



Cross Country
Ski Ontario



Technical Director + HP Report

General Programming Philosophy

- Racing/competing 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
- Provide athletes with APPROPRIATE opportunities to their training status, fitness/performance level and goals.
- Provide a SPECTRUM of programming, as personalized as possible, to best suit the needs of those athletes.
- Provide incentive and support to athletes committed HP skiing.
- Be proud to represent your Club, Ontario and Canada
- COVID-19 Addition: "Focus on what we CAN do"



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NST/International Teams Update:

Graham (YOB: 1998) + Pierre (YOB: 1999)

- Both re-named to the National Ski Team
- Have both "come through the system"
- Raced on WC this season
- Graham 9th in qualifying (17th in final standings) in World Cup in Ulricehamn, SWE (last Saturday). Breakthrough result!
- Graham - World Championships Relays (Sprint + Distance) were standout.

World Jr/U23 Teams:

- Shaylynn Loewen raced at World U23 Championships (1st Int'l trip)
- Jasmine Lyons named alternate for JR Team (based off of U18 results)



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Ontario Team Programming

Lead: Katie McMahon

- Weekly online monitoring through Sportlog, Strava and email communications
- Use of Zoom for team educational sessions and check-ins (e.g. technique, nutrition, mental performance and team culture building)
- Attending and coaching at various club practices *before lockdown. Performance Coach rotating through NCD clubs and Technical Director through LSSD
- Providing support and guidance to OJST, OST athletes, their teammates and coaches



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In-person Camps and Programming

Lead: Katie McMahon, + Technical Director

- SOD/NOD Club Tour
- 1x Para-Camp (Sudbury – July)
- 1x AB Camp (Gatineau – August)
- Frozen Thunder (supported Felix Vezina)



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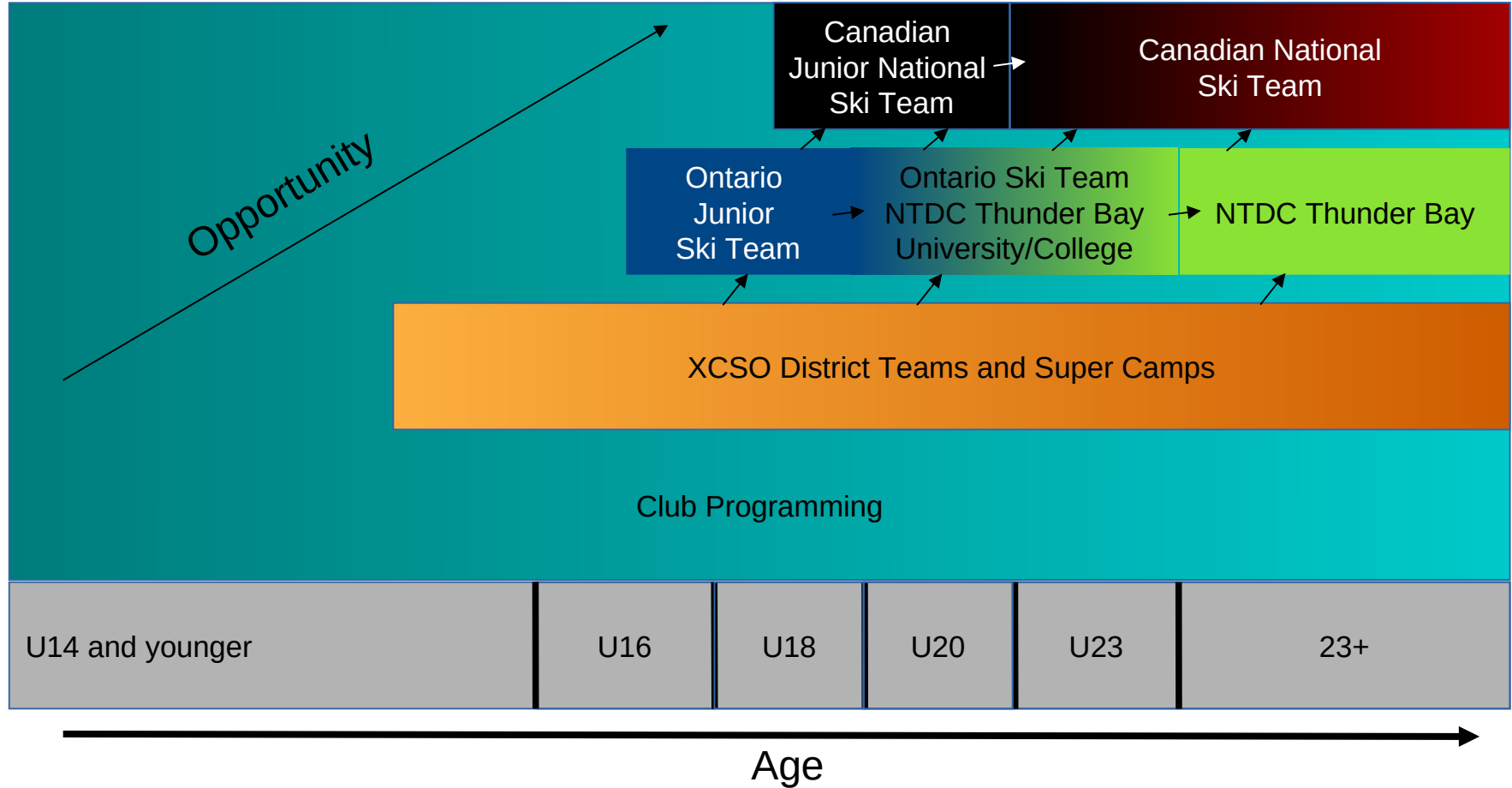
General Programming and Racing

