



Team Ontario 2021/2022 Programming Overview

Due to the effects of the ongoing and evolving COVID-19 pandemic, Cross Country Ski Ontario has reviewed and modified provincial programming for the 2021-22 season. Given the unpredictable outlook for the season, particularly for "in-person" training camps, XCSO programming will reflect "what we can do" based on the following principles:

- Age appropriate developmental programming opportunities involving more ON athletes is the cornerstone of our provincial program.
- Identify and engage Ontario skiers, para-nordic and able bodied, who are dedicated to personal excellence through goal setting and a commitment to training and racing in Ontario
- A commitment to high performance aligned with our national sport organization (Nordiq Canada) and the National Team Development Centre Thunder Bay.
- Engage our skiers and share with them a love of skiing and racing.
- Recognize and support the university/college system as a viable and important athlete development pathway.
- Support and nurture our collective coaching resources to support our athletes.

A brief summary is below with details to be announced in the coming weeks

Program	Description	Nomination/Selection
XCSO Super Camps	Overarching goal is to improve the overall high performance structure in Ontario. Specifically, to provide training and development opportunities to the greater ski community. Super camps are intended to enhance and complement club programming by collaborating with club coaches. The Super Camps are an important developmental tool for the entire ski community from U14 skiers to our varsity athletes and coaches alike.	Open
Team Ontario	<p>This team will have access to a range of services provided by Cross Country Ski Ontario to support high performance skiing excellence. Within the overall program there will be sub-programs:</p> <ol style="list-style-type: none"> Team Ontario Team Ontario + OHPSI Program Team Ontario Para-Nordic <p><u>Athlete Eligibility:</u></p> <ul style="list-style-type: none"> • Years of Birth 2006-1998* • Be a member of a registered XCSO club • Intend to purchase a 2021/2022 Nordiq Canada racing license and participate in the 2021/2022 race season. 	By application in May, and team selection in late fall



	<ul style="list-style-type: none">• Be a Canadian citizen or have Permanent Residence status *PN YOB may differ	
High Performance Camps	If COVID-19 regulations and guidelines allow, XCISO will look to organize additional opportunities for identified athletes.	By selection based on performance measures achieved throughout the dryland season
Para-Nordic Camps	If COVID-19 regulations and guidelines allow, XCISO will organize in person camp based opportunities for athletes	In consultation with PNC