



2018-2019 Team Selection  
Athlete Support Programs  
Competition season 2018



**2018/2019**

**Ontario Team Selection Criteria**

**and**

**Athlete Support Programs**

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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.

In order to achieve this objective, XCSO offers high performance training opportunities to selected Ontario skiers from Midget through to Junior Women and Men and University skiers. This programming is intended to both identify and develop talented Ontario athletes, and provide a development path to assist their athletic development. These opportunities are offered in partnership with NDC Thunder Bay to ensure alignment in our programming and to offer the opportunity for both skiers and coaches to learn about each other.

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. This year the XCSO high performance program will consist of the Ontario Ski Team, the Ontario Talent Squad, University skier support, Ontario Cup Leaders and the Ontario Cup Team.

This document outlines the detailed criteria for being named to each of the above teams. Coaches, athletes and parents and any other interested party are highly encouraged to read this document in detail to understand the selection criteria. However to keep things simple you need to: be a Canadian registered to ski for a XCSO registered ski club, racing in as many of the races in the Ontario Cup Series as possible and skiing fast.

## 1 PURPOSE

The provisions in this document will be used by the XCSO High Performance Committee, , to identify athletes as follows:

1. Athletes who qualify for the "Regional Development Squad" 2018
2. Athletes who qualify for the "Ontario Talent Squad" 2018
3. Athletes who qualify for the "Ontario Ski Team" 2018,
4. Athletes who qualify for XCSO's U23 University/College Athlete Support Program,
5. Athletes who qualify as the Ontario Cup Series Leader Bib and incentive grant recipients
6. Athletes who qualify for the Ontario Cup Series Team

### 1.1 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)  |
| IPC   | International Performance Curve (as produced by CCC)  |
| IPL   | International Points List (as produced by CCC)  |
| 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  |
| OPL   | Ontario Points List: a published list of skiers by category and/or YOB with assigned accumulated Ontario Points for Ontario Cup races |
| OTS   | Ontario Talent Squad  |
| OST   | Ontario Ski Team  |
| OU    | Ontario University  |
| RDS   | Regional Development Squad  |

## 1.2 Eligibility

To be eligible for:

- accumulation of points on the Ontario Points List
- accumulation of leader bib points
- selection to the RDS, OTS or the OST
- selection to the Ontario Cup Series Team
- Ontario U23 University/College Athlete Support

Athletes must meet the following criteria:

- hold a valid 2017-2018 CCC racing license registered with an Ontario club,
- be registered with an Ontario club at the time of the race
- be a Canadian citizen or have Permanent Resident status
- be a permanent resident of Ontario prior to the beginning of the Ontario Cup racing series. A valid Ontario Health Card OR a valid Ontario Driver's License will be used as proof of permanent Ontario residency.

Ontario points will **not** be awarded retroactively for a given race if an athlete obtains a license or club registration after the race. A day license is NOT a racing license and will not entitle an athlete to accumulate Ontario Points.

### 1.3 Selection Races – Dates and Locations

The following races are named for the 2017-2018 season Ontario Cup Series (OCS):

#### OCup Race Weekend # 1/QC #1/World Jr/U23 Trials at Mont Ste Anne, QC

| <b>OCup # 1 at Mont Ste Anne, Quebec</b>                     |                               |                                |
|--|-------------------------------|--------------------------------|
| Date   | Technique                     | Format                         |
| <b>Juvenile/Junior Boy/Girl</b>                              |                               |                                |
| Sat – Jan 6  | Classic                       | Sprints                        |
| Sun – Jan 7  | Classic                       | Interval                       |
| Fri Jan 5  | Free                          | Interval                       |
| Mon – Jan 8  | Free                          | Mass – CCC sanctioned CPL race |
| Tues – Jan 9   | n/a                           | n/a                            |
| Wed – Jan 10   | Cold weather cancellation day |                                |
| <b>*Please note: This will not be an ON Cup points race.</b> |                               |                                |
| <b>Junior Men/Women</b>                                      |                               |                                |
| Sat – Jan 6  | Classic                       | Sprints                        |
| Fri Jan 5  |                               |                                |
| Sun – Jan 7  | Classic                       | Interval                       |
| Mon – Jan 8  | Free<br>Classic/Free          | Sprints<br>Skiathlon           |
| Tues – Jan 9   | Classic/Free<br>Free          | Skiathlon<br>Sprints           |
| Wed – Jan 10   | Cold weather cancellation day |                                |
| Cold weather cancellation day                                | Classic Interval              |                                |

#### OCup Race Weekend #2 – at Walden CCFC, Sudbury, ON

| <b>OCup # 2 at Walden CCFC, Sudbury (All categories)</b> |           |                     |
|--|-----------|---------------------|
| Date   | Technique | Format              |
| Sat-Jan 20   | Classic   | Interval            |
| Sun-Jan 21   | Free      | Pursuit/mass start* |

\*potential to be an interval start based on conditions at publication time

#### OCup Race Weekend #3/Eastern Canadian Championships – at Nakkertok

| <b>OCup # 3/Eastern Canadian Championships at Nakkertok</b> |           |                           |
|---|-----------|---------------------------|
| <b>Midget, Juvenile and Junior Boy/Girl</b>                 |           |                           |
| Date  | Technique | Format                    |
| Fri-Feb 2   | Classic   | Prologue – interval start |

|                                    |                  |                          |
|------------------------------------|------------------|--------------------------|
| Sat-Feb 3                          | Free             | Interval Start           |
| Sun-Feb 4                          | Classic          | Pursuit Start/Mass start |
| <b>Junior and Senior Men/Women</b> |                  |                          |
| <b>Date</b>                        | <b>Technique</b> | <b>Format</b>            |
| Fri-Feb 2                          | Classic          | Sprints                  |
| Sat-Feb 3                          | Free             | Interval Start           |
| Sun-Feb 4                          | Classic          | Pursuit Start/Mass start |

