



Cross Country
Ski Ontario

**2021-22 ONTARIO TEAM PROGRAMMING &
DEVELOPMENT OPPORTUNITIES**

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REVISED DUE TO COVID-19 **(APRIL 1, 2021)**

Preamble

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 has modified our programming to 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.
- Identifying and engaging Ontario skiers, para-nordic and able bodied, who are dedicated to personal excellence through goal setting and a commitment to training and racing.
- A commitment to high performance aligned with our national sport organization (Nordiq Canada) and the National Team Development Centre Thunder Bay.
- Sharing a love of skiing and a passion for racing with our skiers
- Recognize and support the university/college system as a viable and important athlete development pathway.
- Supporting and nurturing our collective coaching resources to support our athletes.

In order to achieve our objectives, XCSO will look to the following programs to deliver this mandate (full descriptions are further along in the document):

1. XCSO Super Camps: The Super Camps play an important role in creating and strengthening a vibrant, ambitious competitive culture that is also collaborative and open. Practically, Super Camps are intended to provide training and development opportunities to the greater ski community. Super camps will also include coach and athlete education opportunities.
2. Team Ontario: 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 two sub-programs:
 - a. Team Ontario - Development
 - b. Team Ontario - Performance
3. Ontario High Performance Camps: If COVID-19 regulations and guidelines allow, XCSO will look to organize additional opportunities for identified athletes.

Definitions

NC - Nordiq Canada

XCSO - Cross Country Ski Ontario

CCUNC - Canadian College and University National Championships

CSIO - Canadian Sport Institute of Ontario

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

OHPSI - Ontario High Performance Sport Initiative

OCS - Ontario Cup Series

OJST - Ontario Junior Ski Team *

OST - Ontario Ski Team *

OUA - Ontario University Association

SOD - Southern Ontario District

YOB - Year of Birth

*due to COVID, this team will not be named this season

Competition Categories from 2020-21

Category	Age as of 31 Dec 2020	YOB
U14 B1/G1	12	2008
U14 B2/G2	13	2007
U16 B1/G1	14	2006
U16 B2/G2	15	2005
U18 B1/G1	16	2004
U18 B2/G2	17	2003
U20 M1/W1	18	2002
U20 M2/W2	19	2001
U23 M1/W1	20	2000
U23 M2/W2	21	1999
U23 M3/W3	22	1998

XCSO District 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.

These camps are intended to provide developmentally appropriate training opportunities and exposure to a high performance training and learning environment for all Ontario athletes. Post-secondary specific Super Camps (YOB: 2003 and older) will also be organized in a similar manner.

Athlete Eligibility:

Where numbers are restricted, priority will be given to Ontario athletes and/or teams, but athletes/teams from outside of Ontario are very welcome, but should first contact techdirector@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 where there is potential for early season snow (natural or manmade).

Club Coach/Parent Involvement:

Attending athletes under the age of 18 MUST be supported by an adult at a Super Camp. Ideally, the ratio of coaches/parents to athletes should be 1-5, where possible. Attending coaches/parents are expected to be engaged and help support the delivery of the Super Camp.

Coaching Seminars:

A key piece of each Super Camp will be seminars for coaches and athletes to learn from selected experts, coaches and/or guest athletes.

COVID Considerations:

- **Plan A:** Where COVID-19 restrictions remain in place, generally XCSO will require participants to secure their own transportation, accommodation and food for the camps. The training sessions will be the only place where participants will overlap.
- **Plan B:** If COVID-19 regulations allow and it is deemed appropriate and beneficial, XCSO will look for ways to facilitate group meals and/or accommodations, where possible.

Team Ontario - Development:

Description:

This team is intended to supplement Ontario athletes in their development as a high performance athlete. As such, athletes named to Team Ontario - Development will be representative of Ontario's athletes most committed to improving and engaging in developmental opportunities.

