



Cross Country
Ski Ontario

**2021-22 ONTARIO PARA NORDIC TEAM
PROGRAMMING**

ORIGINALLY PUBLISHED **OCTOBER 2020**

REVISED DUE TO COVID-19 **(JUNE 1, 2021)**

Preamble

Due to the effects of the ongoing and evolving COVID-19 pandemic, Cross Country Ski Ontario has reviewed and modified provincial programming for the 2021-22 season. Given the unpredictable outlook for the season, particularly for "in-person" training camps, XCSO has modified our programming to reflect "what we can do" based on the following principles:

- Age appropriate developmental programming opportunities involving more ON athletes is the cornerstone of our provincial program.
- Identifying and engaging Ontario skiers, para-nordic and able bodied, who are dedicated to personal excellence through goal setting and a commitment to training and racing.
- Sharing a love of skiing and a passion for racing with our skiers
- Supporting and nurturing our collective coaching resources to support our athletes.

Programs for the 21-22 Season:

Para-Nordic - Foundations

Description:

Athletes named to the Para-Nordic Foundations program will be representative of Ontario's para athletes looking to develop their athletic habits in para-sport by engaging in supplemental opportunities provided by XCSO.

The goal of this program is to provide an entry point to more structured and engaged programming in the context of COVID-19.

Athlete Eligibility:

- Years of Birth/Category: Open
- Be a member of a registered XCSO club
- Intend to purchase a 2021/2022 Nordiq Canada racing license and participate in the 2021/2022 race season.
- Be a Canadian citizen or have Permanent Residence status

Benefits/Opportunities:

- Access to virtual group nutrition, mental performance and technique sessions.

Athlete Nomination:

- Athletes must submit their Team Ontario application on Zone4.ca or similar, including the following supporting documentation:
 - Planned training and goals for the 2021-22 season, for summer, fall dryland season and winter competitive season (Period 1: May 1, 2021 -> August 31, 2021; Period 2: September 1, 2021 -> Nov 30, 2022; Period 3: December 1, 2021 -> April 30th).

Application Deadline: on-going, June 1st - December 31st, 2021

Athlete and Coach Obligations (Para-Nordic - Foundations)

Ontario athletes who accept their nomination to Para-Nordic Foundations will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a minimal team fee. In addition, the athlete will indicate their intent to register as an Ontario athlete in the 2021-2022 ski season.

XCSO's provincial programming is intended to be one of the many supports built around our developing athletes. To facilitate an alignment and sharing of best practices between all of those supports, coaches with athletes in this program are expected to share and collaborate with Cross Country Ski Ontario staff and other coaches in this provincial program.

Team Ontario - Para Nordic

Description:

Athletes named to Team Ontario - Para-Nordic Development will be representative of Ontario's most committed and engaged para athletes looking to develop their athletic habits in para-sport by engaging in supplemental opportunities provided by XCSO.

The goal of Team Ontario is to provide stimulating and engaging programming in the context of COVID-19.

Athlete Eligibility:

- Years of Birth/Category: Open
- Be a member of a registered XCSO club
- Intend to purchase a 2021/2022 Nordiq Canada racing license and participate in the 2021/2022 race season.
- Be a Canadian citizen or have Permanent Residence status

Benefits/Opportunities:

- Access to virtual group nutrition, mental performance and technique sessions.
- Virtual coaching support from the XCSO Technical Director, as needed.
- Team Ontario kit (upon completion of selection criteria)
- Functional Movement Screening, if deemed appropriate, if available

Athlete Nomination:

- Athletes must submit their Team Ontario application on Zone4.ca or similar, including the following supporting documentation:
 - Planned training hours and goals for the 2021-22 season, for summer, fall dryland season and winter competitive season (Period 1: May 1, 2021 -> August 31, 2021; Period 2: September 1, 2021 -> Nov 30, 2022; Period 3: December 1, 2021 -> April 30th).
- Additional Supporting Documentation:
 - A copy of the applicant's Yearly Training Plan (YTP). Athlete's should look to engage in "training" at least 5x a week on average (which includes physio and mobility exercises etc...)
 - An online form submission of recommendation from their club coach indicating the athletes readiness for consistent and meaningful training. Link to be provided in the application process.

Application Deadline: July 4, 2021

Athlete Selection:

Official selection of Team Ontario will be completed in October 2021, by a sub-committee of the Para Nordic Committee (to be named). To officially be named to the team and receive the Team Ontario kit, athletes must complete the following:

- Have logged and completed their training for period 1 (July 4-September 27th) and shared their logs with the XCSO Technical Director. Specific information available via application process.
- Confirmation submission from their club coach, that the athlete has completed their training goals to that point, including hours and technical goals and are on track to complete their yearly training and competition goals. Link to be provided to coaches in the registration.

Athlete and Coach Obligations (Team Ontario - Para-Nordic)

Ontario athletes who accept their nomination to the Team Ontario will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee. In addition, the athlete will indicate their intent to register as an Ontario athlete in the 2020-2021 ski season.

XCSO's provincial programming is intended to be one of the many supports built around our developing athletes. To facilitate an alignment and sharing of best practices between all of those supports, coaches with athletes in this program are expected to share and collaborate with Cross Country Ski Ontario staff and other coaches in this provincial program.