### Ontario Winter Games at Horseshoe Resort

| <b>Ontario Winter Games – Horseshoe Resort (YOB 2002 &amp; 2003 &amp; 2004)</b> |                  |                       |
|---|------------------|-----------------------|
| <b>Date</b>   | <b>Technique</b> | <b>Format</b>         |
| Thurs-Mar 1   | Free             | Sprints (Kings Court) |
| Fri-Mar 2   | Classic          | Interval              |

Please note that for the 2017/2018 season, there are the following points races included in the Ontario Cup Series:

- 9 races in total - 4 classic and 5 free technique races for Juvenile B/G.
- 7 races in total - 3 classic and 4 free techniques for Junior B/G
- 9 races in total - 5 classic and 3 Free and 1 Skiathlon for Junior M/W.

### Canadian National Championships – Thunder Bay, Ontario

| <b>Date</b>                     | <b>Technique</b> | <b>Format</b>  |
|---------------------------------|------------------|----------------|
| Sat – Mar 10<br>to Sat – Mar 17 | Classic          | Interval start |
|                                 | Free             | Pursuit start  |
|                                 | Free             | Sprints        |
|                                 | Classic          | Mass start     |

**PLEASE NOTE:** For sprint races **Ontario points** will be awarded based on Ontario athletes finishing place in the heats (50%) as well as the qualifying round (50%). The reason for this shift to awarding points based on the heats results recognizes that a sprint event includes both a single qualifying time trial followed by up to three successive heats, the objective of which is to identify the best sprint racer.

Please see section 7.2 & Appendix 3 for a description of the points calculation.

## 1.4 Competition Model

NOTE!

\*\*\*IMPORTANT NOTICE: The Ontario HPC has reviewed the ON competition categories, in particular Juvenile Boys. As announced last season, the juvenile boy category will include two years of birth (2002 & 2003) and Ontario team selection for juvenile boys will be the same as it currently is for juvenile girls.\*\*\*

The race categories for 2017/2018 are summarized in the table below:

| Category       | Age as of<br>31 Dec 2017 | YOB  |
|----------------|--------------------------|------|
| Midget B1/B1   | 12                       | 2005 |
| Midget G2/B2   | 13                       | 2004 |
| Juvenile G1/B1 | 14                       | 2003 |
| Juvenile G2/B2 | 15                       | 2002 |
| Junior B1/G1   | 16                       | 2001 |
| Junior B2/G2   | 17                       | 2000 |
| Junior M1/W1   | 18                       | 1999 |

## 2 REGIONAL DEVELOPMENT SQUAD / ONTARIO TALENT SQUAD/ONTARIO SKI TEAM

### 2.1 Regional Development Squad

Athletes named to the Regional Development Squad will be representative of those selected via the nomination process of athletes born in 2004.

#### Benefits

It is the intent of the HPC that athletes named to the Regional Development Squad receive the following, where possible:

1. One (and potentially two) training camp opportunities (to be determined for each district i.e. LSSD, NCD, NOD, SOD).

#### 2.1.2 Obligations

Ontario athletes who accept their nomination to the Regional Development Squad 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 the intent to register as an Ontario athlete in 2018-2019 ski season. The Athlete Contract will

include a schedule that outlines all planned Regional Development Squad activities for the upcoming season.

### **2.1.3 Team Fee**

Regional Development Squad nominees will be asked to pay a team fee of \$50 to confirm their participation on the Team. This fee will be collected online via Zone4 Regional Development Squad registration.

## **2.2 Ontario Talent Squad Description**

Athletes named to the Ontario Talent Squad will be representative of the top male and female athletes born in 2003.

### **Benefits**

It is the intent of the HPC that athletes named to the Ontario Talent Squad receive the following, where possible:

1. Two training camp opportunities in July 2018 (early) & November 2018 (mid to late)
2. Ontario Talent Squad clothing.
3. Access to Ontario team ski equipment discounts (as provided by equipment suppliers)

### **2.2.2 Obligations**

Ontario athletes who accept their nomination to the Ontario Talent Squad 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 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 Talent Squad activities for the upcoming season.

### **2.2.3 Team Fee**

Ontario Talent Squad nominees will be asked to pay a team fee of \$75 to confirm their participation on the Team. This fee will be collected online via Zone4 Ontario Talent Squad registration.

## **2.3 Ontario Ski Team Description**

**Athletes named to the Ontario Ski Team will be representative of the top male and female athletes born in 2002, 2001, 2000, 1999.**

### **Benefits**

It is the intent of the HPC that athletes named to the Ontario Ski Team receive the following, where



possible:

1. OST Training camps as identified in the OST Schedule and Athlete Contract,
2. Ontario Ski Team clothing,
3. Access to Ontario team ski equipment discounts (as provided by equipment sponsors)
4. Ontario Ski Team support to attend specific elite racing events, as defined by the HPC on a cost-sharing basis.

Ontario Ski Team members are provided XCSO support to attend specific elite racing events and on-snow training camps, as defined by the HPC, on a cost-shared basis. OST athletes are eligible to receive the cost sharing only when the athlete travels with the OST and attends XCSO-organized camps and events as a member of the Ontario Ski Team.

