



Cross Country
Ski Ontario



XCSO Programming:
why are they doing
that?

Paul's Videos

Check out “Cross Country Ski Ontario” on
youtube!

Strength Playlist

All Playlists (including roller ski racing!)



Cross Country
Ski Ontario

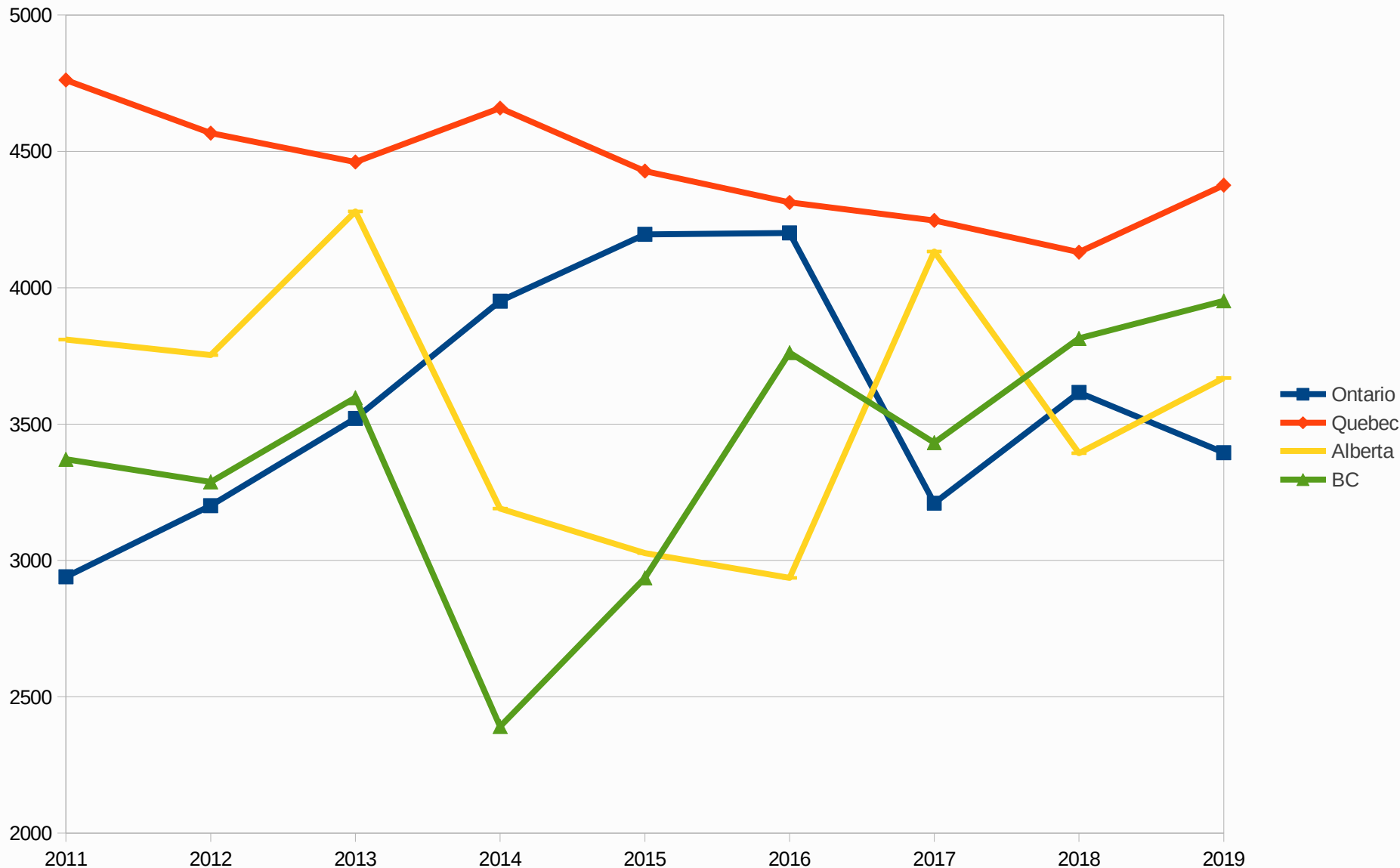
Overview

- 1) State of affairs
- 2) Program challenges
- 3) Program philosophy
- 4) Structural changes

