



Cross Country
Ski Ontario



Technical Director + HP Report

Overview

- 1) State of affairs + Performance Analysis
- 2) Program challenges
- 3) Structural updates
- 4) XCSO-NTDC
- 5) Waxing Protocol
- 6) Calendar
- 7) Further Notes



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Programming Philosophy

- Racing is enjoyable
- Working hard (and improving) is fun
- We need to challenge and be challenged to improve
- Training is important, but doesn't need to be expensive
- Be proud to represent your Club and Ontario and Canada



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NST Update

Take-aways:

- 2 Ontario athlete named to National Ski Team:
 - Graham Ritchie – Georgian Nordic/NTDC Thunder Bay
 - Pierre Grall-Johnson – Nakkertok/NTDC Thunder Bay
- 2/4 National Prospect Team Athletes from Ontario
 - Anna Stewart – Big Thunder (Thunder Bay)
 - Luke Allan – Nakkertok (Ottawa)
- Julian Smith not re-named.

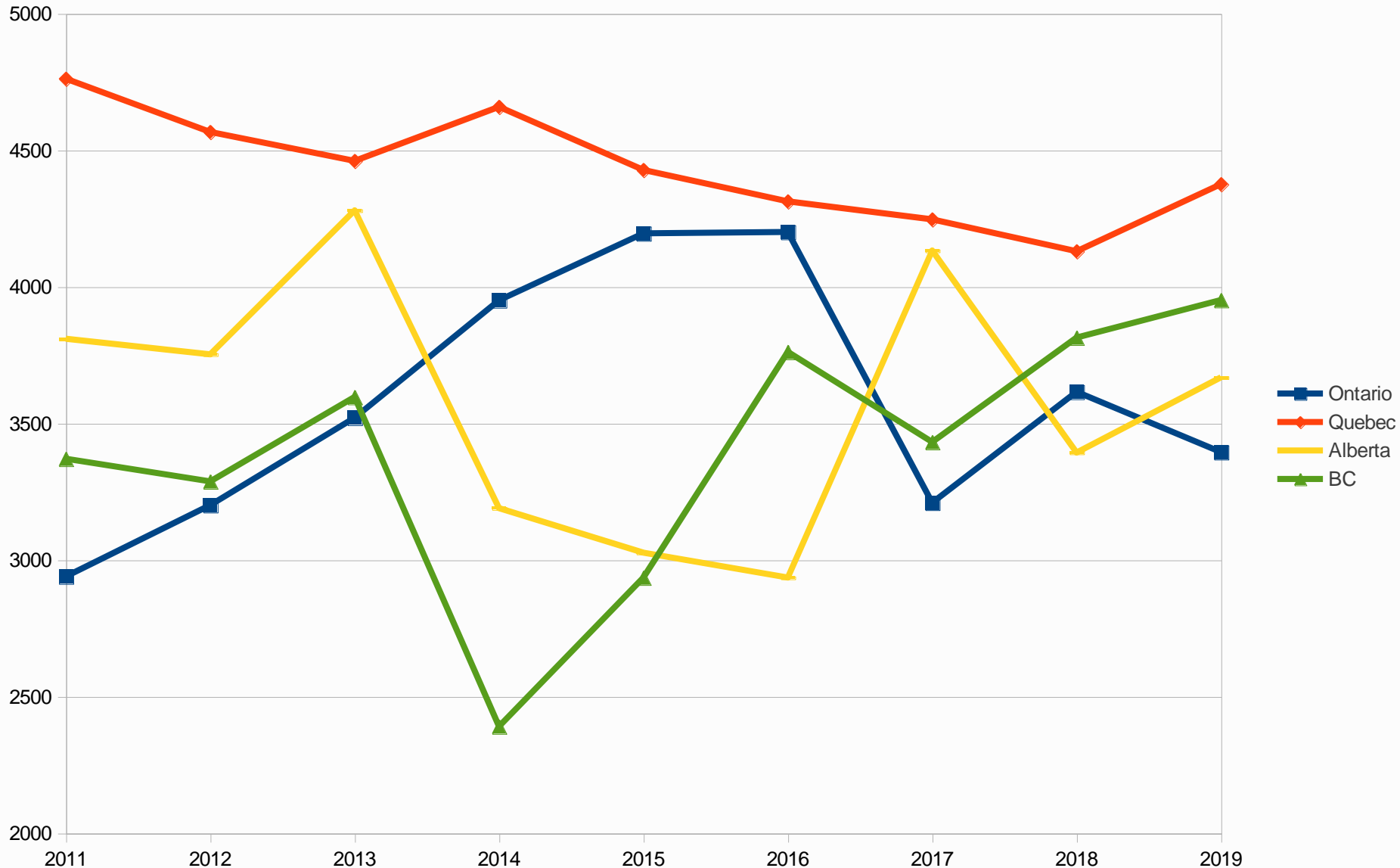
Former NTDC Thunder Bay athlete Katherine Stewart-Jones also re-named.