### **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. 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 and Ontario/District dryland training and racing activities for the upcoming season, as well as the identified subset of activities that OST athletes must attend in order to remain OST members in good standing. Failure to meet the minimum participation standard could result in an athlete being placed on probation and/or removed from the OST.

### **Team Fee**

Ontario Ski Team nominees will be asked to pay a team fee of \$375 to confirm their participation on the Team. This fee will be collected online via Zone4 Ontario Ski Team registration.

### **Consequences of Athlete Not Meeting Obligations**

If an OST athlete does not meet the terms of his/her contract as outlined in Section 2.2.2 Athlete Obligations, the HPC/XCSO may at its discretion precede with some or all of the following:

1. Written notice to the athlete to identify the infraction/action
2. Agreement/signed contract with athlete as to their alternate commitments, where applicable
3. Notification of probation and/or removal from the OST
4. Charging the athlete the full costs of HPC expenses incurred for their attendance on future OST trip or trips
5. Removal from an OST trip
6. Loss of eligibility for selection to the OST in the subsequent year

An HPC designate will be responsible for bringing potential failures to meet obligations related to the

training and racing obligations to the attention of the HPC. For any administrative obligations, the XCSO Administrator will identify any issues to the HPC.

The intent of this section is to ensure that all OST athletes honour their commitments and all are treated equitably. However, it is understood that extenuating circumstances may prevent an athlete from meeting some of their commitments. In these cases, it is in the athlete's best interests to communicate with the HPC Designate and/or XCSO Administrator **as soon as possible**. Failure to do so could lead XCSO to proceed with one or more of the measures outlined above.

**3 ONTARIO TALENT SQUAD, ONTARIO SKI TEAM & REGIONAL DEVELOPMENT SQUAD SELECTION**

| Team                                      | YOB<br>(category)                               | OCup Races   | National<br>Championships<br>Races | Minimum ON<br>Points Threshold | Number of<br>athletes to be<br>selected |
|---|---|--|------------------------------------|--------------------------------|---|
| <b>REGIONAL<br/>DEVELOPMENT<br/>SQUAD</b> | <b>2004<br/>Midget<br/>boys<br/>(M B2)</b>      | Athletes in these YOBS are invited to apply to the Regional Development Squad. Please see section 4 for details on the application process. Athletes must have participated in either 2018 Ontario Winter Games or the Ontario Youth Championships or an Ontario Cup |                                    |                                |   |
|   | <b>2004<br/>Midget<br/>girls<br/>(M G2)</b>     |  |                                    |                                |   |
| <b>ONTARIO<br/>TALENT SQUAD</b>           | <b>2003<br/>Juvenile<br/>boys<br/>(JV B1)</b>   | Best five of thirteen OCup and National races regardless of technique, (max 2 Nationals races)<br>OR, a top five Nationals YOB aggregate result  |                                    | n/a                            | 5 males                                 |
|   | <b>2003<br/>Juvenile<br/>girls<br/>(JV G1 )</b> | Best five of thirteen OCup and National races regardless of technique, (max 2 Nationals races)<br>OR, a top five Nationals YOB aggregate result  |                                    | n/a                            | 5 females                               |
|   |   |  |                                    |                                |   |

|                             |  |   |   |     |           |
|-----------------------------|--|---|---|-----|-----------|
| <b>ONTARIO SKI<br/>TEAM</b> | <b>2002<br/>Juvenile<br/>boys<br/>(JV B2)</b>  | Best four of<br>nine OCup<br>races<br>regardless of<br>technique,<br>plus...  | Best two of four<br>individual races at<br>Nationals,<br>regardless of<br>technique, OR, a<br>top five Nationals<br>YOB aggregate<br>result plus... | 570 | 2 males   |
|                             | <b>2002<br/>Juvenile<br/>girls<br/>(JV G2)</b> | Best four of<br>nine OCup<br>races<br>regardless of<br>technique<br>plus...   | Best two of four<br>individual races at<br>Nationals,<br>regardless of<br>technique, OR, a<br>top five Nationals<br>YOB aggregate<br>result plus... | 570 | 2 females |
| <b>ONTARIO SKI<br/>TEAM</b> | <b>2001<br/>Junior Boys<br/>(J B1)</b>         | Best four of<br>seven OCup<br>races<br>regardless of<br>technique,<br>plus... | Best two of four<br>individual races at<br>Nationals,<br>regardless of<br>technique, OR, a<br>top five Nationals<br>YOB aggregate<br>result plus... | 570 | 2 males   |
|                             | <b>2001<br/>Junior Girls<br/>(J G1)</b>        | Best four of<br>seven OCup<br>races<br>regardless of<br>technique,<br>plus... | Best two of four<br>individual races at<br>Nationals,<br>regardless of<br>technique, OR, a<br>top five Nationals<br>YOB aggregate<br>result plus... | 570 | 2 females |

