



**Cross Country  
Ski Ontario**

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**2020 ONTARIO TEAM PROGRAMMING &  
DEVELOPMENT OPPORTUNITIES**

<b>Preamble</b>	3
<b>Purpose</b>	4
<b>Definitions</b>	4
<b>Competition Categories for 2019/2020</b>	4
<b>XCSO Super Camps</b>	5
Description:	5
Goal:	5
Athlete Eligibility:	5
Benefits/Opportunities:	5
<b>XCSO District Team Competition</b>	5
Description:	6
Goals:	6
Athlete Eligibility:	6
Athlete/Team Selection:	6
Benefits/Opportunities:	6
<b>Ontario Cup Series (OCS) Leader Bib and Incentive</b>	6
Description:	6
Goal:	6
Athlete Eligibility:	6
Athlete Selection:	7
Benefits:	7
<b>Ontario Cup Series Club Award</b>	7
<b>Ontario Junior Ski Team (up to 20)</b>	8
Description:	8
Goal:	8
Athlete Eligibility:	8
Athlete Selection:	8
Benefits/Opportunities:	8
Discretionary Addition to Ontario programming:	9
<b>Ontario Ski Team</b>	9
Description:	9
Goals:	9
Athlete Eligibility:	9
Athlete Selection:	9
	1



2020 Ontario Team Programming &  
Development Opportunities

Benefits/Opportunities:	10
Athlete Obligations:	10
Discretionary Addition to the Ontario programming:	10
<b>Force Majeure</b>	10
<b>International Performance Benchmarks</b>	12
<b>Ordinal Points for Ontario Leader Bib</b>	12
<b>Members of the HPC</b>	13
<b>Summary</b>	15

## 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.

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. Every 3 to 4 years, we take a deeper dive to review the effectiveness of our programs

A complete review of our system and programming was undertaken in the fall 2017 with the assistance of a facilitator and an industry expert. At the review meeting, we committed to core principles:

- The shift to grassroots development and involve more ON racers in age appropriate developmental opportunities is the cornerstone of our programming.
- Our commitment to high performance continues our aligned programming with the NTDC Thunder Bay.
- We want to engage our younger skiers to embrace the love of skiing and racing.
- Ontario is home to the largest and most competitive Ontario University/College community and we are committed to recognizing the importance of postsecondary education and support a broader athlete development pathway.
- Our coaching community is integral to the development of our athletes and we want to optimize our collective coaching resources

In order to achieve our objectives, XCSO is introducing the following (full descriptions are further along in the document):

1. XCSO Super Camps: These Super Camps are intended to provide training and development opportunities to the greater ski community. We will work in collaboration with our clubs in each District. These camps are not intended to replace District or club camps but to enhance and augment the range of opportunities for our skiers. The Super Camps are an important developmental tool for the entire ski community from midget aged skiers up to our varsity athletes.
2. XCSO District Team Competition: A team named in each of the 4 Districts based on CPL. XCSO values our clubs and Districts. We are unique in that regard and we want to develop a fun and friendly way to encourage racing and competition.
3. Ontario Cup Leader Bib Incentives: This is not changed from previous years. We still want to encourage participation in our Ontario Cups series.
4. **Ontario Cup Series Club Award: NEW. This is intended to add a team element to the Ontario Cup Series and recognize the club with strongest skiers across gender and age categories.**
5. Ontario Junior Ski Team: A more focused team of 20 spanning 2 YOBS with a dryland camp and on snow camp. This programming is intended to both identify and develop talented Ontario athletes, and provide a development path to assist their athletic development.
6. Ontario Ski Team: This is a high performance focused team which will include training opportunities offered in partnership with NTDC Thunder Bay. This is intended to ensure alignment in our programming and to offer the opportunity for both skiers and coaches to learn with each other.

**Purpose**

This document will be used by the XCSO High Performance Committee to identify athletes for the Ontario Junior Ski Team and Ontario Ski Team and outline training opportunities for the broader Ontario ski community.

