

XCSO Board of Directors April 1<sup>st</sup>, 2019

Attendees: Richard Lemoine, Alan White, Angus Carr, Dwayne Barber, Denis Charette, Patti Kitler

Staff: Liz Inkila, Victor Wiltmann, Katja Mathys

Regrets: Kelly Sinclair, Jack Sasseville, Amy Wheeler Reich/Cassandra Nielson

Absent: Thom Lyon, Steve Howard

1. Review & Approval of Agenda

Motion to approve the agenda

Moved by Angus Carr/ seconded by Patti Kitler

2. Review & Approval of Minutes of March 4, 2019

Motion to approve the minutes

Moved by Denis Charette/seconded by Angus Carr

3. Business arising from minutes

No business arising from minutes

4. Staff Reports

Executive Director - Liz

Clubs

- 76 clubs registered with almost 13470 + members thus far.
- All clubs have uploaded membership – a final call was sent on April 1
- Zone4 has increased it's per member fee from \$1.00 to \$1.50 which will take effect for next season membership forms 1.

High Performance

- Q4G appeal responses received, one upheld and one denied. A subsequent appeal was received based on the re-ranking.
- Attended Nationals in Gatineau – Ontario meeting held with coaches and athletes
- Met with SFQ and will be discussing ongoing collaboration at CCC AGM

MTCS updates

- Received a question with respect to gender inclusion in competition and contacted our Sport Consultant for direction. I am connecting with Lacrosse Ontario as suggested by the MTCS
- ON Winter Games application submitted Dec 19 was successful and Orillia will again be the host community. The games will take place Feb 27-March 1, 2020 and I am in initial stages with MTCS Games Unit on plans.

CCC

- Ongoing communication as needed
- New hire Eva Bloudoff, Marketing & Communications Coordinator
- Brand meeting with CCC has not been scheduled. New dates will be discussed and communicated

Fundraising

- Regular meetings with Cathy are on hold as her mother was placed in palliative care
- Ski for life poster sent to each club (pdf uploaded to Samepage)
- Donate Now/Shop now page as well as integrating the Sport4Ontario project based donation site on website is under development

Other

- Samepage tool for Board meetings – will give it a try for the April 3 meeting. Ability to have a central site for reports.
- SpiritNorthXC has partnered with Matawa Education Centre in Thunder Bay and purchased equipment. XCSO was asked to help support with indigenous students learning to cross country ski. Victor led the lessons and we skied with about 10 students.

5. Technical Director - Victor

- Nationals at Nakkertok - event was well run. Addition of wax rooms and stadium access were appreciated.
- Ontario Meeting held and info for new season passed along.
- Smaller clubs appreciative of waxing help (I think).
- Ontario fared as expected and finished 4th. This is not very good and there is work to be done.
- Spring Relay Championship has solid registration (expecting about 50). Looking forward to it. Prizes and trophy acquired. Want to run this next year as well, but will run later (April 18/19) due to Nationals in BC which runs into April
- Planning season well underway for Super Camps and OJST Camps
- Worked with NTDC to create Job Posting - looking for potential names to encourage applications
- Ongoing planning with Timo on season ahead (Testing Camp, Alignment and OST programming).
- Mentorship program was stop/start this year with me being away, but some participants still had good learning experiences later in the season after my return to work in December/January.
- Enthusiastic about the potential future of Spirit North.
- Planning with Sheila, Liz and Katja for the coaching conference.
- Changes to programming to cast a wider net rather than focussing on a small number. Supercamps are being offered in each of the 4 Districts open to midget to University. NCD in late June, SOD in mid to late July, LSSD in late summer, on snow in NOD in November
- ON Jr Ski Team (2002 & 2003) - 20 athletes and will have a dryland camp and on snow camp
- OST - high performance focus with a minimum CPL versus IPB - YOB 2001 and older
- Jack Richard, Timo, Chris Serratore, Liz and Victor met at Nationals to review more intergration with the training centre. Being a part of XCSO will assist with their programming.
- Training centre funding is still unknown from CCC.
- High level discussions about bringing the Training Centre under the XCSO umbrella
- Camille Cheskey moving to Nakkertok and new job posting incorporates the OST programming into the job description.
- Victor's health is improving

5. Coaching Development Coor – Katja

**Coaching Workshops**

Currently only one L2T Dryland scheduled in Sault Ste. Marie. Touched base with clubs which have hosted workshops in the spring in the past (Nakkertok, Highlands). Working in schedule for summer dryland workshops as well

**FISU Games**

Overall very successful trip. Kudos to Bryan Dubeau and Mary Waddell who were the head and assistant coaches. Bryan created an excellent team atmosphere and supported each athlete with excellent skis for each race as well as great mental support. Mary worked endlessly in the wax room and organized cultural events. Our athletes truly looked at the event as a 'once-in-a-lifetime' experience and were able to race their best.