|                         | <b>2000<br/>Junior Boys<br/>(J B2)</b>   | Best four of seven OCup races regardless of technique, plus...   | Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus ... | 570 | 2 males   |  |  |     |     |      |      |    |      |      |    |      |   |
|-------------------------|--|--|---|-----|-----------|--|--|-----|-----|------|------|----|------|------|----|------|---|
|                         | <b>2000<br/>Junior Girls<br/>(J G2)</b>  | Best four of seven OCup races regardless of technique, plus...   | Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus...  | 570 | 2 females |  |  |     |     |      |      |    |      |      |    |      |   |
|                         |  |  |   |     |           |  |  |     |     |      |      |    |      |      |    |      |   |
| <b>ONTARIO SKI TEAM</b> | <b>1999<br/>Junior Men<br/>(J M1)</b><br><br><b>1999<br/>Junior Women<br/>(J W1)</b> | <p>Selection will be based on a ranking list that uses the proximity of the skier CPL (sprint or distance) to his/her IPB. A letter from the athletes indicating their interest in being on the OST is also required.</p> <p>See note 2 below.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="3">IPB's</th> </tr> <tr> <th>Jun</th> <th>Spr</th> <th>Dist</th> </tr> </thead> <tbody> <tr> <td>WYr1</td> <td>89</td> <td>86.5</td> </tr> <tr> <td>MYr1</td> <td>90</td> <td>89.5</td> </tr> </tbody> </table> |   |     | IPB's     |  |  | Jun | Spr | Dist | WYr1 | 89 | 86.5 | MYr1 | 90 | 89.5 | <p>up to 2 males</p> <p>up to 2 females</p> |
| IPB's                   |  |  |   |     |           |  |  |     |     |      |      |    |      |      |    |      |   |
| Jun                     | Spr  | Dist   |   |     |           |  |  |     |     |      |      |    |      |      |    |      |   |
| WYr1                    | 89   | 86.5   |   |     |           |  |  |     |     |      |      |    |      |      |    |      |   |
| MYr1                    | 90   | 89.5   |   |     |           |  |  |     |     |      |      |    |      |      |    |      |   |
|                         |  |  |   |     |           |  |  |     |     |      |      |    |      |      |    |      |   |

Notes:

1. The Ontario Talent Squad and the Ontario Ski Team selections will be based on athletes' performance as calculated on the Ontario Points List using the Normal Points Calculation as described in Section 7, as follows:
  - a) Team selection will be based on the "best x of y" Ontario Cup races as defined in the table in Section 3. Should races be canceled, the criteria will be modified as noted in Section 3.1, Effect of OCup Race Cancellation on Ontario Talent Squad and Ontario Ski Team Selection. Should one or more planned races' techniques be changed for any reason, the criteria will be modified as noted in Section 3.2
  - b) The best two of four individual races at the National Championships, regardless of technique, will be included. The four individual races include:
    - Classic Interval
    - Free Pursuit
    - Free Sprint
    - Mass Start Classic
2. The selection of up to two Junior Men (YOB 1999) and up to two Junior Women (YOB 1999) skiers will be based on a ranking list. The ranking list will evaluate each skier's Final Period CPL result in each race discipline (distance and sprint) in relation to that skier's *International Performance Benchmark* (IPB) target. The ranking list will use the proximity of the skier to his/her IPB in percentage terms ("percentage proximity") for each race discipline. The ranking list will consider the best percentage proximity of either race discipline for each skier.
  - a) The CPL result used will be from the final CCC CPL listing scheduled to be published on the CCC website in April 2017
  - b) To be eligible for OST selection, the skier must achieve a minimum percentage proximity of 90% in at least one race discipline.
  - c) A background document for the current CCC-published International Performance Benchmarks can be viewed at:  
[http://www.cccski.com/National-Ski-Team/Selection-Criteria/2014-14-Selection-Criteria-\(9-Sept-13\)-FINAL.aspx](http://www.cccski.com/National-Ski-Team/Selection-Criteria/2014-14-Selection-Criteria-(9-Sept-13)-FINAL.aspx). For an Age-Specific IPB Table, see Appendix 1 of this document.



Please  
note:

A letter (email) of intent is required for Junior Men and Women only, stating their ski goals for the upcoming season as well as how they plan to use a nomination to the Ontario Ski Team to further said objectives. Letters of intent will be accepted as per Appendix 4.

### **3.1 Effect of Race Cancellation (OCup or Nationals) on Ontario Ski Team Selection and Ontario Talent Squad Selection**

Ontario Talent Squad: In the event that races are canceled, the following number of selection criteria races will be used to calculate points.

1. One race canceled:                      best 4 of 12 races

2. Two races canceled: best 4 of 11 races
3. Three races canceled: best 4 of 10 races
4. Four races canceled: best 3 of 9 races
5. Five races canceled: best 3 of 8 races
6. Six races canceled: best 3 of 7 races
7. Seven races canceled: best 2 of 6 races
8. Eight races canceled: best 2 of 5 races
9. Nine races canceled: best 2 of 4 races
10. Ten races canceled: best 2 of 3 races
11. Eleven races canceled: best 1 of 2 races

Ontario Ski Team – Juvenile B/G (2) : In the event races are canceled, the following number of selection criteria races will be used to calculate points.

1. One race canceled: best 7 of 12 races
2. Two races canceled: best 7 of 11 races
3. Three races canceled: best 6 of 10 races
4. Four races canceled: best 6 of 9 races
5. Five races canceled: best 5 of 8 races
6. Six races canceled: best 4 of 7 races
7. Seven races canceled: best 3 of 6 races
8. Eight races canceled: best 3 of 5 races
9. Nine races canceled: best 2 of 4 races
10. Ten races canceled: best 2 of 3 races
11. Eleven races canceled: best 1 of 2 races

Ontario Ski Team – Junior B/G : In the event races are canceled, the following number of selection criteria races will be used to calculate points.

