

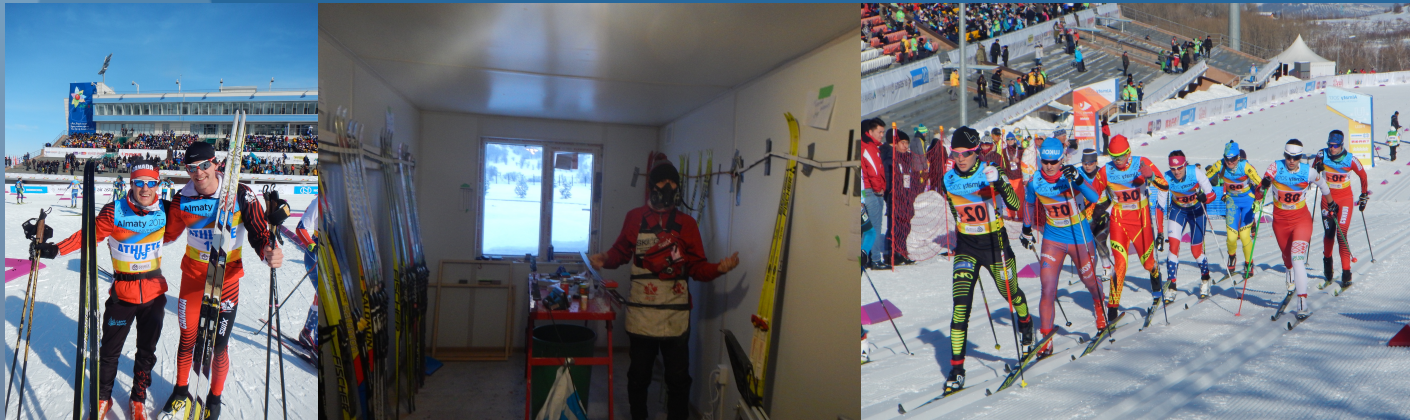


Cross Country
Ski Ontario

AGM, September 16, 2020

Cross Country Ski Ontario

Coaching Development



Workshops delivered:

| | 2015/16 | 2016/17 | 2017/18 | 2018/19 | 2019/20 |
|------------------|---------|---------|---------|---------|---------|
| ICC | 11 | 12 | 8 | - | - |
| CC | 9 | 9 | 8 | 11 | 8 |
| L2T Dryland | 3 | 4 | 6 | 5 | 2 |
| L2T On-Snow | 1 | 3 | 4 | 2 | 1 |
| T2T Dryland | 1 | 0 | 1 | 1 | 1 |
| T2T On-Snow | 1 | 0 | 0 | 0 | 1 |
| Comp Dev Dryland | | 1 | 1 | | - |
| Comp Dev On Snow | | 1 | 1 | | - |
| CC AWAD | 1 | 1 | 1 | 1 | - |

Coaches attending:

| | 2015/16 | 2016/17 | 2017/18 | 2018/19 | 2019/20 |
|------------------|---------|---------|----------|---------|---------|
| ICC | 114 | 123 | 82+11+35 | 139 | 96 |
| CC | 97 | 80 | 72 | 93 | 74 |
| L2T Dryland | 22 | 21 | 34 | 25 | 11 |
| L2T On-Snow | 7 | 23 | 32 | 11 | 14 |
| T2T Dryland | 6 | | 6 | 6 | 6 |
| T2T On-Snow | 4 | | | 1 | 5 |
| Comp Dev Dryland | | 4 | 3 | - | - |
| Comp Dev On Snow | | 6 | 3 | | - |
| CC AWAD | 11 | 5 | 2 | 4 | - |
| CCI AWAD | 1 | | | | - |
| Comp Dev AWAD | 1 | | | | - |

Workshop Fees:

| | 2019/20 |
|------------|----------|
| ICC online | \$67.00 |
| CC | \$150.00 |
| L2T D/OS | \$200.00 |
| T2T D/OS | \$275.00 |

We have increased the fee by \$25 for each workshop this year. The minimum number of coaches to run a workshop is 6.

Some workshops were run with less to support club development

Overall Net Income:

| | 2016/17 | 2017/18 | 2018/19 | 2019/20 |
|------------|-----------|-----------|---------|---------|
| Net income | \$6043.68 | \$5344.51 | 2668.63 | 5531.55 |

The L2T On Snow in Ottawa with 14 people contributed \$1566.89 towards the net income

Example

CC costs \$150 for the coach
\$25 go to CCC as a development cost
\$5 plus 3% credit card fee to CAC

Coach Mentorship Program

combined with CAO Apprentice Program

4 coaches applied

Mentor: Victor Wiltman

Mentees: Bryan Dubeau
Madison Fraser
Marlee Clement
Katherine Denis

- participation in OTS and OST camps
- regular contact with Victor

XCSO Annual Coaching Seminar

- May 31- June 2, 2019 in Ottawa in conjunction with AGM
- 19 coaches attended
- Sheila Kealey did an outstanding job at organizing. Thank you.
- **Highlights:** hosting seminar and AGM together very successful. Great sessions on Friday for coaches, informative options on Saturday for coach and club sessions

Annual Coaching Licences

- Mandatory Annual Licence: July 1 - June 30 - FREE
- For any coach who coaches more than 7 hours in a year
- Ontario had 463 licence holders (342 in 2018, 380 in 2017)

Commit to Kids

- 20 purchased licences for Commit to Kids training were used up by club members
- Many clubs are reaching out for help to implement safe sport guidelines
- **Ontario Safe Sport Task Force:** Through expert and stakeholder consultations, the Ontario Safe Sport Task Force (OSSTF) was responsible for producing recommendations for a harmonized, sustainable and scalable safe sport strategy and approach for the Ontario sport system to implement.
- **Nordiq Canada SSGEIS (Safety in Sport and Gender Equity Implementation Strategy):** *build on existing initiatives, policies and practices and engage in a Safety in Sport and Gender Equity Implementation Strategy (SSGEIS). The SSGEIS will be developed and eventually implemented with the national team as well as our 350 clubs through our 13 provincial and territorial Divisions across Canada.”*

Professional Development

- **Planned Officials Level 3 at Nationals**

Training at races: Jury duties, TD shadowing, timing crew, assistant to chief of stadium