Athlete Eligibility:

- Years of Birth/Category: 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.
- Be a Canadian citizen or have Permanent Residence status

Benefits/Opportunities:

- Access to virtual group nutrition, mental performance and technique sessions.
- Support from a District Development Coordinator, if applicable.
- Virtual coaching support from the XCSO Technical Director, as needed.
- Team Ontario kit (upon completion of selection criteria)

Athlete Nomination:

- Athletes must submit their Team Ontario - Development application on Zone4.ca or similar, which will include:
 - Planned training hours and goals for the 2021-22 season, for summer, fall dryland season and winter competitive season (Period 1: May 1, 2021 -> August 31, 2021; Period 2: September 1, 2021 -> Nov 30, 2022; Period 3: December 1, 2021 -> April 30th).
- Additional Supporting Documentation:
 - A copy of the applicant's Yearly Training Plan (YTP). Athlete's must at minimum be entering their "Learn to Compete" stage of development and should aim to complete a minimum of 90% of their Nordiq Canada LTAD appropriate training hours guidelines (minimum = 405 hrs/year).
 - An online form submission of recommendation from their club coach indicating the athletes readiness for consistent and meaningful training. Link to be provided in the application process.

Application Deadline: June 1, 2021

Athlete Selection:

Official selection of Team Ontario will be completed in September 2021, by a sub-committee of the High Performance Committee (to be named). To officially be named to the team and receive the Team Ontario kit, athletes must complete the following:

- Have logged and completed their training for period 1 (May 1-August 31st) and shared their logs with the XCSO Technical Director. Specific information available via application process.
- Confirmation submission from their club coach, that the athlete has completed their training goals to that point, including hours and technical goals and are on track to complete their yearly training and competition goals. Link to be provided to coaches.

Athlete and Coach Obligations (Team Ontario - Development):

Ontario athletes who accept their nomination to the Team Ontario will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee. In addition, the athlete will indicate their intent to register as an Ontario athlete in the 2020-2021 ski season.

XCSO's provincial programming is intended to be one of the many supports built around our developing athletes. To facilitate an alignment and sharing of best practices between all of those supports, coaches with athletes in this program are expected to share and collaborate with Cross Country Ski Ontario staff and other coaches in this provincial program.

Team Ontario - Performance (inclusive of the Ontario High Performance Sport Initiative)

Description:

Team Ontario - Performance is a high performance focused team. Athletes applying to this team will be representative of Ontario athletes who are targeting qualification for and competing in international events. This team will include eligible Ontario athletes named to Nordiq Canada's NTDCs, who are subject to the same criteria for access to OHPSI support.

Athletes on this team will be high performance focused, performing at a National level and whose goals include World Junior/U23 Championships, Euro B Tour, Canada Winter Games, FISU Universiade, and other international events.

Athlete Nomination and Selection:

- Athletes must submit their Team Ontario - Performance application on Zone4.ca, or equivalent, including planned training hours and goals for the 2021-22 season. Additional documentation must also be submitted:
 - A copy of the applicant's Yearly Training Plan (YTP).
 - A letter of recommendation from their club coach indicating the athletes readiness for consistent and meaningful training, in relation to the team's goals (see above).
 - A detailed training log summarizing the athlete's training for the past 1-2 seasons (monthly summary preferred).
- Athletes must also complete an XCSO Individual Athlete Performance Plan (IAPP), to be approved by the XCSO Technical Director in consultation with the athlete and personal coach.
 - The XCSO IAPP will be based on metrics and benchmarks used in Nordiq Canada's Gold Medal Profile to determine an alignment of goals and readiness for the Team Ontario - Performance Program.
- Athletes must complete all CSIO health screenings and complete the XCSO-CSIO Testing Camps (COVID dependent - first week of June 2021 and first week of September 2021), or equivalent.
- The athlete must regularly communicate with the XCSO IST and supporting staff.
- Athletes must also consistently fill out their training log and share them with the XCSO Technical Director, to maintain their place in the program. Failure to do so will result in an omission from additional training opportunities.
- Official selection of an athlete to Team Ontario - Performance will take place once all of the above steps have been satisfactorily completed and presented by the XCSO Technical Director to a sub-committee of the High Performance Committee (to be named).