**Definitions**

NC	Nordiq Canada
XCSO	Cross Country Ski Ontario
CCUNC	Canadian College and University National Championships
CPL	Canada Points List (as produced by Nordiq Canada)
HPC	XCSO High Performance Committee
IPB	International Performance Benchmark (as produced by Nordiq Canada)
LSSD	Lake Superior Ski District
NCD	National Capital District
NOD	Northern Ontario District
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
OJST	Ontario Junior Ski Team
OST	Ontario Ski Team
OU	Ontario University
SOD	Southern Ontario District
YOB	Year of Birth

**Competition Categories for 2019/2020**

Category	Age as of 31 Dec 2019	YOB
U14 B1/G1	12	2007
U14 B2/G2	13	2006
U16 B1/G1	14	2005
U16 B2/G2	15	2004
U18 B1/G1	16	2003
U18 B2/G2	17	2002
U20 M1/W1	18	2001
U20 M2/W12	19	2000
U23 M1/W1	20	1999
U23 M2/W2	21	1998
U23 M3/W3	22	1997
Open	20 and older	1999 +

**XCSO Super Camps**

Description:

XCSO Super Camps will be held in partnership with clubs to create synergy and collaboration with existing club/District initiatives. These camps will be open to all and there will be no selection process. Participants will be expected to gauge their own suitability for the demands of the camp. The total duration and range of activities of each camp will be dependent on the suitability and logistics associated with each of the venues and community partners.

Post-secondary specific Super Camps (YOB: 2002 and older) will also be organized in a similar manner, sometimes in conjunction with a normal Super Camp.

Goal:

Provide developmentally appropriate training opportunities for all Ontario athletes.

Athlete Eligibility:

Priority will be given to Ontario athletes and/or teams, but athletes/teams from outside of Ontario are very welcome, but should first contact [coach@xcskiontario.ca](mailto:coach@xcskiontario.ca) for further info.

Benefits/Opportunities:

1. Dryland and on snow camps
  - Dryland camps will take place between the end of June/early July and end of September.
  - On snow camps will take place in late November/early December in areas where there is potential for early season snow (natural or manmade).

**XCSO District Team Competition**

Our Districts – LSSD, NOD, SOD, and NCD - and clubs are the hub of our athlete development and we want to encourage competition and spirit within our community. Our goal with the XCSO District Team competition is to create excitement and energy within our Districts and clubs to produce a healthy and fun competitive spirit for bragging rights as the top District in the province. This is intended to use existing competitions including our Ontario Cups and NorAms. Please see our [District Map](#).

Description:

The top 10 men and top 10 women per District based on final period CPL sprint or distance will be named to the XCSO District Teams. The top District based on total CPL will have bragging rights and will receive ON swag.

Goals:

The goals of this team are to encourage District participation in racing throughout Canada and in Ontario and create a friendly competition between districts.

Athlete Eligibility:

- YOB 1997 and younger (U23)
- Hold a valid 2019-2020 CCC racing license registered with an Ontario club
  - Be registered with an Ontario club
  - Be a Canadian citizen or have Permanent Residence status

Athlete/Team Selection:

A ranking list identifying the top 10 men and top 10 women in each District will be produced based on athlete's best of final period CPL sprint or distance. Total CPL per district will be calculated and Districts will be ranked.

Benefits/Opportunities:

1. All XCSO District team members will receive an XCSO Super Camp subsidy for the 2019/2020 season (via promo code at camp registration)
2. The winning District athletes will receive ON swag
3. District pride!

### **Ontario Cup Series (OCS) Leader Bib and Incentive**

#### Description:

The OCS Junior Leader Bib recognizes the top performing Ontario athlete of each gender in each of four categories after each Ontario Cup race.

#### Goal:

Encourage athletes to compete in the Ontario Cup race series.

#### Athlete Eligibility:

Compete in the Ontario Cup series in the following categories:

- U16 girl/boy
- U18 girl/boy
- U20
- Open

All athletes must also:

- Hold a valid 2019-2020 Nordiq Canada racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status

#### Athlete Selection:

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 (25 points for first, 20 for second, 15 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.

