



## **Cross Country Ski Ontario**

### **Quest for Gold (Q4G) – Ontario Athlete Assistance Program (OAAP)**

### **2022-2023 ATHLETE Nomination & Selection CRITERIA**

#### **Preamble:**

The Ministry of Heritage, Sport, Tourism and Culture Industries (MHSTCI) has provided funding to Cross Country Ski Ontario to be directed towards either Direct to Athlete Funding or High Performance Program Funding. Cross Country Ski Ontario is directing this funding to athletes. The criteria for athlete nomination and selection will look much as it did pre-COVID with some added flexibility due to the flexible nature of the MHSTCI funding.

#### 1.0 Program Objectives

- a) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
- b) To compensate athletes for earnings lost while training;
- c) To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
- d) To increase athlete access to improved high-performance coaching;
- e) To encourage athletes to stay in Ontario to live and train; and
- f) To enhance training and competitive opportunities in alignment with the Nordiq Canada Gold Medal Profile or XCSO Individual Athlete Performance Plan.

The intent of the Q4G OAAP is to provide funding to individual athletes in the sport's Train to Compete level based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition.

#### XCSO is required to:

- Use a selection process that is clear, objective, transparent, and applied in a manner that is free from bias, discrimination and conflict of interest.
- Allow carded athletes receiving funding to spend it on:
  - Normal living costs;
  - Costs directly associated with training (e.g. coaching, facility fees, other athlete services);
  - Costs associated with attending training camps and competitions (e.g. entry fees, travel costs);
  - Sport-specific equipment; and
  - Tuition and education related expenses (e.g. books, fees, commuting costs).

As such, XCSO has established the following Q4G Athlete Assistance Selection Criteria.

## **2.0 How does it work?**

In accordance with the MHSTCI directive, CROSS COUNTRY SKI ONTARIO has developed sport-specific selection criteria and forms a Selection Committee that will apply these criteria. The top-ranked athletes, based on the criteria, will be awarded Ontario Card status for the 2022-2023 ski season. This Selection Criteria has been approved by CROSS COUNTRY SKI ONTARIO High Performance Committee. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and CROSS COUNTRY SKI ONTARIO. Carding status will be for one year starting **June 1, 2022 ending March 31, 2023**.

Carded athletes will be required to compete exclusively on behalf of the Province of Ontario at National Championship events and for Canada at International Championship events, for a period of one year from the date carding is approved and acknowledge Ontario as their permanent place of residence on athlete profiles, Media Guides, PSO/NSO and personal websites, and in similar types of public communications.

- 2.1 For 2022-2023, CROSS COUNTRY SKI ONTARIO will allot a total of 10 Ontario cards (split evenly as 5 male and 5 female Cards) for the Olympic Stream and 4 cards for the Paralympic stream (split evenly as 2 male and 2 female).

**Please note: Only those athletes that meet the required minimum performance standard detailed in this Nomination Criteria will be considered for this funding. XCSO reserves the right to increase card funding or increase the number of carded athletes should the above allotment result in fewer athletes meeting the minimum performance standard.**

- 2.2 The Selection Committee, as approved by CROSS COUNTRY SKI ONTARIO is comprised of the following members:

Jack Sasseville, Chair High Performance Committee, Cross Country Ski Ontario  
Liz Inkila, Executive Director, Cross Country Ski Ontario  
Bryan Dubeau, Technical Director, Cross Country Ski Ontario  
John Cowan, Para-Nordic Committee Chair, Cross Country Ski Ontario  
Jen Nieson, Para-Nordic Lead, Cross Country Ski Ontario

### **How much funding is available?**

Funding will be evenly distributed resulting in each card valued at \$3899.50.