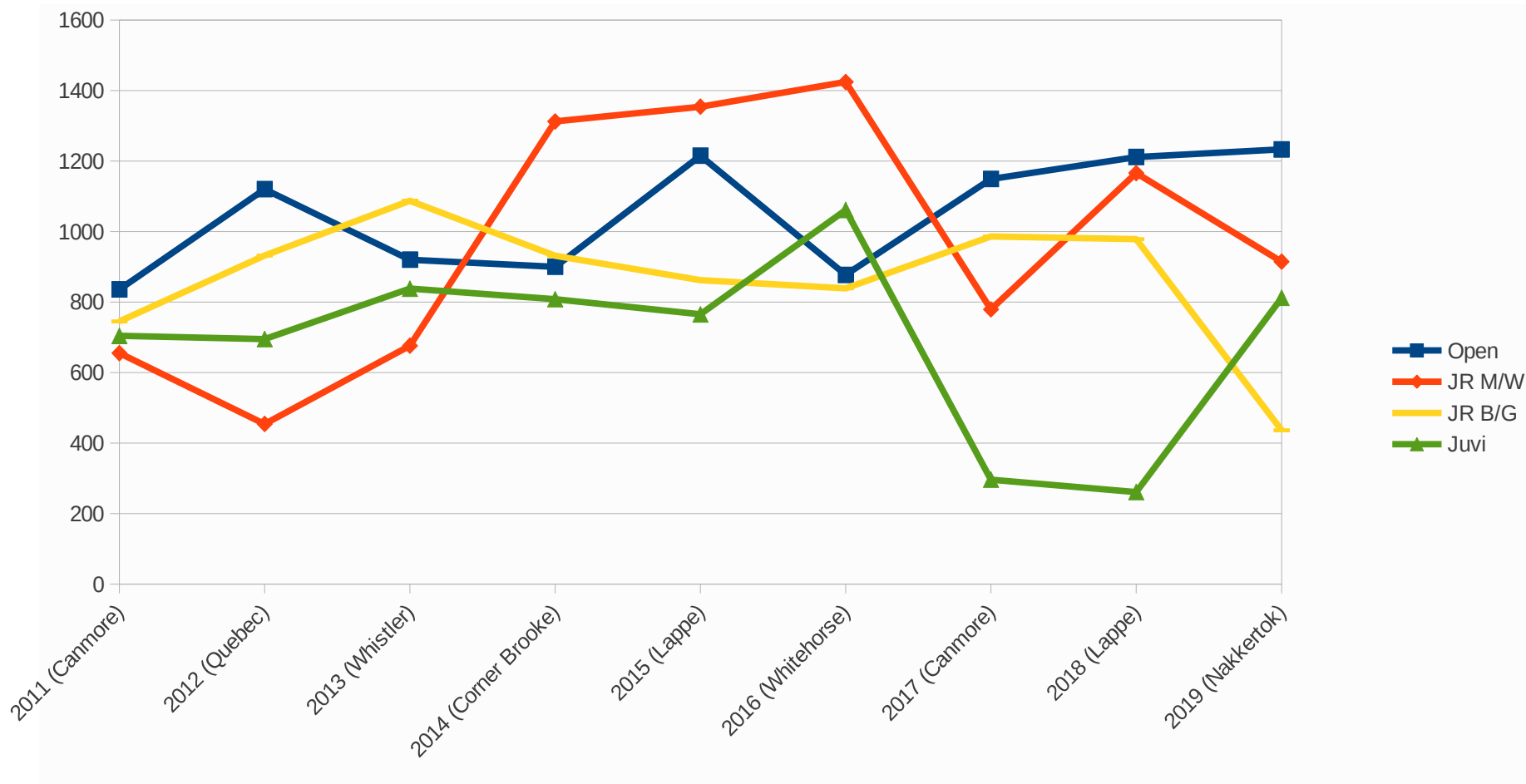


Cross Country
Ski Ontario

Division Comparison at Nationals



Male + Female Points at National per Category



Relative Performance at Nationals

	'11	'12	'13	'14	'15	'16	'17	'18	'19	Avg.	Δ to best	Δ to avg
Open	836	1120	920	900	1215	877	1149	1211	<u>1233</u>	1051	<u>0</u>	182
U20	655	454	676	1312	1354	1424	779	1166	914	970	-509	-56
U18	745	932	1087	931	862	839	986	978	436	866	-651	<u>-430</u>
U16	704	695	838	808	765	1061	296	261	812	693	-249	119

Competitive Program Challenges

Challenges:

- Broad engagement in racing
- Racing competitiveness

Initial Steps in 2019:

1. Super camps
2. Larger provincial team
3. Roller ski racing
4. Racing schedule (scheduling, snowmaking etc...)



Cross Country
Ski Ontario

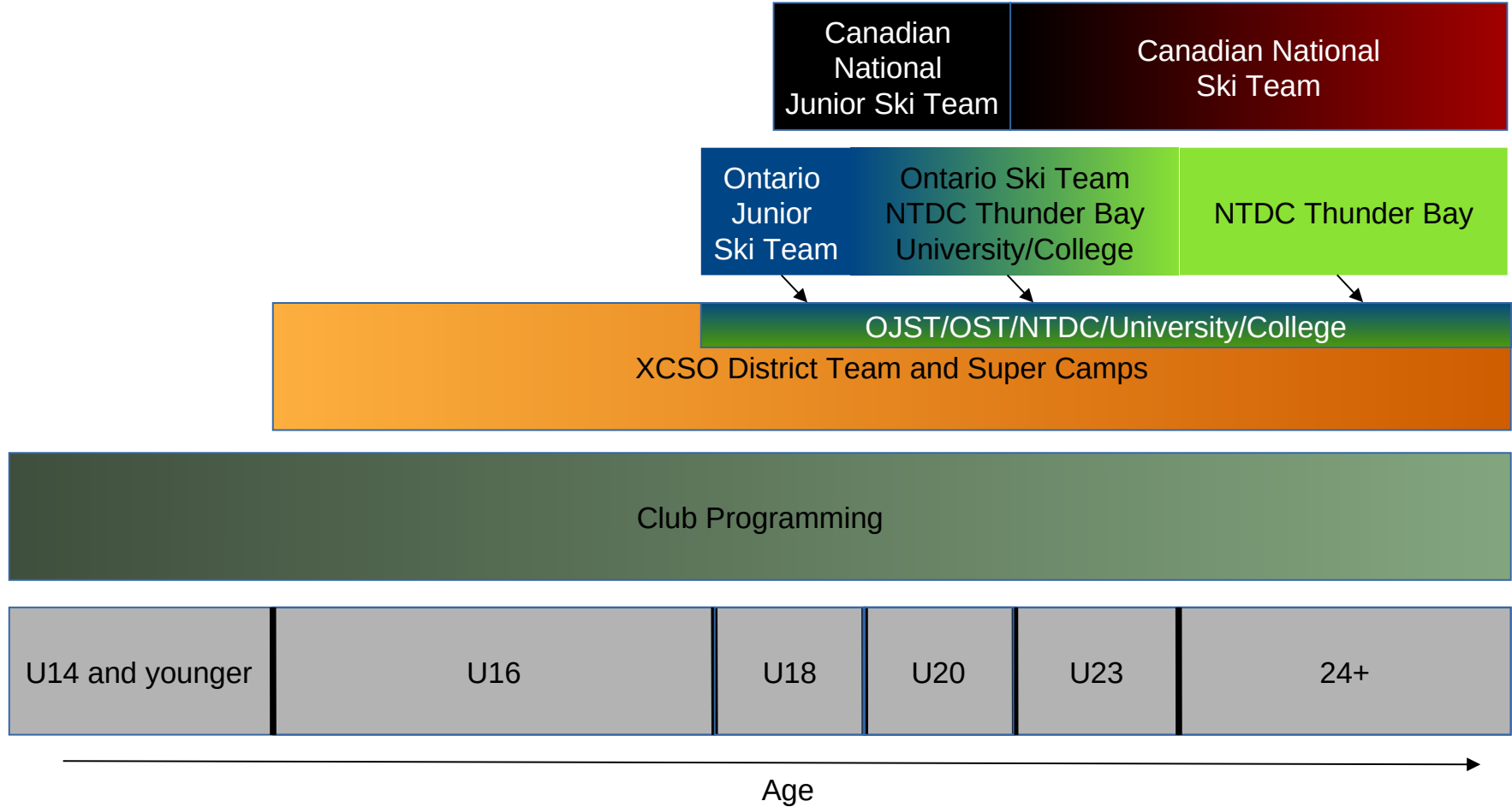
Programming Philosophy

- Racing is fun
- Working hard (and improving) is fun
- To be a faster skier, you need to try and ski faster
- Training is important, but doesn't need to be expensive
- Be proud to represent your Club and Ontario and Canada