*Please contact the XCSO Technical Director (techdirector@xcskiontario.ca) if clarification is needed. The OHPSI program is offered through a partnership with the Canadian Sport Institute Ontario and designed to support a comprehensive provincial high performance sport system that allows for sustained success of athletes and coaches at the very highest levels of international sport. The goal of the OHPSI program is to identify and support Ontario athletes who are best capable of achieving future international success.

Application Deadline: May 1, 2021

Benefits/Opportunities:

1. Access to virtual group nutrition, mental performance and technique sessions.
2. Access to Team Ontario ski equipment discounts (as provided by equipment suppliers)
3. Training support from a District Development Coordinator, if applicable.
4. Virtual coaching support from the XCSO Technical Director, as needed.
5. Access to provincial team camp opportunities, if possible.
6. Individualized nutrition and/or mental performance support, depending on CSIO screening.
7. Depending on location and COVID-19 regulations, strength coaching support.
8. Wax support at races (TBD)

Athlete Eligibility:

- Years of Birth/Category: 2004-1998
- Be a registered member of an XCSO Club
- Intend to purchase a 2021/2022 Nordiq Canada racing license and participate in the 2021/2022 race season
- Be a Canadian citizen or have Permanent Residence status

Benefits/Opportunities:

- Integration into select NTDC/Nordiq Canada camps on a cost sharing basis with coaching support provided through XCSO
- Team Ontario kit

Athlete and Coach Obligations:

Ontario athletes who accept their nomination to the Team Ontario will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee. In addition, the athlete will indicate their intent to register with an Ontario Club in the 2021-2022 ski season. The expectation is that athletes attend at a minimum of one XCSO Super Camp and one High Performance Camp (if applicable).

XCSO's provincial programming is intended to be one of the many supports built around our developing athletes. To facilitate an alignment and sharing of best practices between all of those supports, coaches with athletes in this program are expected to share and collaborate with Cross Country Ski Ontario staff and other coaches in this provincial program.

Ontario High Performance Camp Opportunities:

Description:

If possible, XCSO will look to host more traditional, in-person camps for a narrower, select group of athletes. The goal of these camps will be to unite Ontario's top performing athletes with a focus on enhanced training opportunities; a collaborative team culture; and an environment of excellence

Athlete Selection:

COVID-19 restrictions at the time of the camp will guide the format of delivery and the number of available positions at these camps. If needed, a number of factors will be considered when inviting athletes to these camps, including, but not limited to: COVID-19 restrictions/guidelines, gathering size limits, training log status (filled/unfilled) as well as physical tests at Super Camps (ex. roller ski TT, 3000m track run, etc...)

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

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	jackxcgolf@gmail.com
	Kate Mason	Athlete Rep	katemasonbps@gmail.com
	Katherine Hall	LSSD Rep	kehall@lakeheadu.ca
	Geoff Tomlinson	NCD Rep	gтомlinson115@gmail.com
	Toivo Koivukoski	NOD Rep	toivok@nipissingu.ca
	Bryan Dubeau	SOD Rep	bryan_dubeau@outlook.com
	Sheila Kealey	University Rep	kealey.sheila@gmail.com
Advisory Member/ Staff	Angus Carr	XCSO Chair	chair@xcskiontario.ca
	Katja Mathys	Coaching Development	cd@xcskiontario.ca
	Victor Wiltmann	Technical Director	techdirector@xcskiontario.ca
	Timo Puiras	NTDC Head Coach	ndctimo@gmail.com
	Liz Inkila	Executive Director	admin@xcskiontario.ca (807) 768-4617