



Cross Country  
Ski Ontario



# Technical Director + HP Report

# Overview

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



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# Nordiq Canada HP Meetings

## Take-aways:

- 2 Ontario athlete named to National Ski Team:
  - Julian Smith – Georgian Bay Nordic/NTDC Thunder Bay
  - Graham Ritchie – Georgian Nordic/NTDC Thunder Bay
- Shaylynn Loewen very nearly also named.

NTDC Thunder Bay athlete Katherine Stewart-Jones also named, but will now move west

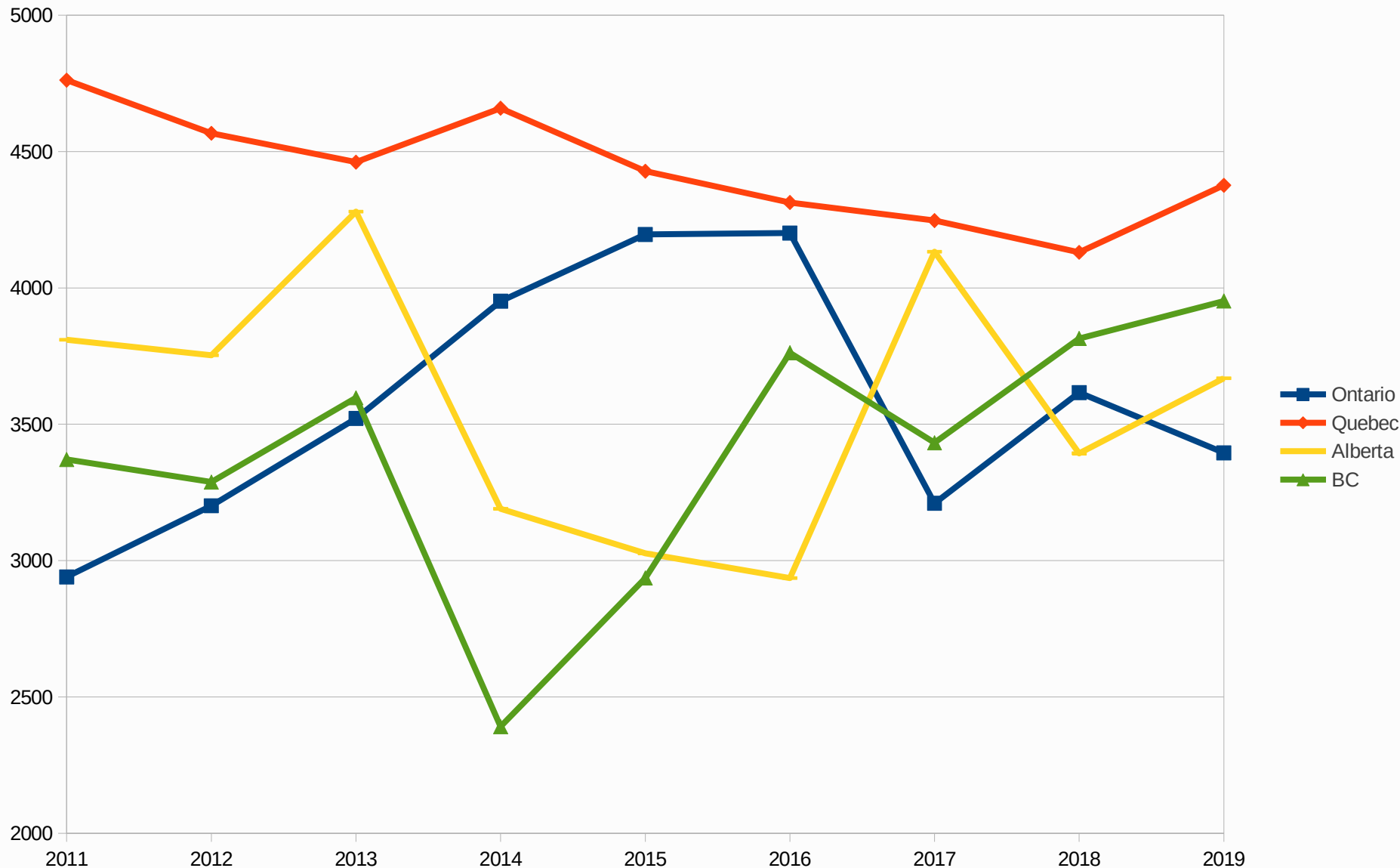
NST Camps – Canmore, Tremblant, Thunder Bay, Canmore

NST Program will generally look different – more targetted opportunities on the World Cup.