1. One race canceled: best 6 of 10 races
2. Two races canceled: best 6 of 9 races
3. Three races canceled: best 5 of 8 races
4. Four races canceled: best 5 of 7 races
5. Five races canceled: best 4 of 6 races
6. Six races canceled: best 3 of 5 races
7. Seven races canceled: best 2 of 4 races
8. Eight races canceled: best 2 of 3 races
9. Nine races canceled: best 1 of 2 races

### **3.2 Effect of OCup Race Technique Change on Ontario Talent Squad and Ontario Ski Team Selection – not applicable this season**

In the event that a race technique must change e.g., a change from a planned skate race to a classic race due to lack of snow, the HPC reserves the right to modify the “best of” calculation in-season in as fair a way as possible to reflect the actual race distribution over the OCup season. Any modification to the “best of” calculation will be published to the Ontario ski community as soon as possible.

### **3.3 Discretionary Athlete Selection**

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 for selection to either the OTS or the OST. Any such exceptional cases will be reviewed by the HPC in terms of the purpose and objectives of the OTS and OST and the athlete’s progress to date and potential progression to the next level of performance.

### **3.4 Special Invitation to OST & OTS Trips**

In general, team trips are available to identified team members only. Team members may need to decline a trip for school, health or other reasons. No replacement trip will be added, however the HPC reserves the right to invite additional athletes with exceptional performances or under unusual circumstances.

### **3.5 Force Majeure**

The HPC/XCSO will consider force majeure additions to the Ontario Talent Squad and the Ontario Ski Team. 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:

- Physician letter if health related
- A letter/email outlining exceptional circumstances
- 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 [hmaureen@shaw.ca](mailto:hmaureen@shaw.ca), with a copy to [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca).

### **3.6 Appeals for ONTARIO TALENT SQUAD Selection**

Once the Ontario Talent Squad has been named and released on the XCSO website, any appeals of High Performance Committee decisions must be made to the XCSO Board of Directors in writing as per Appendix 4. All appeals should be sent by e-mail to the Chair of the HPC at [hmaureen@shaw.ca](mailto:hmaureen@shaw.ca), with a



copy to [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca). Following the appeal period, the final list will be posted on the XCSO website: [www.xcskiontario.ca](http://www.xcskiontario.ca)

### **3.7 Appeals for ONTARIO SKI TEAM Selection**

#### **Junior Boys/Girls**

Once the Ontario Ski Team for these categories has been named and released on the XCSO website, any appeals of High Performance Committee decisions must be made to the XCSO Board of Directors in writing as per Appendix 4.

#### **Junior Men/Women**

Once the final Period CPL has been published on the CCC website, Junior Men & Women Ontario Ski Team nominees will be announced. Appeals for these two categories only, will be accepted up to one week after the posting of the OST on the XCSO website. The appeal date will be published at the same time as the OST posting.

All appeals should be sent by e-mail to the Chair of the HPC at [hmaureen@shaw.ca](mailto:hmaureen@shaw.ca), with a copy to [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca). Following the appeal period, the final list will be posted on the XCSO website: [www.xcskiontario.ca](http://www.xcskiontario.ca)

## **4 REGIONAL DEVELOPMENT SQUAD**

We are inviting YOB 2004 (Midget – year 2) to express their interest in being a part of the Regional Development Squad. Each District will host a 2-day dryland or on snow camp led by XCSO Program Lead.

Camp descriptions:

District camp – a dryland or on snow camp with ski specific training, including roller skiing, ski walking, agility, core, and strength. Please note athletes should have familiarity with roller skiing

Athletes must meet the following eligibility criteria:

- be registered with an Ontario club
- be a Canadian citizen or have Permanent Resident status
- be a permanent resident of Ontario prior to the beginning of the Ontario Cup racing series. A valid Ontario Health Card will be used as proof of permanent Ontario residency.
- male and female YOB 2004

An online application will be posted at [www.xcskiontario.ca](http://www.xcskiontario.ca). Applicants be asked to provide the following information:

- Racing experience including Youth Championships, Ontario Cups, and local races
- Training plans executed in the current competition year (2017-18) and plans for the upcoming summer including dryland camps and other cross training activities

- Enthusiasm for skiing in general and racing in particular. This may include your long term goals in cross country skiing.  
An endorsement from your club coach

Alternatively, a club coach could recommend an athlete in consultation with the XCSO Program Lead

Applications will be accepted as per Appendix 4 and sent to [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca).

## **5 U23-UNIVERSITY/COLLEGE ATHLETE SUPPORT**

Cross Country Ski Ontario supports student athletes through the U23-University/College Athlete Support. This support program provides financial assistance to student athletes who are carrying a minimum of 3 FCE and will be returning to postsecondary studies and competition in the fall 2017.

### **5.1 Eligibility**

Athletes must meet all of the following:

- all eligibility requirements as outlined in Section 1.2, Eligibility,
- be 22 years old or younger as of Dec. 31, 2017
- be listed as an eligible athlete on either the Ontario University Championships (OUC) OR the Canadian College and University National Championships (CCUNC) results lists
- Athletes who compete in the OUC or CCUNC Open categories and are attending college or university and wish to have points calculated for U23-University/College Athlete Support must submit a request to the XCSO High Performance Committee accompanied by certification from the registrar of their University/College prior to the CCUNC indicating they are carrying the required course load (minimum 3 FCE). This is intended for an athlete attending a college/university without an established cross country ski race team and are completing 3 FCE and continuing to race.
  - Formal request and certification to the HPC must be received by February 17, 2018 if competing in the OUC or by March 3, 2018 if competing in the CCUNC
- not already nominated to the NTDC or the NST
- be continuing to attend university/college and planning to ski at the university/college level in the subsequent season. This will be confirmed in September of 2018