### **How will the CROSS COUNTRY SKI ONTARIO Nomination Committee decide who receives funding?**

The CROSS COUNTRY SKI ONTARIO Nomination Committee will use the following Eligibility Criteria and the Sport-Specific Selection Criteria detailed below to determine which athletes will be nominated for Ontario Card status in 2022-2023:

## **3.0 Minimum Eligibility Criteria:**

All athletes must meet the minimum athlete eligibility criteria:

- Athletes must be a Canadian citizen or permanent resident (previously known as a landed immigrant).
- Athletes must be a paid member of an Ontario club **for one year prior** to his/her nomination for carding status).
- Athletes must be a 2021/2022 Nordiq Canada race licence holder with their Ontario Club

## **3.1 Eligibility criteria continued:**

- Athletes must be a member in good standing with CROSS COUNTRY SKI ONTARIO and NORDIQ CANADA where applicable;
- Athletes must enter into a Cross Country Ski Ontario - Athlete Agreement and must be in full compliance with the terms and conditions of that agreement;
- Athletes must demonstrate a commitment and dedication to a proper training and competitive program, the goal of which is to continue to train towards a national team position and Sport Canada carding;
- Athlete's coach should be minimum Train to Train certified or Competition Development Trained or be engaged in completing this training, as determined by CROSS COUNTRY SKI ONTARIO;
- Athletes must not be under a sanction that prohibits competition as per the Canadian Anti-Doping Policy;
- If eligible, the athlete must compete, and continue to compete solely for Ontario and Canada for one year from the date of the XCSO's letter informing the athlete of acceptance into OAAP program, at Canada Games and other national competitions involving provincial team competitions;
- Athletes must not receive financial support from any other provincial/territorial athlete assistance program. This does not include academic scholarships, bursaries, student grants, student loans, social assistance, disability pensions, and other forms of financial assistance that have nothing to do with competitive sport.

## **4.0 Athletes funded through the Sport Canada AAP:**

An athlete who is nominated to receive Sport Canada AAP carding during any part of fiscal year April 1, 2022 to March 31, 2023 **shall not** be eligible for this funding.

## 5.0 **National College Athletic Association (NCAA):**

On August 1, 2013, the NCAA revised their By-law that previously prevented an athlete from accepting grants from a governmental entity, such as Quest for Gold. Despite this change, any athlete considering an application to an NCAA institution is strongly encouraged to contact the NCAA Eligibility Center prior to applying for QFG funding.

The onus is entirely on the athlete to determine the impact of accepting OAAP funding on current or future NCAA eligibility and to decide whether to accept OAAP funding. The athlete will be required to acknowledge this onus and responsibility when signing the OAAP Ontario Card application form and agreeing to the related terms and conditions of the program. Athletes are strongly encouraged to contact the NCAA Eligibility Center to determine the impact of *Quest for Gold* - OAAP funding on current or future eligibility for a NCAA scholarship or on eligibility to compete in a non-scholarship NCAA sport.

National Collegiate Athletic Association: [www.ncaa.org](http://www.ncaa.org)

NCAA Eligibility Center mailing address:  
700 W. Washington Street  
P.O. Box 6222  
Indianapolis, Indiana 46226-6222  
Phone: 317-917-6222

Toll-free phone number (U.S. callers) - Customer service line – 877-262-1492  
Phone number (international callers) - Customer service line – 317-223-0700

## 6.0 **CROSS COUNTRY SKI ONTARIO Athlete Nomination Criteria:**

This section contains the sport-specific athlete nomination criteria to be used in the identification, ranking and nomination of athletes for Ontario Cards. In order to avoid the possibility of a conflict of interest in the XCSO nomination process, any member of CROSS COUNTRY SKI ONTARIO's High Performance Committee, Board of Directors, or employee of CROSS COUNTRY SKI ONTARIO with a child/relative who is eligible for nomination for an Ontario card, will not participate in the development of the criteria or application of the nomination process.

### **What are XCSO's Objectives for the funding?**

XCSO's Nomination Committee is looking to support Ontario athletes who have the best chance of making a national team in the next three years. The determination of who has the best chance of making a national team will be based on an athlete's previous season performance (making of National Team programs) and performance on [NORDIQ CANADA's 2022 End of Season CPL](#) and their percentage proximity to the [International CPL Points Benchmarks \(IPB\)](#). From this data, a ranking list will be created that shows each athlete's sprint and distance performance as a percentage of the IPB for his or her year of birth.

XCSO will also ensure that all athletes receiving money from QFG are following "best practices" as determined through collaboration with our partners at clubs, Nordiq Canada and the Canadian Sport Institutes.