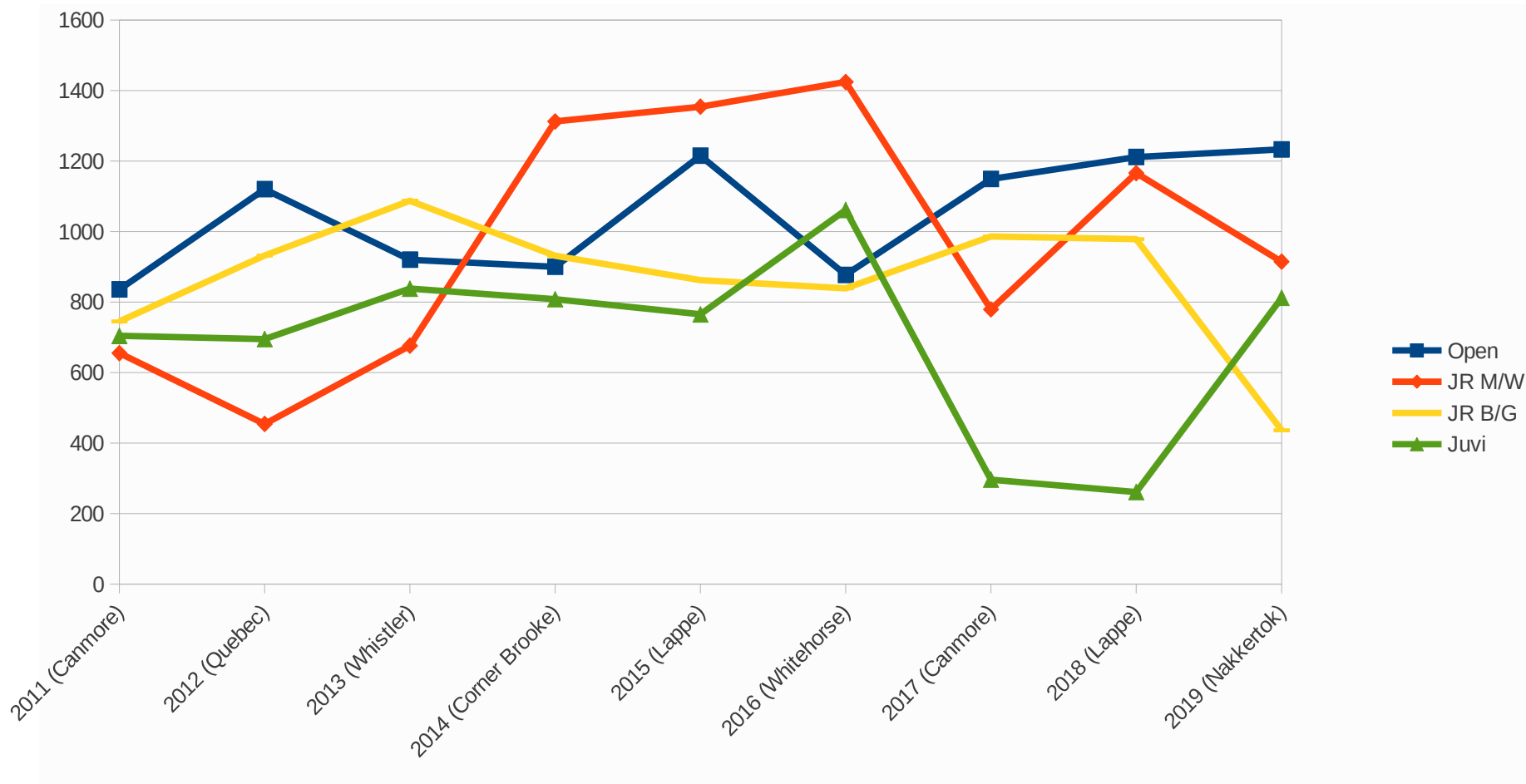


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# Division Comparison at Nationals