NST Camps – NST Program will generally look different. Erik Braaten visiting athletes vs. normal group camps.

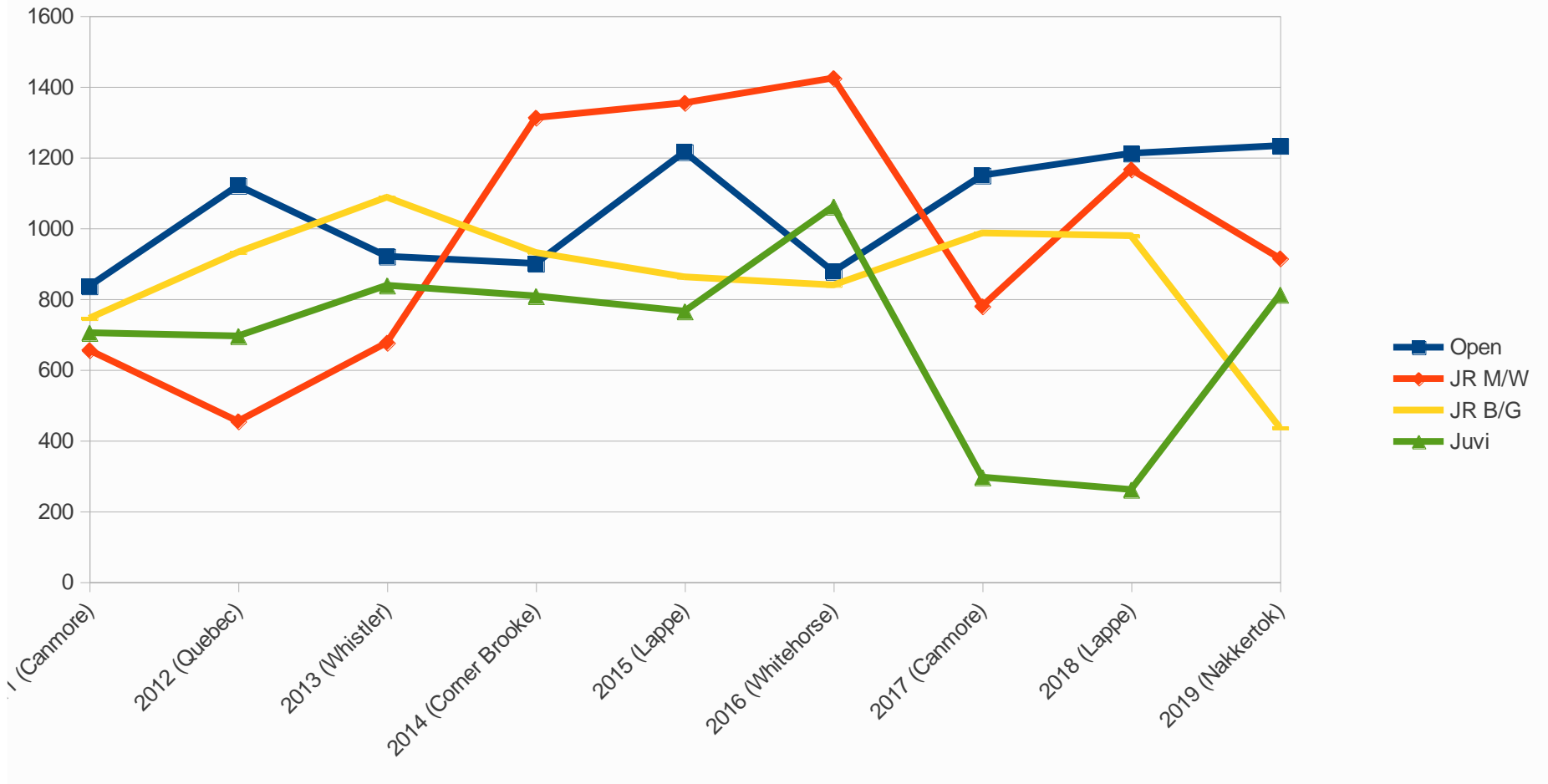


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Division Comparison at Nationals



Male + Female Points at National per Category



Performance Analysis

Provincial Comparison:

- No Nationals in 2020, usual comparison not possible.
- CPL analysis comparing seasons also affected by a short season

Highlights:

- Pierre Grall-Johnson top CPL Sprint points in Canada, won almost all qualifiers on Nor-Am
- Graham Ritchie: 6th in World U23 Qualifier, 13th in distance classic race
- Shaylynn Loewen, Ryan Jackson, Aidan Kirkham, Alex Maycock and Alec Maclean named to FISU Games team – potential for good results to build off of Aidan and Alex's results in 2019
- Results of younger skiers – Luke Allan, Max Hollmann, Guillaume Pelchat, Max Mahaffy Jasmin Lyons, Anna Stewart + U16 skiers



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Performance Analysis

Competition Analysis

U16:

- Struggle to provide best formats for U16 skiers when races are combined with FIS/Nor-Am level races.
 - District series will focus on providing best opportunities to U16 and U14 skiers
- Ontario Winter Games – very positive for U16 athletes
 - Wild weather!
 - Special thanks to Richard Lemoine, Al White and Debra Friendly.

U18:

- Good racing opportunities, top skiers showing competitive level against participating university, U20 and open skiers when combined.
- Managing distances and level of competition for athletes



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Competitive Program Challenges

Challenges:

- Broad engagement in racing
- Racing competitiveness
- XCSO capacity
- COVID-19

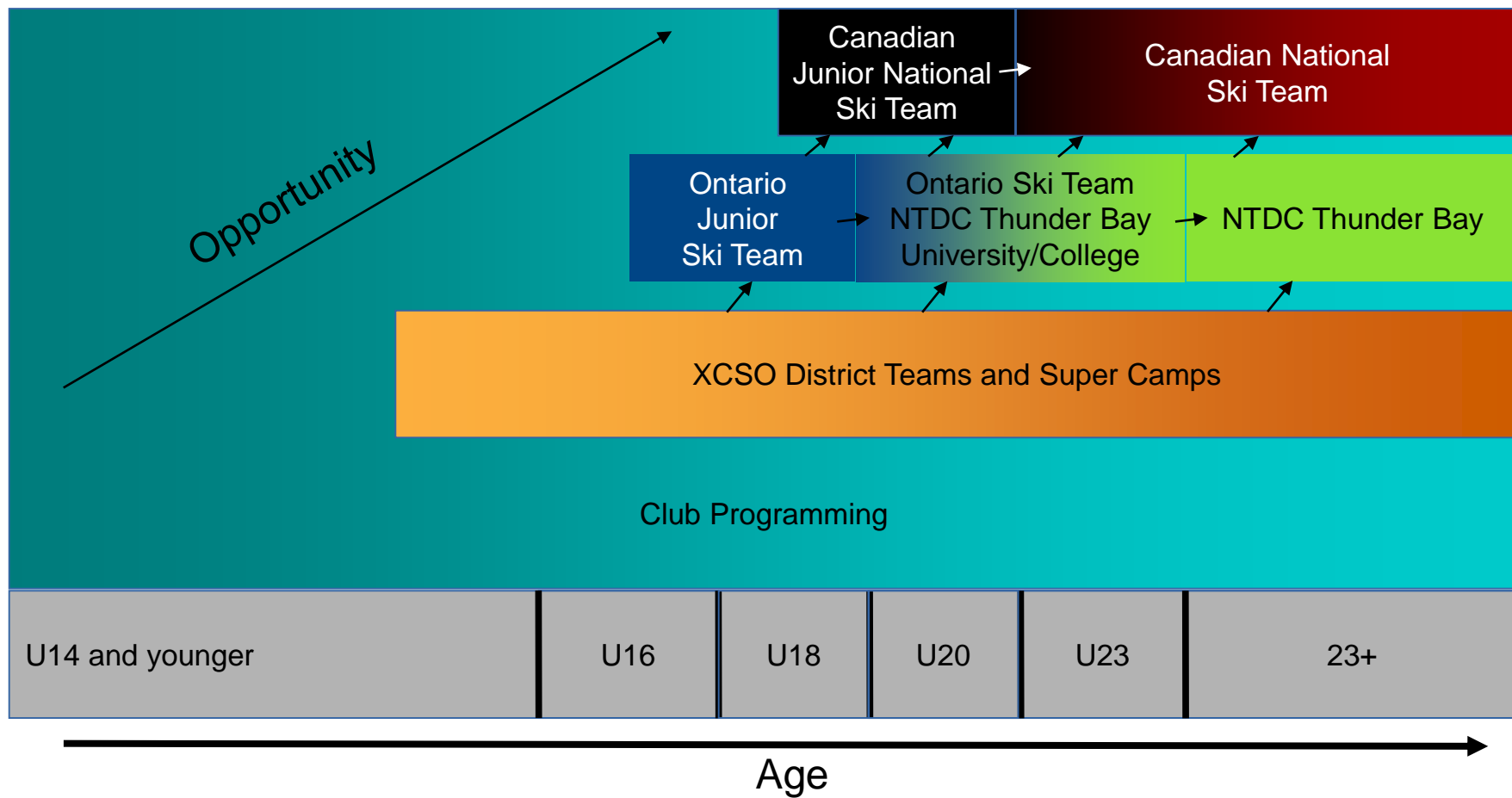
Initial Steps in 2019-2020:

1. Super camps
2. Larger provincial team
3. Roller ski racing
4. Racing schedule (early-late races, snowmaking etc...)