IPB Table for Age/YOB Dec 31, 2021						
Category	Age Dec 31, 2021	YOB	Distance W	Sprint W	Distance M	Sprint M
U18_2	17	2004	84.0	86.5	87.0	87.5
U20_1	18	2003	86.5	89.0	89.5	90.0
U20_2	19	2002	88.5	91.0	91.5	92.0
U23_1	20	2001	90.5	93.0	93.5	94.0
U23_2	21	2000	92.0	94.0	94.5	95.0
U23_3	22	1999	93.0	95.0	95.0	96.0
SR_4	23	1998	94.0	96.0	95.5	96.5
SR_5	24	1997	94.5	96.5	96.0	96.5
SR_6	25	1996	95.0	97.0	96.5	96.5
SR_7	26	1995	95.5	97.5	97.0	97.0
SR_8	27	1994	96.0	97.5	97.5	97.0
SR_9	28	1993	96.0	97.5	98.0	97.0
SR_10	29	1992	96.0	97.5	98.5	97.0

## XCSO Nomination Criteria for Full Cards

Olympic Stream:

1. First round of nomination:  
Athletes selected to the U23/Jr World Championships in Lygna, Norway, Nordiq Canada's Canadian National Ski Team, NextGen or Development Team programs AND ARE NOT Sport Canada AAP Carded.
2. Second round of nomination:  
XCSO will generate a list of all eligible Ontario club athletes, holding a NORDIQ CANADA racing licence year of birth (YOB) 2004 or earlier, that is based on each athlete's CPL for distance and sprint, as well as the IPB distance and IPB sprint values, respectively, for the athlete's applicable YOB. Each athlete's distance and sprint CPL values will be compared to the athlete's corresponding distance and sprint IPB values to determine the proximity of each athlete's CPL values to IPB values on a percentage basis. The athletes will be ranked in descending order using their best proximity value in either sprint or distance.

**Please note: Cross Country Ski Ontario will limit 20% of Ontario Card allotment for athletes older than YOB 1999 and identified as a potential next generation national team athlete by CROSS COUNTRY SKI ONTARIO's nomination process.**

Please note: For the purposes of calculating an athlete's proximity to the IPB curve, the discipline (either distance OR sprint) will be used, whichever is better. This process will naturally select athletes who have the greatest likelihood of being named to a national team or selected to represent Canada on an international racing tour, as it more closely mirrors the selection principles used for such nominations.

Please note: This calculation is provided as an example									
YOB	Gender	Dist CPL	Sprint CPL	IPB Dist	IPB Sprint	Distance Proximity	Sprint Proximity	'Best of' Sp/Dist	'Best of' Based rank
2003	F	81.89	87.71	86.5	89.0	94.67%	98.55%	98.55%	<b>1.00</b>
2002	F	87.13	90.18	90.5	93.0	96.24%	96.97%	96.97%	<b>2.00</b>

Separate ranking lists will be created for males and females.

**For Olympic stream athletes, a performance cut-off will be established such that only athletes who rank 93.00% or higher on the 'Best of'-based ranking lists will be eligible for carding.**

- A. The selected athletes will be the five females and five males who are ranked one through five on both of the gender lists AND who meet or exceed the minimum performance cut-off as described above.
- B. If the application of the minimum performance cut-off results in fewer than five eligible athletes within a gender, unused cards may be reassigned to the next highest-ranking athlete(s) of the other gender who meet or exceed the minimum performance cut-off and have not already been assigned a card.
- C. If the application of the minimum performance cut-off results in fewer than five eligible athletes within a gender, and there exists no other athlete from the other gender who has met the minimum performance cut-off, the funding will be divided equally among eligible card holders (including Paralympic stream athletes)

**For Paralympic Stream, a performance cut-off will be established such that only athletes who score 60 CPNPL (Average of best 3 results) or higher will be eligible for carding.**