- Kilometre Challenge
- COVID Cups
- Strava Segment Challenge (still tabulating results!!!)



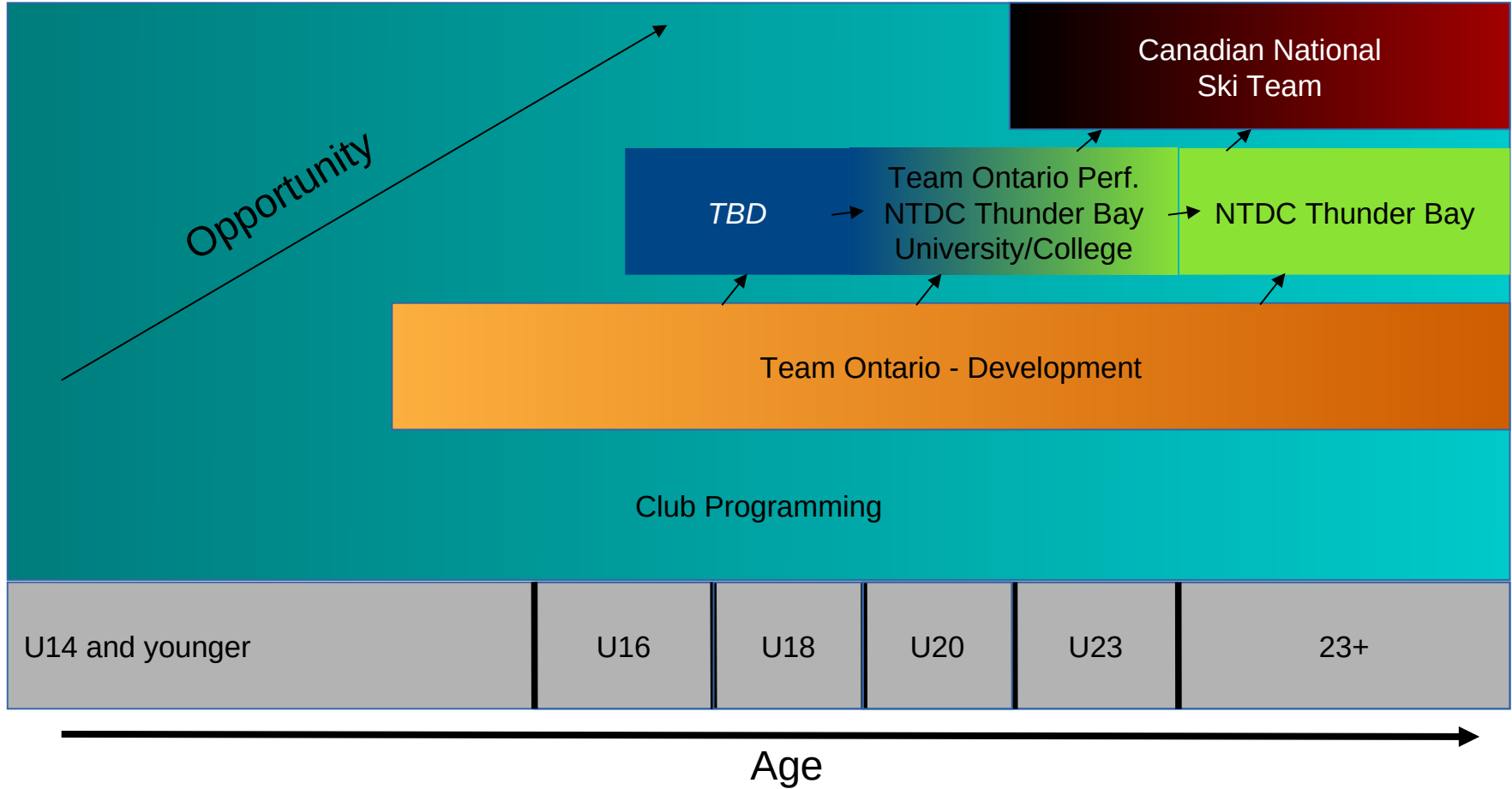
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HP System Restructure 2018-20:



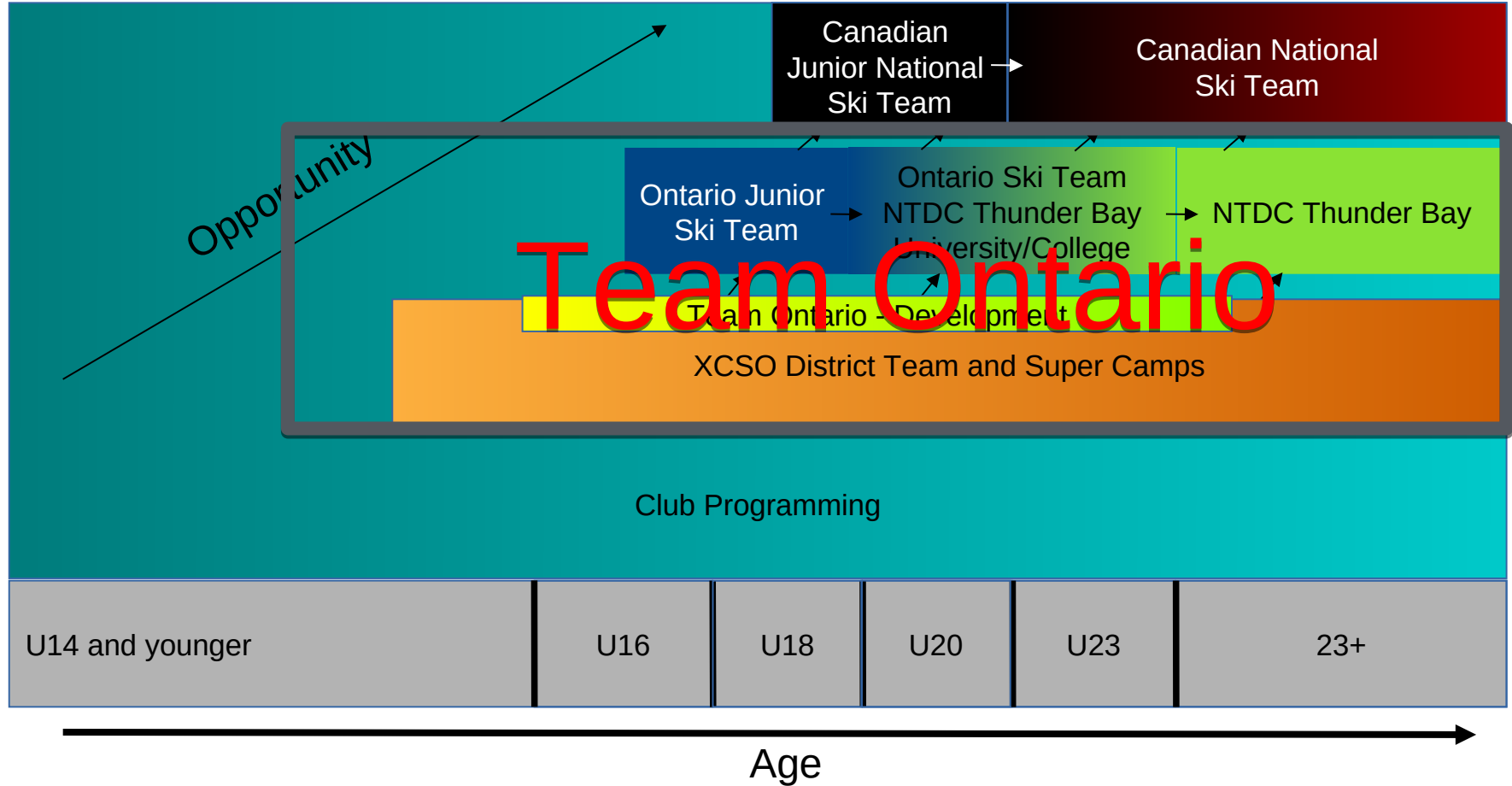
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Interim HP Structure



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Looking Ahead (Draft) -> 2022-23



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XCSO-NTDC-NST

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

- Close Relationship within OHPSI Program (growing)
- Camp Opportunities
 - PCE Opportunities
- IAPP and Testing Alignment



