



Cross Country
Ski Ontario

AGM, May 9, 2022

Cross Country Ski Ontario

Coaching Development



Workshops delivered:

	2017/18	2018/19	2019/20	2020/21	2021/22
ICC	8	-	-	-	-
CC	8	11	8	12	5
L2T Dryland	6	5	2	2	4
L2T On-Snow	4	2	1	-	4
T2T Dryland	1	1	1	1	1
T2T On-Snow	0	0	1	-	-
Comp Dev Dryland	1		-	-	-
Comp Dev On Snow	1		-	-	-
CC AWAD	1	1	-	1	1
CCI AWAD	-	-	-	-	1

Last year's Nordiq Canada Community Coaching Grant prompted many clubs to offer a CC workshop. These coaches moved on to L2T this past season; therefore we see more L2T workshops. But there was a saturation for the CC level.

Coaches attending:

	2017/18	2018/19	2019/20	2020/21	2021/22
ICC	82+11+35	139	96	105+149	123+28
CC	72	93	74	112	39
L2T Dryland	34	25	11	19	25
L2T On-Snow	32	11	14	-	29
T2T Dryland	6	6	6	11	12
T2T On-Snow		1	5	-	-
Comp Dev Dryland	3	-	-	-	-
Comp Dev On Snow	3		-	-	-
CC AWAD	2	4	-	3	5
CCI AWAD			-	-	5

Overall, the changing landscape of the pandemic made organizing workshops challenging and this past season, the number of coaches trained dropped overall.

Pandemic adaptations to workshops

- Workshops delivery was mixed: some in-person only, some blended (zoom and in-person) depending on the Health Unit guidelines
- A couple of workshops were not completed. The in-person portion could not be delivered because of the pandemic

Workshop Fees:

	2021/22
ICC online	\$67.00
CC	\$150.00
L2T D/OS	\$200.00
T2T D/OS	\$275.00
CC AWAD	\$75.00
CCI AWAD	\$100.00



Overall Net Income:

	2018/19	2019/20	2020/21	2021/22
Net income	\$2668.63	\$5531.55	\$7784.01	\$9143.23

The net income is larger this year because we finished up 2 T2T Dryland workshops (one from the 2020 season which could not be completed due to the pandemic). The workshops had 11 and 12 participants which is amazing at the T2T Level. These two workshops contributed \$2000 each to the surplus.

LF Training

John Cowan

**T2T LF
CC AWAD**

Katja Mathys

MCE (Master Coach Evaluator)



Coach Mentorship Program

combined with CAO Apprentice Program

Grant money \$5000 was directed to support the District Development Co-ordinators

Mentors: Victor Wiltman

Mentees: Katherine Hall
Katherine Denis
Bryan Dubeau
Peter Wiltmann

Coach Mentorship Program

Funds used for Morin Heights Training Camp:

Three of the four mentees attended the training camp.

- Opportunity to work with Victor and athletes directly
- Understand XCSO's pathway, align ideas, 'speak the same language with regards to technique, training plans
- Goal setting sessions with athletes, IAAP review



XCSDO Apply-It- Weekend Day 1

In-Person Horseshow Resort
Oct 22 - 24, 2021

Club/Coach Sessions:

- ParaNordic - breaking down the barriers
- Gender Equity versus Gender Equality
- Safesport: Changing Landscape/Creating Safe Spaces
- Open Mic

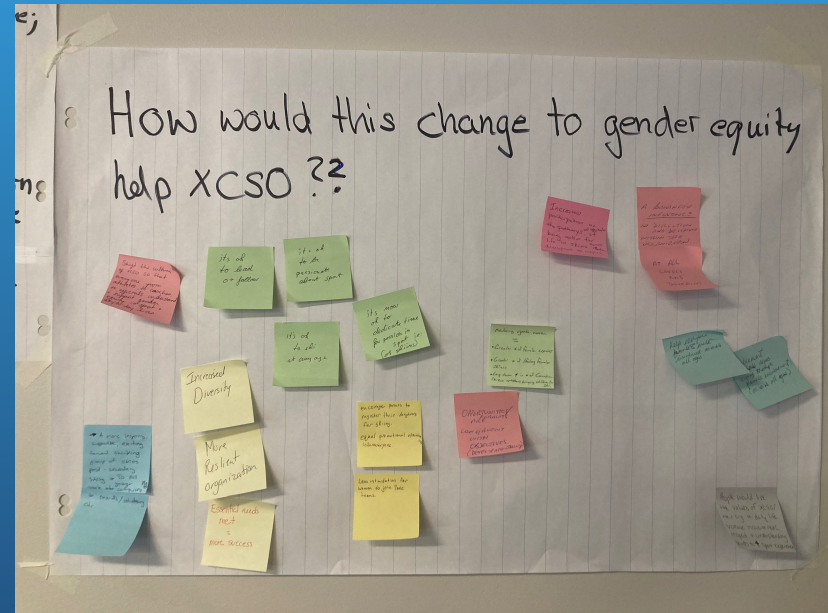
XCSO Apply-It- Weekend - Day 2

For Officials, Coaches and Community Members

- Timing Session and Race Simulation
- T2T Dryland Workshop
- Coach Evaluations at T2T and Comp Dev levels

Gender Equity - Same Game Challenge

*The Same Game Challenge provides **education on gender equity and coaching support** from Canadian Women & Sport as organizations progress through the Same Game Online Toolkit. The Same Game online toolkit helps you bring your gender equity vision to life.*



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 369 licence holders (331 in 2020, 463 in 2019, 342 in 2018, 380 in 2017)

The pandemic still has its effect; 463 coaches in 2019 versus 369 in 2021



Safe Sport

CAC Free Safe Sport Module - 90 min. to complete

Safe Sport Education for athletes during training camps

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

CAC Multisport Modules

Number of coaches who attended

Module	2020/21	2021/22
Safe Sport Training	76	70
Mental Health in Sport		15
Creating a Positive Sport Environment		1
Understanding Teen Dating Violence		2
Emergency Action Plan	23	14
Making Ethical Decisions	21	28
Concussion Module	16	11
Nutrition Module	9	2
Coaching Athletes with a Disability	4	3