5. Hiring of Katie McMahon as Performance Coach
6. Leader in adaptations to COVID-19
7. District race series alignment



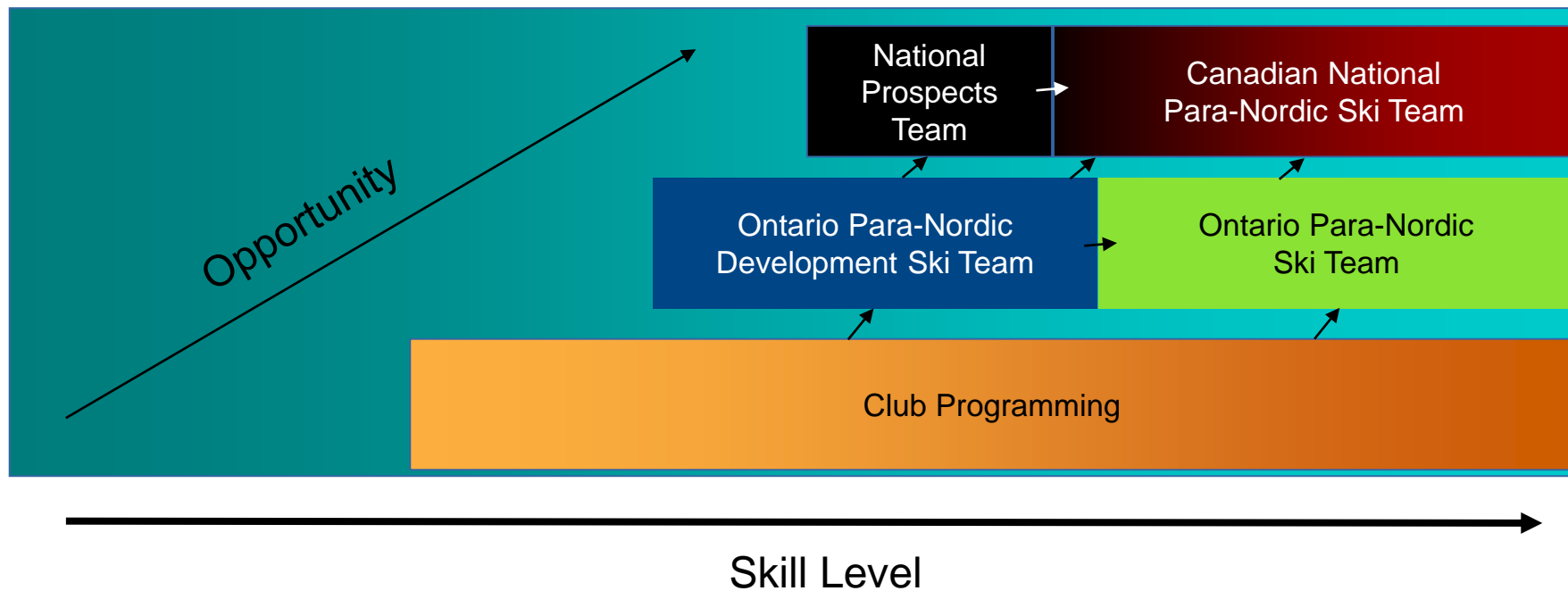
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structure 2018-20:



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C HP Pathway:



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Program Structure Updates for 2020-21

- Integration of Para-Nordic programming into professional staff structure
- Hiring of Katie McMahon as Performance Coach (Full-time)
 - Katie to address OST-OJST and Para Programming
 - Patti Kitler to remain personal coach for para-athletes and mentor Katie and Victor for changeover as lead of the provincial program.
 - Victor to focus on club and technical aspects (3/4 time)

XCSO-NTDC-NST

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

- More aligned selection/nomination processes.
- Less opportunities to connect on the ground during COVID, but constant communication Timo-Liz-Victor-Katie + Erik Braaten
- Partnership in CSIO/OHPSI Program (Sport Science)



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Waxing Protocol

All races in 2020-21 will be Fluoro Free.

- No testing available this year
- Discussion around waxing protocols will be on-going.

Unofficial XCSO-SFQ Wax Protocol for 2020-21

- Races combined with FIS Races (OCup 1 and 3, Ottawa and Thunder Bay) will follow the NC protocol.
 - Will be “Open” to all NF waxes
 - No published list, coaches/techs will be expected to self-inform around NF waxes
- Tier 2 only races will follow the XCSO-SFQ Protocol (OCup 2 – Sudbury and if adopted by district series)
 - Similar intentions to previous LF policy: simplify waxing, make racing more accessible, minimize health risks.
 - Only NF liquids, buffer waxes and basic travel waxes will be allowed.
 - List to be published ASAP. Final consultation with SFQ required this week.



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Calendar

O-Cup/Nationals Dates:

- #1 – Nakkertok (OCup/QCup/FIS) – Dec 12-13
 - NC Waxing Protocol
- #2 – Walden (OCup Only) – Jan 16-17
 - XCSO/SFQ Protocol
- #3 – Lappe (OCup/FIS) – Feb 13-15
 - NC Waxing Protocol
- Nationals – Nakkertok – March 14-20

Other Dates:

OUA Championships – Laurentian – Feb 19-21

OFSAA – Horseshoe – Feb 24-26



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Further Notes

“Gold Medal Profile”

- May 2019 – XCSO proposed pursuing it's own GMP, shortly thereafter, NC announced it's own plans.
- September 2020 – still waiting for a NC GMP.

New HPD at Nordiq Canada – Kate Boyd

- Will look to Kate for leadership on all HP fronts
- This is a really important step for NC, who have been without a clear leader since Thomas Holland left after the 2017-18 season

High Performance Selection and High Performance Development Committee

- New HP Committees to reform National HP structure



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Thank you!
Questions?



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