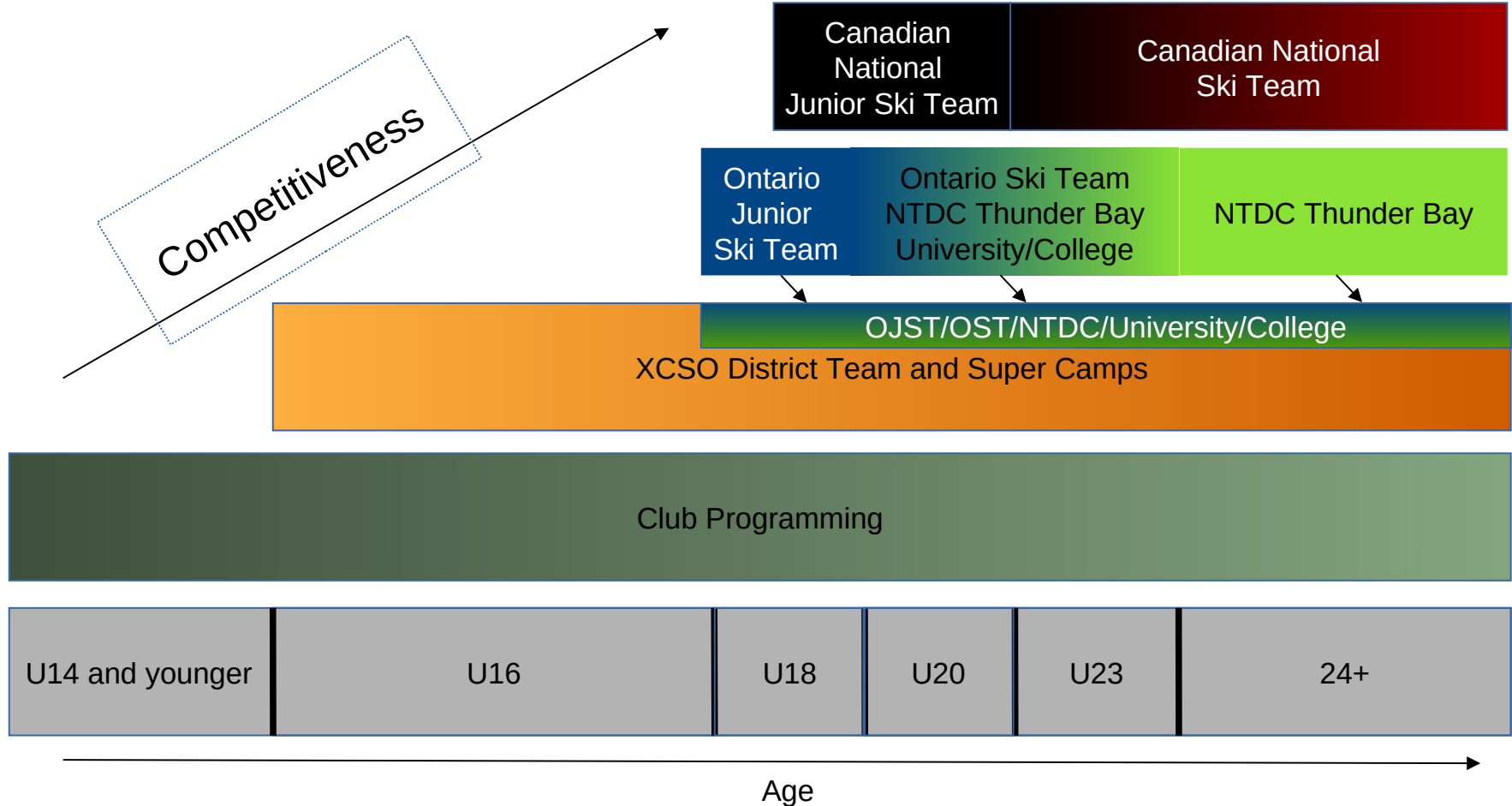
Cross Country
Ski Ontario

System Restructure:



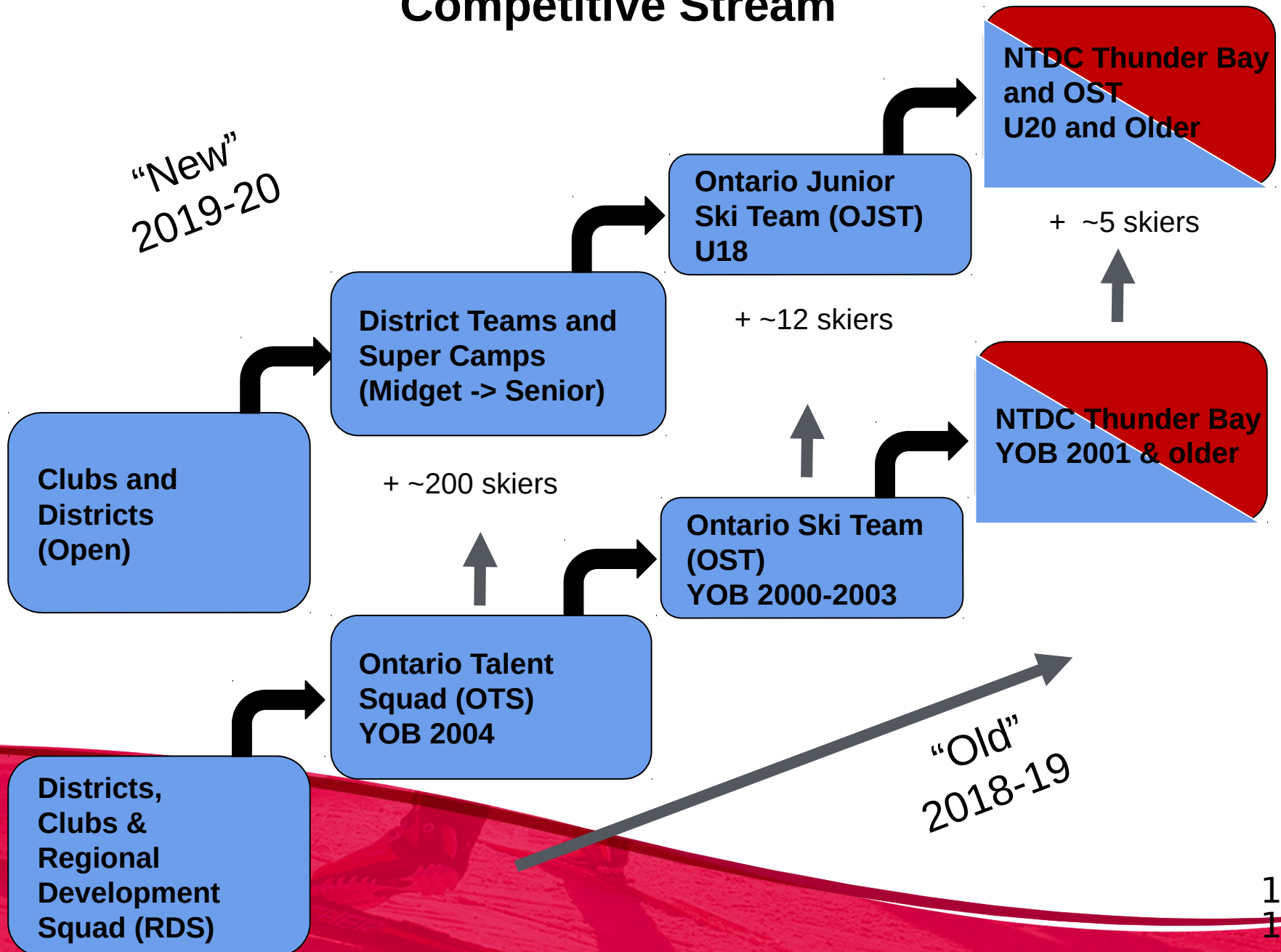
Cross Country
Ski Ontario

System Restructure:



Cross Country
Ski Ontario

Competitive Stream



System Alignment and Progression

**District Teams
and Super Camps**



Details:

- Two summer camps and two fall camps
- Open camp to attract full spectrum of athletes.
- Minimal cost.

Goals:

- 1) High performance experience and exposure for a wide audience
- 2) Collaboration between XCSO, clubs, parents and volunteers
- 3) Coach Learning Opportunities



**Cross Country
Ski Ontario**



System Alignment and Progression

Ontario Junior Ski Team (OJST)
U18



Goals:

- 1) Longer training camps and volume
- 2) Prepare for national level competitions

Opportunities

- 1 Summer camp
- 1 Pre-season on-snow camp

Camp Goals:

- Exposure to higher level training & travel
- Focused training

Staffing

- Provincial Coaching Experiences (opportunities for club coaches)



**Cross Country
Ski Ontario**



System Alignment and Progression

**NTDC Thunder
Bay/OST
Senior, U23, U20**



Details:

- Home for National team members.
- NTDC in collaboration with XCSO lead the integration of the remote (non-TC/TBay) Ontario Ski Team Athletes (U20+U23) into NTDC programming.
- Objective, CPL/IPB criteria to qualify

Goals:

- 1) Provide elite level training camps and experiences to province's best athletes to facilitate a jump to the international level
- 2) Provide a flexible option for OST athletes



**Cross Country
Ski Ontario**



Representation

- Club/provincial/national pride
- Inter-club competitions
- Inter-provincial competitions
- International competitions
- OFSAA



Cross Country
Ski Ontario



Thank you!



Ski Ontario