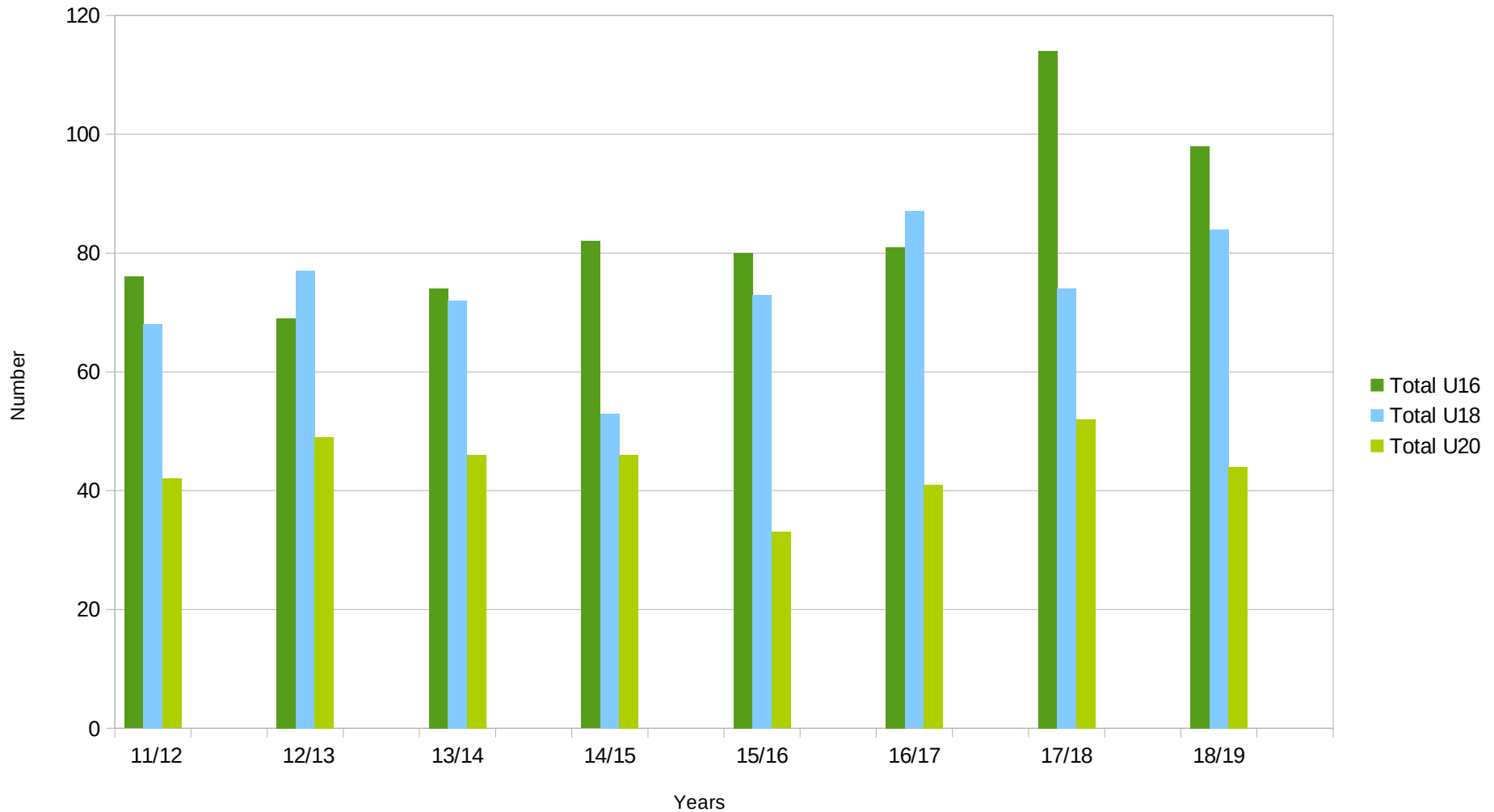
# Male + Female Points at National per Category



# 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		-509	-56
U18	745	932	1087	931	862	839	986	978	436		-651	<u>-430</u>
U16	704	695	838	808	765	1061	296	261	812		-249	119