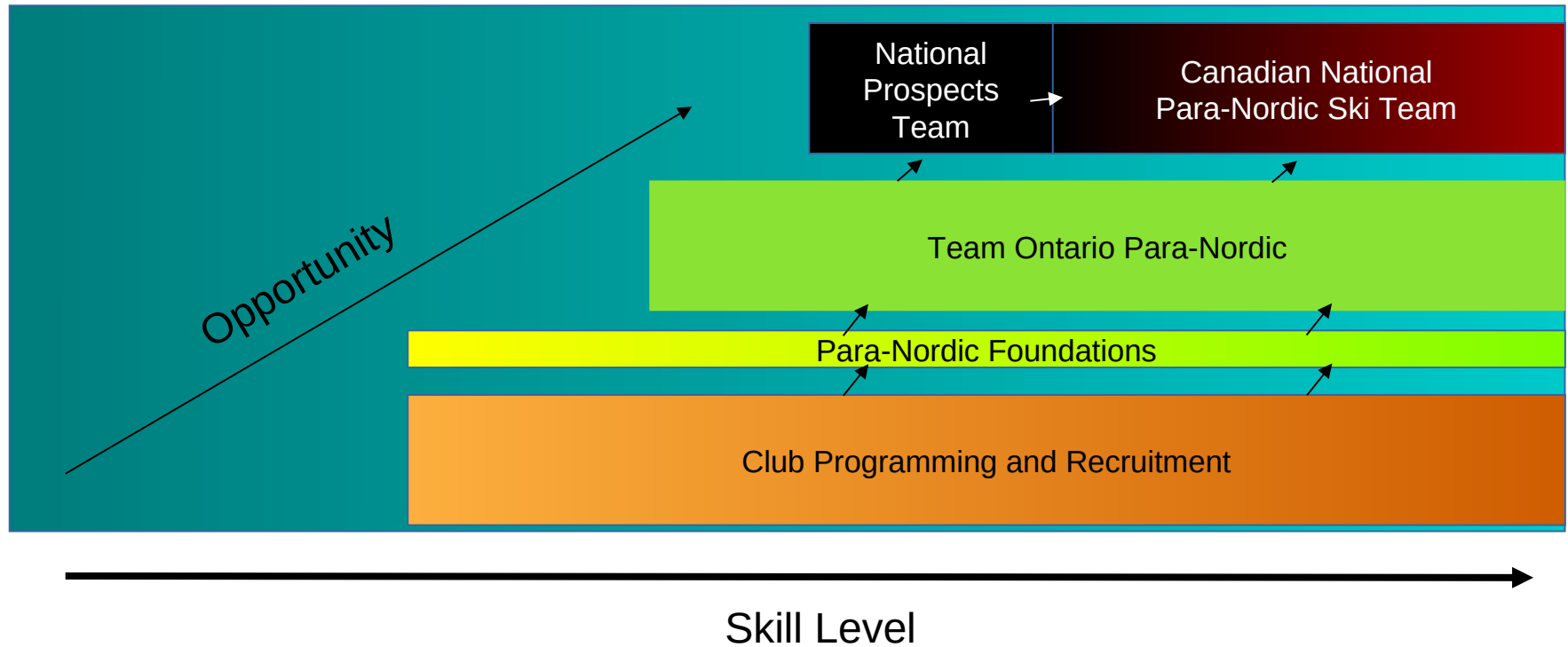
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CSIO-OHPSI-HP Updates:

- Mental Performance Series with Onika Greene ('20-'21) and Virtual Technique Sessions with Katie - engaging athletes outside of training camps
- Testing at CSIO for NST Prospects PN Team in Toronto (2020)
- Nordiq Canada “Gold Medal Profile”
- First components released in May.
- Further info to follow in follow-up sessions
- XCSO concurrently developed a Individual Athlete Performance Plan based on the concept of the “GMP” for use with the Performance Team (Katie + Victor)
- Differences/evolution of the LTAD?



Para-Nordic (Interim):



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Waxing Protocol

At FIS Level: fluoro is “banned”, but there where no sanctions for it’s use....

- + testing device is not reliable = everyone will use fluoro one more year (again for 21-22)
- Likely the same guidance to be given at FIS sanctioned races domestically.

Unofficial XC SO-SFQ Wax Protocol for 2021-22:

1) FIS sanctioned races = no sanction for fluoro

2) ALL other racing in Ontario will have fluoro restrictions

- 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 reviewed ASAP. Final consultation with SFQ in summer.
- Please contact directly with questions/feedback.



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Calendar

- Nordiq Canada announced a new race calendar hierarchy:

TOP TIER: “Nordiq Cups” (Nor-Am equivalent)

- Canmore (January) and Whistler Nationals only

Second TIER: “Canada Cups”

- Series in the East and the West, combined with provincial cups (ON and QC)
- U20 and Open categories will be FIS sanctioned
- U18, U16 and younger categories will be tier 2

THIRD TIER: Ontario Cups = as we know them!

- Tier 2 sanction

Fourth TIER: LSSD/NCD/NOD/SOD District Races = will try again this year!

- May/may not be sanctioned



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Thank you!
Questions?

