



Cross Country  
Ski Ontario

AGM, June 7, 2021

# Cross Country Ski Ontario

Coaching Development



# Workshops delivered:

	2016/17	2017/18	2018/19	2019/20	2020/21
ICC	12	8	-	-	-
CC	9	8	11	8	12
L2T Dryland	4	6	5	2	2
L2T On-Snow	3	4	2	1	-
T2T Dryland	0	1	1	1	1
T2T On-Snow	0	0	0	1	-
Comp Dev Dryland	1	1		-	-
Comp Dev On Snow	1	1		-	-
CC AWAD	1	1	1	-	1

Nordiq Canada Community Coaching Grant: CC workshops were free for participants. 50% increase in CC workshops delivered compared to last year.

# Coaches attending:

	2016/17	2017/18	2018/19	2019/20	2020/21
ICC	123	82+11+35	139	96	105+149
CC	80	72	93	74	112
L2T Dryland	21	34	25	11	19
L2T On-Snow	23	32	11	14	-
T2T Dryland		6	6	6	11
T2T On-Snow			1	5	-
Comp Dev Dryland	4	3	-	-	-
Comp Dev On Snow	6	3		-	-
CC AWAD	5	2	4	-	3
CCI AWAD				-	-
Comp Dev AWAD				-	-

Nordiq Canada Community Coaching Grant: ICC and CC workshops were free for participants. 50% increase in coaches attending ICC and CC workshops/modules compared to last year.

# Pandemic adaptations to workshops

- Workshops were delivered virtually for the theoretical components of the materials
- All workshops have a practical component - all workshops except for the T2T Dryland in Sault Ste. Marie were completed
- Due to restrictions, neither L2T On Snow nor T2T On Snow workshops were offered
- LF's learning curve to deliver virtual courses was steep
- Victor Wiltmann, Katie McMahon, Katherine Denis and Robert Partridge (Red Lake) were trained as CC LF's (virtual training)

# Workshop Fees:

	2020/21
ICC online	\$67.00
CC	\$125.00
L2T D/OS	\$200.00
T2T D/OS	\$275.00

Nordiq Canada Community Coaching Grant:

Coaches paid \$125 up front for the CC workshop but got reimbursed the full amount

# Overall Net Income:

	2017/18	2018/19	2019/20	2020/21
Net income	\$5344.51	\$2668.63	\$5531.55	\$7784.01

The net income is larger this year because we had a larger number of coaches in the workshops and less travel expenses due to travel restrictions.

# Coach Mentorship Program

combined with CAO Apprentice Program

6 coaches applied

Mentors: Victor Wiltman  
Katie McMahon

Mentees: Ian Sinclair  
Ghislain Henry  
Alexander Maycock  
Jordan Cascagnette  
Brian Rogers  
Sarah Vurma

Only Brian Rogers was able to attend an in person camp

# Mentorship Programming

## Virtual sessions:

- Goal Setting/Motivation sessions
- OST/OJST Virtual Camp
- Mental Performance Series
- Coach Technique Learning Session
- Workshop on Wax and Ski Selection
- Individual Meetings



# XCSO Annual Coaching Seminar (Virtual)

- 2 x 2 ½ hours evening webinars
- 21 coaches attended the first session, 30 coaches attended the second session
- Presentations included:
  - Incorporating Mental Skills into Training
  - Mental Health in Sport
  - The What, When and How of Recovery
  - Safe Sport
  - Mobility and Stability practical session

# 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 331 licence holders (463 in 2019, 342 in 2018, 380 in 2017)
- Coaches didn't register as programming was halted or reduced due to the pandemic



# Safe Sport

CAC Free Safe Sport Module - 90 min. to complete

Revised XCSO Safe Sport Guidelines to include reporting and documenting

Safe Sport Education for athletes during a virtual session

Many clubs are reaching out for help to implement safe sport guidelines

# CAC Multisport Modules

## Number of coaches who attended

- Safe Sport Training: 76
- Emergency Action Plan: 23
- Making Ethical Decisions: 21
- Concussion Module: 16
- Nutrition Module: 9
- Coaching Athletes with a disability: 4