#### Benefits:

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)

### **Ontario Cup Series Club Award**

#### Description:

The Ontario Cup Leader Bib points of the top male and female skiers from each club in each category (U16, U18, U20, Open) will be added together to create a total score for each club. The two lowest scoring categories for each club will be dropped from the total - resulting in a final total score from 6 of



8 categories. The club with the highest final total score will be awarded the Ontario Cup Series Club Award Trophy.

Goal: to recognize the club with a strong breadth of talented skiers in the province.

Athlete Eligibility (identical to leader bib scoring):

Compete in the Ontario Cup series in the following categories:

- U16 girl/boy
- U18 girl/boy
- U20
- Open

All athletes must also:

- Hold a valid 2019-2020 Nordiq Canada racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status

### **Ontario Junior Ski Team (up to 20)**

Description:

Athletes named to the Ontario Junior Ski Team will be representative of the top male and female athletes born in the identified YOBS.

Goal:

The goal of the Ontario Junior Ski Team is to provide focused, developmentally appropriate training opportunities to the top athletes in the province on a cost - sharing basis.

Athlete Eligibility:

- Years of Birth/Category
- 2003 and younger (youngest YOB 2005)
- Hold a valid 2019-2020 Nordiq Canada racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status
- Be a permanent resident of Ontario prior to the beginning of the Ontario Cup racing series

Athlete Selection:

- Two ranking lists will be produced by XCSO with the best AND average of an athlete's Final Period Sprint & Distance CPL as produced by Nordiq Canada. The two lists will be merged into one, to include both sets of athletes. The ranking list will include athletes who:
  - Compete in a minimum 8-7 Ontario Cup individual races
  - Achieve a minimum best of sprint or distance CPL as per table below

Please note: the number of races required has been amended to reflect the cancellation for OCup #5. XCSO will monitor selections to the OJST and ensure that athletes are not negatively impacted.

YOB	Male		Female	
	Sprint	Distance	Sprint	Distance
2003	70	70	70	70
2004	70	70	70	70
2005	70	70	70	70

- The ranking list will automatically identify a minimum the top 3 per gender for 2003 and 2004 YOBs.
- The next 4 highest ranking athletes of each gender from either YOB 2003, 2004 or 2005 will be added.

**Note:** In the event of cancellation of or changes to ON Cup races due to weather or other circumstances, the number of races required to be selected to the OJST will be based on 2/3 of the total number of races run to completion.

Benefits/Opportunities:

1. A dryland camp (summer)
2. An on snow camp (mid- November/early December)
3. ON Team Jacket
4. Access to Ontario team ski equipment discounts (as provided by equipment suppliers)

Athlete Obligations:

Ontario athletes who accept their nomination to the Ontario Junior Ski Team will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee of \$250. In addition, the athlete will indicate the intent to register as an Ontario athlete in 2019-2020 ski season. The Athlete Contract will include a schedule that outlines all planned Ontario Junior Ski Team activities for the upcoming season. The expectation is that athletes attend both training camps. Exceptions will be considered on a case by case basis. A non-refundable 2<sup>nd</sup> camp deposit will be collected at the time of registration.

Discretionary Addition to Ontario programming:

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 to be considered for OJST programming opportunities. Any such exceptional cases will be reviewed by the HPC in terms of the purpose and objectives of the OJST and the athlete's progress to date and potential progression to the next level of performance.

**Ontario Ski Team**

Description:

The Ontario Ski Team is a high performance focused team and athletes named to the Ontario Ski Team will be representative of the top male and female athletes in Ontario including those named to the Nordiq Canada's NTDCs. All athletes must achieve a minimum standard of CPL versus IPB. There may be some YOBs which do not have representation.

Goals:

The goals for this team are high performance focused and intended for athletes who are performing at a National level and whose goals include World Junior/U23 Championships, Euro B Tour, Canada Winter Games, FISU Univerisade, and other international events.