- A. The selected athletes will be the 2 females and 2 males who are ranked on Nordiq Canada's PNCPL AND who meet or exceed the minimum performance PNCPL cut-off described above.
- B. If the application of the minimum performance cut-off results in fewer than 2 OAAP-eligible athletes within a gender, unused cards may be reassigned to the next highest-ranking athlete(s) of the opposite gender who meet or exceed the minimum performance cut-off and who have not already been assigned a card.
- C. If the application of the minimum performance cut-off results in fewer than 2 OAAP-eligible athletes within a gender, and there exists no other eligible athletes within the Paralympic stream, the remaining card(s) will be transferred to the Olympic Stream and may be reassigned to the next highest-ranking male and female athlete(s) who meet or exceed the minimum performance cut-off on the Olympic stream athlete ranking list and who have not already been assigned a card while maintaining equal gender representation.
  - a. If an odd number of cards is transferred to the Olympic stream, the odd numbered card will be split between the two next highest ranked athletes on the male and female ranking list. (ie athletes will receive a half card)

## **Cross Country Ski Ontario Nomination Process**

**Note to athletes, coaches and/or parents/guardians making application to the nomination process:**  
In order to ensure the integrity and efficiency of the nomination process, it is essential applicants read and understand fully the nomination criteria and process. Documentation submitted to CROSS COUNTRY SKI ONTARIO must be complete, accurate and, without exception, received by the deadline(s) specified.

Nominated athletes who meet the Minimum Eligibility Requirements and the XCSO nomination criteria will be invited to apply for OAAP carding as detailed below.

CROSS COUNTRY SKI ONTARIO will provide a link to an Athlete Agreement to all nominated athletes. The agreement covers the athlete's obligations and commitments for the period of funding. This agreement will include a commitment to engage in either:

- 1) The [Ontario Ski Team](#), and the subsequent requirements; or
- 2) Complete the following requirements:
  - a) Participate in the XCSO/CSIO Physiological Testing Camp, or an agreed upon equivalent;
  - b) Complete and submit an Individual Athlete Performance Plan (IAPP) in collaboration with the XCSO Technical Director and the athlete's coach; and
  - c) Participate in an agreed upon number of XCSO or Nordiq Canada sanctioned training camps during the carding period (i.e., April 1, 2022 to March 31, 2023).

Athletes will affirm their commitment to the agreement in order to complete their selection.

**7.0 Breaking a Tie:** A tie between two or more athletes on the ranking list will be broken by comparing their lower ranking discipline as illustrated below.

	Dist Proximity	Sprint Proximity	Best of Sp/Dist	Alternate proximity	Tie Breaker rank
Athlete 1	94.90%	98.52%	98.52%	94.90%	2
Athlete 2	95.52%	98.52%	98.52%	95.52%	1

## 8.0 Failure to Meet Nomination Criteria for Health-related Reasons

Athletes who, for strictly health-related reasons, have not achieved the standards required for nomination of carded status **may** be considered for nomination under the following conditions:

- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy and, despite making every reasonable effort to attain the applicable carding standards during the year in which the injury, illness or pregnancy occurred, has failed to do so, in the view of CROSS COUNTRY SKI ONTARIO's nomination Committee, for reasons strictly related to the injury, illness or pregnancy.
- CROSS COUNTRY SKI ONTARIO's Nomination Committee, based on its technical judgement and that of a CROSS COUNTRY SKI ONTARIO team physician or equivalent, indicates in writing the expectation that the athlete will achieve at least the minimum standards required for carding during the upcoming carding period.
- The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period for which he or she wishes to be considered despite not having met the carding criteria.

Force Majeure documentation to be provided to CROSS COUNTRY SKI ONTARIO must include but is not limited to:

1. Letter from the athlete's personal physician outlining the extent of injury/illness. Details to be provided must include but are not limited to:
  - a. Date of onset of injury/illness
  - b. Date of initial physician consultation
  - c. Date and course of treatment prescribed
  - d. Prognosis and recovery plan
2. Letter from Personal/Team Coach which must include but need not be limited to:
  - a. Confirmation of resumption of training
  - b. Perspective on athlete's ongoing commitment to training and competition
  - c. Expectations surrounding athlete's ability to meet OAAP commitments
3. Letter from athlete outlining their commitment to training and competition