### **5.2 Athlete Selection Criteria**

Four athletes, two of each gender, will be selected for U23-University/College Support based on athlete performance as calculated on the Ontario Points List using the Normal Points Calculation, as described in Section 6.1 from the following races:

1. The best four of nine Ontario Cup races including two races of each technique.
2. One of two individual races at the OUC
3. The best two of four individual races at the National Championships, counting one race of each technique. The four individual races are:
  - Interval Start Classic
  - Pursuit Start Free
  - Qualification round times in the Free Sprint
  - Mass Start Classic

### 5.3 Support Program Description

The benefit provided through this Program include:

- a scholarship of \$500 payable at the beginning of the subsequent school year

## 6 ONTARIO CUP SERIES INCENTIVES

Developing our athletes is a combination of many factors, one of those factors is having enough meaningful competitions and competitors at each level to challenge our skiers to ski their best and their fastest each time they are at the start line. A viable Ontario Cup circuit is an important part of developing skiers in Ontario. These races are only viable if all clubs participate in the events. As such the HPC has initiated a number of incentives – directed specifically to athletes who both attend and ski fast at Ontario Cup races. These incentives are described below and include:

- The Ontario Cup Series Junior Leader Bib
- The Ontario Cup Series Team

Give the changes in qualifying OCup races announced on December 31<sup>st</sup>, the Ontario Cup Series incentives will be calculated based on the following x of y format with the athlete's worst result/non attendance dropped from the calculation.

| Category          | X of Y Ocup races |
|-------------------|-------------------|
| Juvenile boy/girl | 8 of 9            |
| Junior boy/girl   | 6 of 7            |
| Junior men/women  | 8 of 9            |

### 6.1 Ontario Cup Series (OCS) Junior Leader Bib and Incentive

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

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

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 races in the O Cup Series. For sprint races the points are allocated based on final finish order.

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)

## 6.2 Ontario Cup Series (OCS) Team

The OCS team is intended to recognise the efforts of a broader group of Ontario athletes who race in the Ontario Cup race series, participate in the majority of the races and are skiing at a high level. XCSO would like to be able to have everyone on the OTS and the OST however we are simply not able to afford to provide this level of service to everyone. The OCS team is a small way to recognize the depth of our skiers. Skiers named to the OCS Team will receive unique Ontario Team clothing/item. The team size will be 40 consisting of 20 male and 20 female as identified by the criteria below.

In order to qualify for the OCS Team skiers must:

- born in years 1997, 1998, 1999, 2000, 2001, 2002
- Raced in the OCup Series and achieved a minimum average threshold of 75 OCup points in one race category (as calculated by the normal points calculation method described in section 7)
- Points are NOT combined across categories

The Ontario Points List will be combined among the identified YOBS and by gender. The top 20 female and top 20 male skiers with total OCup series points meeting the criteria above will be named to the team. The more OCup events in which you compete, the higher up on the list you will be.

Please note: If the application of the minimum threshold results in fewer than 20 athletes within a gender, the remaining spots will be reassigned to the next highest ranking athlete(s) who meet the minimum threshold standard on the other gender list.

## 7 CALCULATION OF POINTS

The “Normal Points Calculation” method is used for the selection of all teams and most awards in this

document. (with the exception of the OCS Leader Bibs and incentive)

Important notes that apply to the method of points calculation:

Note 1:

The points for any sprint races in the OCup Series will be calculated based on 50% qualifying time and 50% final finish order.

Note 2:

Calculation of points will be based on Ontario athlete results only (i.e., athletes not licensed as Ontario athletes with an Ontario club will be taken out of the results calculations, (see exception below for OUA-specific results)).

Note 3:

Ontario Points will be calculated within each Category and then separated by year of birth (YOB) for ranking purposes within each YOB, per Section 3.

Note 4:

For athletes and coaches who make the decision for an athlete to “race-up” in an older age category, these athletes will have Ontario points for such races calculated within that older category and those points will be available for ranking purposes ONLY within that older category. Where relevant, these athletes will be ranked within the race category in the closest YOB to their actual age.

### **7.1 Normal Points Calculation**

An individual’s points for a race will be calculated using the best Ontario athlete’s result in that category as the “Reference Time”. (An exception is made for OUA-specific calculations, to encourage and enable out-of-province OU skiers to compete for their university at joint OCup and OUA events. For these OUA purposes, the calculation will be made with reference to the fastest overall skier regardless of division.)

Points will be calculated using the following formula:

$$\text{Points} = 100 * [1 - (\text{Athlete's Time} - \text{Reference Time}) / \text{Reference Time}]$$

### **7.2 Sprint Points Calculation**

Sprint points for each race will be calculated based on 50% qualifying time and 50% final finish order. Please see appendix 3 for an example.

Ontario Sprint Points for skiers that qualify for the heats (50% of total sprint points) are calculated as follows:

The spread in Ontario points from the qualification round for the qualifying skiers (points for fastest Ontario skier minus the points for the last qualifying Ontario skier) is determined. That points spread is divided by the number of qualifiers, less one, giving the calculated "points per position". The best finishing Ontario skier in the heats will be assigned 100 points.

Each subsequent Ontario skier will get the points of the skier ahead of him/her LESS the

calculated "points per position". These heats points will be added to half that skier's qualification points to determine the final sprint event points.