Athlete Eligibility:

2002 = U18 B2/G2

2001 = U20 M1/W1

2000 = U20 M2/W2

1999 = U23 M1/W1

1998 = U23 M2/W2

1997 = U23 M3/W3

- Hold a valid 2019-2020 Nordiq Canada racing license registered with an Ontario club
- Be registered with an Ontario club
- Be a Canadian citizen or have Permanent Residence status

Athlete Selection:

- A ranking list will be produced by XCSO with the best of an athlete's Final Period Sprint or Distance CPL. The athletes' average CPL will be compared to the average corresponding average IPB. The ranking list will include athletes who:
  - ~~Compete in the 2020 Ski National Championships~~
  - Achieve a minimum average CPL versus IPB threshold as identified below

YOB	Category	CPL/IPB %	Minimum # of Ocup
2002	U18 Y2	93%	8 7 individual Ocup races
2001	U20 M/W Y1	93%	n/a
2000	U20 M/W Y2	93%	n/a
1999	U23 Y1	95%	n/a
1998	U23 Y2	96%	n/a
1997	U23 Y3	97%	n/a

Benefits/Opportunities:

- Integration into select NTDC camps on a cost sharing basis with coaching support provided through XCSO
- Ontario Team jacket

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 of \$75. In addition, the athlete will indicate the intent to register with an Ontario Club in 2019-2020 ski season. The Athlete Contract will include a schedule that outlines all planned Ontario Ski Team activities for the upcoming season. The expectation is that athletes attend at a minimum of one training camp and one XCSO Super Camp.

Discretionary Addition to the Ontario programming:

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 to be considered for OST programming opportunities. Any such exceptional cases will be reviewed by the HPC in terms of the purpose and objectives of the OST and the athlete's progress to date and potential progression to the next level of performance.

**Force Majeure**

The HPC/XCSO will consider force majeure additions to the OJST and the OST only. 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:

1. Physician letter if health related
2. A letter/email outlining exceptional circumstances
3. 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 [jackxcgolf@gmail.com](mailto:jackxcgolf@gmail.com), with a copy to [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca).

Appeals will only be considered whereby an athlete has clearly demonstrated that he/she was achieving the highest level of performance at the time of the incident/illness. The basis on which an appeal will be awarded will be at the discretion of the HPC and will only include information related to the incident/illness.

**Ontario Cup Schedule – please reference [UPDATED SCHEDULE](#) throughout the season**

<b>OCup # 1 @ Nakkertok – formats and technique will be based on snow conditions and available trails</b>				
Date	Technique		Format	
Fri-Dec 13	Classic		Sprints (Heats for Open/U 20, Qualifier only for U18, U16)	
Sat-Dec 14	Free		Interval	
Sun-Dec 15	Classic		Interval	
<b>OCup #2 @ Lappe Nordic – all categories</b>				
Date	Technique		Format	
Fri-Jan 3	Free		Sprint (King's Court or Hybrid)	
Sat-Jan 4	Classic		Interval	
Sun-Jan 5	Free		Mass	
<b>OCup # 3 @ North Bay Nordic – all categories</b>				
Date	Technique		Format	
Sat-Jan 19 (afternoon start)	Free		Interval	
Sun-Jan 20	Classic		Pursuit	
<b>Easterns (OCup #3/QCup) @ Sherbrooke</b>				
	Open		U18 & younger	
Date	Technique	Format	Technique	Format
Fri-Feb 7	Classic	Sprint	Classic	Interval (TBC)
Sat-Feb 8	Free	Interval	Free	Interval
Sun-Feb 9	Classic	Pursuit	Classic	Pursuit
<b>2020 OWG (OCup) @ Hardwood Ski and Bike – U16 Year 1 &amp; 2, U14 Year 2 (YOB 2004 to 2006)</b>				
Date	Technique		Format	
Thurs-Feb 27	Free		Sprint qualifier	
Fri – Feb 28	Classic		Mass	
<b>OCup #5 @ Nakkertok – all categories</b>				
Date	Technique		Format	
Sat-Mar 14	Classic		Sprints	
Sun-Feb 15	Free		Mass	
<b>Youth Championships @ Porcupine Ski Runners (Timmins) - U14</b>				
Date	Technique		Format	
Sat-Feb 23	TBD		TBD	
Sun –Feb24	TBD		TBD	
<b>Nationals @ Sovereign Lakes, BC - final formats/technique to be confirmed by Nordiq Canada</b>				
	Open/U20/U18/U16			
Date	Technique		Format	
Mar 26 to April 2	Classic		Interval	
	Free		Interval	
	Classic		Sprints	
	Team Sprints		Free	
	Mass		Free	
<b>Ontario 100 M &amp; Team Championship @ North Bay Nordic – all categories</b>				
Date	Technique		Format	
Sat-Apr 18th (am)	Free		Team Sprint and 100m Sprint	
Sun-Apr 7	Classic/Free		Mixed Gender Distance Club	