Congratulations to Alex Maycock on his 19th place in the sprint qualifier and Aidan Kirkham on his 20th place in the 30 km race

**Child Protection/Responsible Coaching**

Information has been posted and sent out to clubs directly. We have been receiving feedback/questions from clubs. Liz and I have been helping implement the policies.

We will be re-visiting the topic at the AGM to reiterate the importance of these policies as well as to answer further queries.

The offer of 20 free Commit to Kids online training licenses has been appreciated. Only 12 licenses have been used yet. I will send out a reminder in the next days.

**Mentorship Program**

Final report was submitted to CAO last week. We should be receiving the \$5000 for this grant any day. Victor, Liz and I are revisiting the basic structure of the program as it needs a bit of a renewal.

**Coaching Seminar/AGM - Ottawa**

Sheila Kealey is taking the lead on this from Ottawa with Liz, Victor and my guidance. The four of us met today and a preliminary schedule has been drafted.

**HP Seminar Canmore, May 3 – 5**

Ontario has currently 8 coaches registered. We are supporting them with \$250 each. I am expecting at least 2 or 3 more.

6. Chair's Report - Richard

Highlights from the latest DCC meeting.

- NC is moving to pure age categories and abandoning the names; e.g., U14 rather than midgets
- There is a desire to move to LF only waxes a Tier 2 races (this would include non NorAm O Cup races) but they realize that they may have left this too late as distributors and retailers have likely already placed their booking orders for HF was, and it would not be good public relations to take away likely 50%+ of their potential market.
- They continue to work on the new branding and are encouraging provinces to adopt a similar name, e.g., Nordic Ontario.
- Unfortunately, NC did not register any of the likely provincial URLs for the larger provinces – Nordicontario.ca has been taken by someone who I am sure will hold everyone to ransom to get the URL. As you all know I am not a fan of the name change and would not be proposing that we change from XCSO
- www.cccski.com remains the site with information and the nordiqcanada only speaks to the branding.
- WJ and U23 races are much later in the year so the plan is to hold Trials in February and move Easterns to December 15th at Nakkertok
- This was not well received by any of the provincial chairs, and the location came as quite a surprise to SFQ who were under the impression that the races would be hosted in Sherbrooke.
- I have not heard any changes to this schedule since the meeting.
- Zone4 fees from \$1.00 to \$1.50. While it isn't us increasing the fees, I fear that clubs will see us as the cause of the increase and adds pressure for clubs to leave XCSO. I don't know if we should absorb this or pass it on – certainly something we need to consider.

5. High Performance – Jack

No report

6. Financial report – Denis

No report

7. Events & Officials - Al

- CCC Events Committee meeting on April 3
- North Bay event this weekend is a non CCC sanctioned event
- Age categories U18, U16 will be going forward
- Considering LF protocol for Tier 2

**ACTION:** Al to send Victor the proposed calendar

8. NTDC - Al

- next NTDC board meeting is April 4

9. Para-nordic - Patti

10. Youth – Kelly

No report

11. District Reports

LSSD - Angus

- 24 Hour relay held at Lappe this past weekend - fundraiser for the club and NTDC. Successful and good snow.
- Request that we coordinate race schedule with Manitoba if possible, to improve possibilities of racers cross-participating. Good turnout this year from Manitoba for the O Cup we ran. We would like to open the door to reciprocation.
- Preparation for the Special Olympics event next season is underway. February 20-29, 2020 at Kamview.
- Interested in feedback from the National Race Calendar exercise to help identify local calendar.

SOD - Dwayne

- SOD team has been identified
- Job Opportunity for SOD Coach as Shelby Dickey is leaving that role
- Also looking for a new coordinator for our Paraffin series. Consistent racing in District has elevated the middle cohort of racers
- Ski and snow board show planning to begin

NOD - no report

NCD - no report

#### 12. New Business

- Nomination Committee - Terms of Reference was circulated
- Call for Nominations - All present directors have indicated a willingness to return
- CCC re-brand dates - April 10 at 8pm with Megan Begley of Nordiq Canada

Next meeting date May 8th at 8pm