Points are awarded by position as  $[100 - ((\text{position} - 1) * \text{ppp})] / 2$ .

Skiers who do not qualify for the heats will be awarded points based on the qualification round times according to the normal points calculation process

## 8 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:

| Member                | Name             | Title                | Email  |
|-----------------------|------------------|----------------------|--|
| Voting member         | Maureen Kershaw  | Chair                | <a href="mailto:hmaureen@shaw.ca">hmaureen@shaw.ca</a>                                 |
|                       | Angus Foster     | Athlete Rep          | <a href="mailto:Angus.foster@hotmail.com">Angus.foster@hotmail.com</a>                 |
|                       | Kevin Shields    | LSSD Rep             | <a href="mailto:kevinshields@alumni.uwaterloo.ca">kevinshields@alumni.uwaterloo.ca</a> |
|                       | Doug Ranahan     | NCD Rep              | <a href="mailto:doug@ranahan.ca">doug@ranahan.ca</a>                                   |
|                       | Toivo Koivukoski | NOD Rep              | <a href="mailto:toivok@nipissingu.ca">toivok@nipissingu.ca</a>                         |
|                       | Bryan Dubeau     | SOD Rep              | <a href="mailto:bryan_dubeau@outlook.com">bryan_dubeau@outlook.com</a>                 |
|                       | Meg Sinclair     | University Rep       | <a href="mailto:sincml@mcmaster.ca">sincml@mcmaster.ca</a>                             |
| Advisory Member/Staff | Richard Lemoine  | XCSO Chair           | <a href="mailto:chair@xcskiontario.ca">chair@xcskiontario.ca</a>                       |
|                       | Katja Mathys     | Coaching Development | <a href="mailto:cd@xcskiontario.ca">cd@xcskiontario.ca</a>                             |
|                       | Victor Wiltmann  | Program Lead         | <a href="mailto:coach@xcskiontario.ca">coach@xcskiontario.ca</a>                       |
|                       | Camille Cheskey  | NTDC Asst Coach      | <a href="mailto:xccheski@gmail.com">xccheski@gmail.com</a>                             |
|                       | Timo Puiras      | NTDC Head Coach      | <a href="mailto:ndctimo@gmail.com">ndctimo@gmail.com</a>                               |
|                       | James Maclean    | Points Tabulators    | <a href="mailto:w.james.maclean@gmail.com">w.james.maclean@gmail.com</a>               |
|                       | Liz Inkila       | XCSO Administrator   | <a href="mailto:admin@xcskiontario.ca">admin@xcskiontario.ca</a> (807) 768-4617        |

**APPENDIX 1: INTERNATIONAL PERFORMANCE BENCHMARKS**

| <b>International Performance Benchmarks</b> |                           |                           |                         |                         |                       |
|---|---------------------------|---------------------------|-------------------------|-------------------------|-----------------------|
| <b>Category</b>                             | <b>Age<br/>Dec<br/>31</b> | <b>Distance<br/>Women</b> | <b>Sprint<br/>Women</b> | <b>Distance<br/>Men</b> | <b>Sprint<br/>Men</b> |
| JrM/W_1                                     | 18                        | 86,5                      | 89,0                    | 89,5                    | 90,0                  |
| JrM/W_2                                     | 19                        | 88,5                      | 91,0                    | 91,5                    | 92,0                  |
| Sr/U23_1                                    | 20                        | 90,5                      | 93,0                    | 93,5                    | 94,0                  |
| Sr/U23_2                                    | 21                        | 92,0                      | 94,0                    | 94,5                    | 95,0                  |
| Sr/U23_3                                    | 22                        | 93,0                      | 95,0                    | 95,0                    | 96,0                  |
| SR_4  | 23                        | 94,0                      | 96,0                    | 95,5                    | 96,5                  |
| SR_5  | 24                        | 94,5                      | 96,5                    | 96,0                    | 96,5                  |
| SR_6  | 25                        | 95,0                      | 97,0                    | 96,5                    | 97,0                  |
| SR_7  | 26                        | 95,5                      | 97,0                    | 97,0                    | 97,0                  |
| SR_8  | 27                        | 95,5                      | 97,0                    | 97,5                    | 97,0                  |
| SR_9  | 28                        | 95,5                      | 97,0                    | 98,0                    | 97,0                  |
| Sr_10                                       | 29                        | 95,5                      | 97,0                    | 98,5                    | 97,0                  |

**APPENDIX 2: ORDINAL POINTS FOR ONTARIO CUP RACE SERIES LEADER BIBS**

| 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      |



### APPENDIX 3: ONTARIO SPRINT POINTS CALCULATION SAMPLE

#### Points per position calculation:

Best qualifier 100 points

Last qualifier **80.831** points

Spread =  $100 - 80.831 = 19.169$ .