**Cancelled**

**Cancelled**

**Cancelled**

**International Performance Benchmarks**

Category	Age	YOB	Distance Women	Sprint Women	Distance Men	Sprint Men
U18 B/G_2	17	2002	84.0	86.5	87.0	87.5
U20/W_1	18	2001	86.5	89.0	89.5	90.0
U20/W_2	19	2000	88.5	91.0	91.5	92.0
U23_1	20	1999	90.5	93.0	93.5	94.0
U23_2	21	1998	92.0	94.0	94.5	95.0
U23_3	22	1997	93.0	95.0	95.0	96.0

**Ontario Cup Leader Bib Ordinal Points**

Place	Points
1	25
2	20
3	15
4	12
5	10
6	8
7	6
8	4
9	2
10	1

**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	Jack Sasseville	Chair	<a href="mailto:jackxcgolf@gmail.com">jackxcgolf@gmail.com</a>
	Kate Mason	Athlete Rep	<a href="mailto:katemasonbps@gmail.com">katemasonbps@gmail.com</a>
	Adam Kates	LSSD Rep	<a href="mailto:adamckates@gmail.com">adamckates@gmail.com</a>
	Geoff Tomlinson	NCD Rep	<a href="mailto:gtomlinson115@gmail.com">gtomlinson115@gmail.com</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>
	Zoe Williams	University Rep	<a href="mailto:zapwilliams@yahoo.ca">zapwilliams@yahoo.ca</a>

Advisory Member/Staff	Angus Carr	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	Technical Director	<a href="mailto:coach@xcskiontario.ca">coach@xcskiontario.ca</a>
	Timo Puiras	NTDC Head Coach	<a href="mailto:ndctimo@gmail.com">ndctimo@gmail.com</a>
	Liz Inkila	XCSO Executive Director	<a href="mailto:admin@xcskiontario.ca">admin@xcskiontario.ca</a> (807) 768-4617



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### Summary

	# of athletes	YOB/Category	Selection	Training Opportunities	Financial	Swag
XCSO Super Camps	No limit	2007 = U14 to 1997 = U23 Y3	N/A	Development camps in partnership with clubs to create synergy and collaboration with existing club/District initiatives.	Minimal at cost camp fee (less District team promo code)	XCSO T-shirt or similar
Ontario Junior Ski Team	Up to 20 Minimum of 3 per gender per YOB	2004 = U16 Y2 2003 = U18 Y1	Ranking list of the best of Final Period CPL sprint or distance.	Dryland camp On snow camp Foret Montmorency or similar	Team fee of \$ 250	ON Team jacket
Ontario Ski Team	As per minimum threshold	2002 = U18 Y2 2001 = U20 Y1 2000 = U20 Y2 1999 = U23 Y1 1998 = U23 Y2 1997 = U23 Y3	Ranking list of the best of Final Period CPL sprint or distance.	Training opportunities with the NTDC Thunder Bay likely to include: <ul style="list-style-type: none"> <li>● May &amp; Sept testing camp</li> <li>● Summer camp</li> <li>● Fall camp</li> <li>● On snow camp/race</li> </ul>	Team fee of \$75 At cost for camps	ON Team jacket
XCSO District	Up to 10 per	1997 and younger	Ranking list of	XCSO Super Camps	Promo code for cost	Ontario swag



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Teams	gender per District		best of final period CPL sprint or distance		savings to XCSO Super Camps	District Pride
Ontario Leader Bib Incentives *no change from previous years	Top 3 per category per gender	U16 U18 U20 Open	As per Leader bib points	n/a	1 <sup>st</sup> place \$150 2 <sup>nd</sup> place \$100 3 <sup>rd</sup> place \$50	