced income/expenses @ min. 6 participants per workshop

Some workshops were run with less to support club development

We are increasing the workshop fees for next season by \$25 for each Workshop except for the ICC. -> **CC \$150, L2T D/OS \$200, T2T D/OS \$275**

Overall Net Income:

	2015/16	2016/17	2017/18	2018/19
Net income	\$10303.56	\$6043.68	\$5344.51	2668.63

Example

CC costs \$125 for the coach

\$25 go to CCC as a development cost

\$5 plus 3% credit card fee to CAC

Comp Dev. Education XCSO:

Target 10 certified coaches by 2020

- Currently 4 certified coach (Rick Dickey, Bryan Dubeau, Camille Cheskey, Anneke Winegarden), 4 more are actively working on their tasks
- 11 coaches have completed both, Dryland and On Snow workshops -> 13 additional tasks need to be completed for certification (average time to complete: 2 years)

Coach Mentorship Program

combined with CAO Apprentice Program

4 coaches applied

Mentor: Victor Wiltman

Mentees: Bryan Dubeau
Peter Wiltman
Kim Getty
Katherine Denis

- participation in OTS and OST camps
- regular contact with Victor

XCSO Annual Coaching Seminar

- June 1 - 3, 2018 in Sudbury
- 19 coaches attended
- Alison Godwin/Laurentian did an excellent job
- Highlights: working directly with athletes/ having access to university labs/getting to know university setting (including staying at residence)

Annual Coaching Licences

- Mandatory Annual Licence: July 1 - June 30 - FREE
- For any coach who coaches more than 7 hours in a year
- Ontario had 342 licence holders (380 last year)

Commit to Kids

- Responsible Coaching Guidelines developed
- Rule of two/Team Travel Guidelines/Coach and Athlete Codes of Conduct updated
- Criminal Record Checks available at:
- www.sterlingtalentsolutions.ca/landing-pages/c/cross-country-ski-ontario/
- Commit to Kids Child Sexual Abuse Prevention Training:
- Canadian Center for Child Protection:
<https://vta.c3p.ca/app/en/checkout>

FISU Games Russia:

- 3 of 4 staff from Ontario (Bryan Dubeau, Mary Waddell, Katja Mathys)
- 6 of 12 athletes from Ontario (Alex Maycock, Aidan Kirkham, Gavin Shields, Camille Hamm, Alexandra Stukator, Katherine Denis)
- Two top 30 results; Alex Maycock 19th sprint qualifier, Aidan Kirkham 20th 30 km

CCC updates

ICC online

- Launched in September: Two steps:
- Multisport Module: Coach Initiation in Sport (1 hr, \$15)
- Sportspecific ICC: (3 - 4 hrs, \$52)
- Mixed feedback from coaches. Increased admin to ensure coaches have done these workshops before taking the in-person CC level