Points per position in heats is  $19.169 / 29 = 0.661$  (i.e. field size of 30 minus 1)

Winner will get 100

2nd gets  $100 - 0.661 = 99.339$

3rd gets  $100 - 0.661 - 0.661 = 98.678$

Highlighted **athletes** demonstrate impact on points calculation

| Athlete    | Qualification Finish order | Qualification Points | Heats Results | Heats Finish Order | Sprint Heats Points | Final Sprint Points (50/50) |
|------------|----------------------------|----------------------|---------------|--------------------|---------------------|-----------------------------|
| Athlete 1  | 1                          | 100.000              | A Final       | 1                  | 100.000             | <b>100.000</b>              |
| Athlete 2  | 3                          | 96.660               | A Final       | 2                  | 99.339              | <b>98.000</b>               |
| Athlete 3  | 5                          | 95.800               | A Final       | 3                  | 98.678              | <b>97.239</b>               |
| Athlete 4  | 2                          | 99.548               | A Final       | 4                  | 98.017              | <b>98.782</b>               |
| Athlete 5  | 6                          | 95.653               | A Final       | 5                  | 97.356              | <b>96.504</b>               |
| Athlete 6  | 8                          | 92.547               | A Final       | 6                  | 96.695              | <b>94.621</b>               |
| Athlete 7  | 4                          | 95.863               | B Final       | 7                  | 96.034              | <b>95.948</b>               |
| Athlete 8  | 11                         | 90.953               | B Final       | 8                  | 95.373              | <b>93.163</b>               |
| Athlete 9  | 9                          | 91.476               | B Final       | 9                  | 94.712              | <b>93.094</b>               |
| Athlete 10 | 7                          | 94.241               | B Final       | 10                 | 94.051              | <b>94.146</b>               |
| Athlete 11 | 12                         | 90.782               | B Final       | 11                 | 93.390              | <b>92.086</b>               |
| Athlete 12 | 13                         | 90.358               | B Final       | 12                 | 92.729              | <b>91.543</b>               |
| Athlete 13 | 10                         | 90.957               | Quarterfinal  | 13                 | 92.068              | <b>91.512</b>               |
| Athlete 14 | 14                         | 89.461               | Quarterfinal  | 14                 | 91.407              | <b>90.434</b>               |
| Athlete 15 | 15                         | 86.546               | Quarterfinal  | 15                 | 90.746              | <b>88.646</b>               |
| Athlete 16 | 16                         | 86.356               | Quarterfinal  | 16                 | 90.085              | <b>88.220</b>               |
| Athlete 17 | 18                         | 85.388               | Quarterfinal  | 17                 | 89.424              | <b>87.406</b>               |
| Athlete 18 | 20                         | 84.476               | Quarterfinal  | 18                 | 88.763              | <b>86.619</b>               |
| Athlete 19 | 22                         | 84.277               | Quarterfinal  | 19                 | 88.102              | <b>86.190</b>               |
| Athlete 20 | 24                         | 83.718               | Quarterfinal  | 20                 | 87.441              | <b>85.579</b>               |

|            |    |               |              |    |        |               |
|------------|----|---------------|--------------|----|--------|---------------|
| Athlete 21 | 17 | 85.955        | Quarterfinal | 21 | 86.780 | <b>86.367</b> |
| Athlete 22 | 19 | 85.372        | Quarterfinal | 22 | 86.119 | <b>85.745</b> |
| Athlete 23 | 21 | 84.388        | Quarterfinal | 23 | 85.458 | <b>84.923</b> |
| Athlete 24 | 26 | 82.504        | Quarterfinal | 24 | 84.797 | <b>83.651</b> |
| Athlete 25 | 28 | 82.116        | Quarterfinal | 25 | 84.136 | <b>83.126</b> |
| Athlete 26 | 25 | 82.528        | Quarterfinal | 26 | 83.475 | <b>83.001</b> |
| Athlete 27 | 27 | 82.258        | Quarterfinal | 27 | 82.814 | <b>82.536</b> |
| Athlete 28 | 29 | 81.874        | Quarterfinal | 28 | 82.153 | <b>82.013</b> |
| Athlete 29 | 30 | <b>80.831</b> | Quarterfinal | 29 | 81.492 | <b>81.161</b> |
| Athlete 30 | 23 | 84.194        | Quarterfinal | 30 | 80.831 | <b>82.512</b> |
| Athlete 31 | 31 | 80.779        |              |    |        | <b>80.779</b> |
| Athlete 32 | 32 | 79.887        |              |    |        | <b>79.887</b> |
| Athlete 33 | 33 | 78.732        |              |    |        | <b>78.732</b> |
| Athlete 34 | 34 | 75.813        |              |    |        | <b>75.813</b> |
| Athlete 35 | 35 | 75.297        |              |    |        | <b>75.297</b> |

**APPENDIX 4: 2017-2018 ONTARIO TEAM SELECTION DATES AND DEADLINES**

| Date   | Activity  | Responsibility  |
|--|---|---|
| March 1 to March 31, 2018  | Applications for midget inclusion to the Regional Development Squad   | Athletes in final year of midget category<br>Female YOB 2004<br>Male YOB 2004                         |
| March 31, 2018   | Force Majeure documentation for Ontario Ski Team and Ontario Talent Squad due to <a href="mailto:admin@xcskiontario.ca">admin@xcskiontario.ca</a> | All athletes  |
| March 26 to April 15, 2018   | Letter of Intent for nomination to the Ontario Ski Team   | Athletes in the Junior Men/Women categories   |
| April 21, 2018   | Appeals to the Ontario Talent Squad and Ontario Ski Team  | Athletes in the Junior and Juvenile Boy/Girl categories<br>Female YOB 2000-2003<br>Male YOB 2000-2003 |
| Accepted within 1 week after posting on <a href="http://www.xcskiontario.ca">www.xcskiontario.ca</a> | Appeals to the Ontario Ski Team   | Athletes in the 1 <sup>st</sup> year of the Junior Men/Women categories                               |
| Within 30 days of posting of OST on <a href="http://www.xcskiontario.ca">www.xcskiontario.ca</a>     | Team fees & online athlete agreements signed  | All Ontario Ski Team and Talent Squad athletes  |