# License Holders per Category



# 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 (early-late races, snowmaking etc...)



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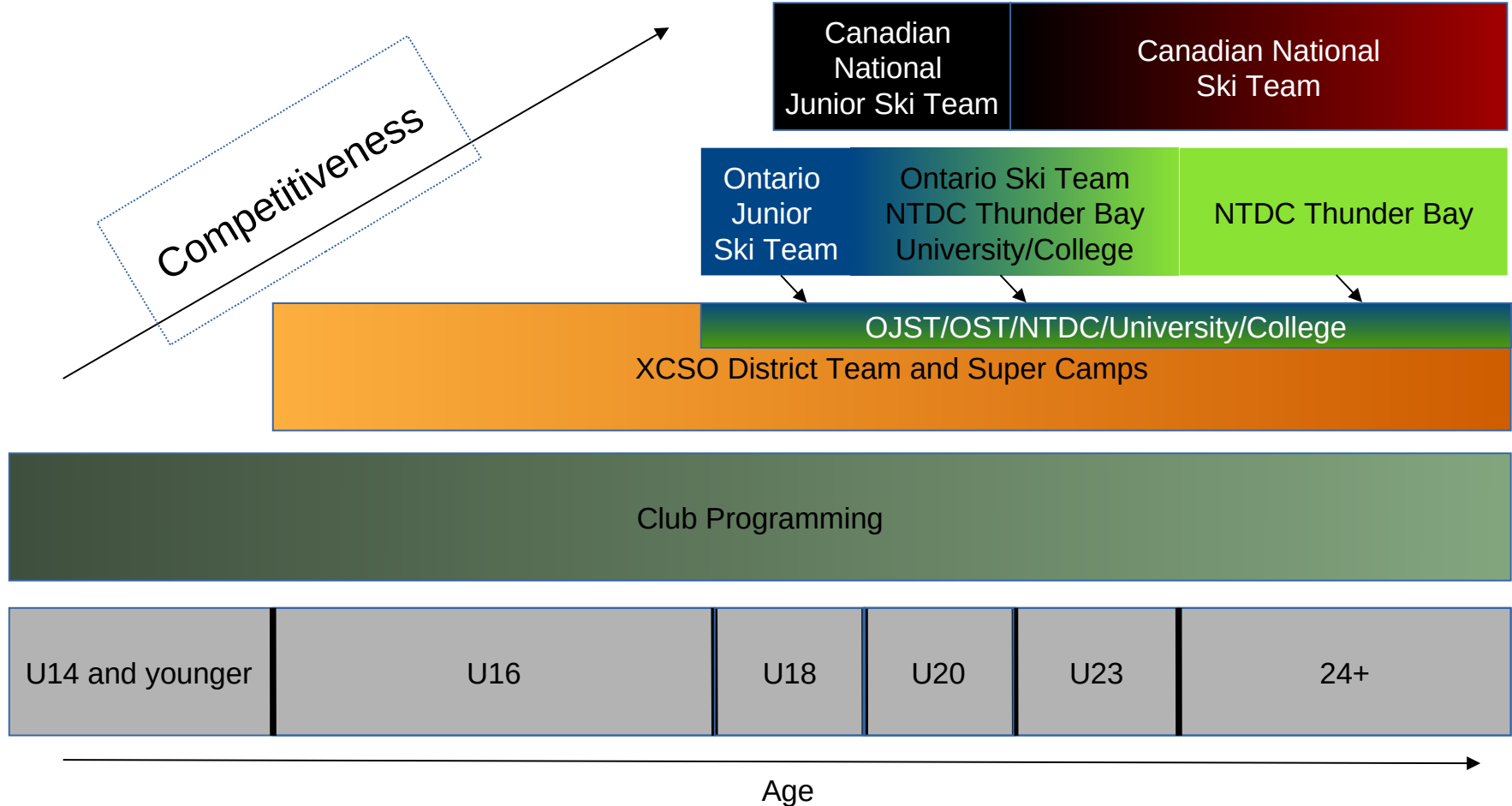
# Programming Philosophy

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



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# System Restructure:



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# XCSO-NTDC

Working with NTDC Thunder Bay to better integrate and align our programming

- Joint Hire
- Further integration?

Interim hire for camps -> Felix Vezina (NTDC Wax Technician).



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# Representation

- Club/provincial/national pride
- Inter-club competitions (OCups)
- Inter-provincial competitions (CWG, Nationals)
- International competitions (Wrld Jr/U23 etc...)
- Relays!
- OFSAA



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# Further Notes

Racing Calendar (and training calendar)

- Talking with SFQ, CXC
- Foret with SFQ Development Team

CSIO

- \$\$\$
- Testing Camps and Sport Science
- Paul Hemsworth + further IST

“Gold Medal Profile”



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Thank you!  
Questions?



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