Athletes who apply for OAAP carding consideration under Force Majeure will be ranked against one another and the other athletes on CROSS COUNTRY SKI ONTARIO's nomination Committee's OAAP ranking list as follows:

1. A performance figure for the Force Majeure candidate will be determined based on the average of the CPL for the best two distance races and the best two sprint races attained by that athlete in the competitive season where training and/or competition was curtailed or restricted for health reasons.
2. This performance measure will be used to generate an OAAP ranking for the Force Majeure athlete(s) in the same manner (i.e., proximity from distance and sprint IPBs, on a percentage basis, based on YOB, and 'Best Of' performance (either distance OR sprint) that is used for all other eligible athletes on the OAAP ranking list.
3. The addition of a male Force Majeure athlete to the ranking list will not affect the nomination process for female athletes and vice versa.

4. A maximum of two Force Majeure appeals (one male and one female) will be accommodated in any one OAAP carding cycle.
5. A Force Majeure athlete must demonstrate a performance figure on the XCSO OAAP ranking list that would put them in the top 50% of the ranking list for the available number of cards in their gender.
6. CROSS COUNTRY SKI ONTARIO's nomination Committee reserves the right to revert to the CPL performance history from the previous year of competition in the case where a Force Majeure candidate was not able to participate in the minimum number of races specified in item # 1 above.

**Force majeure documentation must be submitted no later than 12:00 noon (Eastern) April 29, 2022 to:**

**Liz Inkila, XCSO Executive Director**  
**admin@xcskiontario.ca**

**9.0 Alternates:** CROSS COUNTRY SKI ONTARIO will also nominate alternates to those athletes nominated for Ontario Card status. Alternates will be those athletes who are ranked directly behind those athletes nominated for the allotment of Ontario Cards in a particular category/discipline. The names of alternates will be published along with the names of nominated athletes. If an athlete drops out or is removed from the OAAP an alternate will be substituted into that athlete's position, provided that:

- Alternate is substituted within 2022-2023 fiscal year;
- An alternate meeting all requirements is available from the same category/discipline/card level (Full/Half);
- Funding for athletes being substituted is still available within fiscal year (e.g., full funding for card has not already been paid out to athlete no longer in program).

**10.1 Any athlete requesting a Force Majeure must submit the required information as detailed above by 12 noon (Eastern) April 29, 2022.**

**10.2** It is the sole responsibility of the athlete to provide a full and complete submission that meets all stated requirements. CROSS COUNTRY SKI ONTARIO will neither review submissions in advance of the deadline in order to make applicants aware of any missing/incorrect information and/or attachments nor make corrections on behalf of the athlete. Any revisions on the part of the athlete will only be accepted prior to the posted submission deadline.

The CROSS COUNTRY SKI ONTARIO – Athlete Agreement will only come into effect if an athlete is selected and accepts carding status through the OAAP program. Athletes who fail to complete the steps outlined above will not be carded.

**10.4 CROSS COUNTRY SKI ONTARIO** will publish or make known a draft list of athletes nominated for Ontario Card status by no later than ~~May 10, 2022~~ **May 24, 2022.**

## **11.0 Appeals**

Athletes who have not been nominated for an Ontario Card by the CROSS COUNTRY SKI ONTARIO nomination Committee where applicable, will be allowed to appeal that decision by filing a "Notice of Appeal" with XCSO. Appeals will be heard by an Appeals Committee composed of representatives from XCSO.

Grounds for appeals will be limited strictly to issues related to:

- A) Whether or not the Nomination Committee has completed the selection process in accordance with its own published nomination criteria and related procedures;
- B) Whether or not the Nomination Committee applied the selection criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Issues related to the specific content or selection requirements contained in CROSS COUNTRY SKI ONTARIO's nomination criteria are not grounds for an appeal and should therefore be discussed directly with the leadership of CROSS COUNTRY SKI ONTARIO.

Please note that before an athlete can file a Notice of Appeal, he or she must first ask CROSS COUNTRY SKI ONTARIO for reasons explaining why he or she was not nominated for an Ontario Card.

If the athlete is not satisfied with CROSS COUNTRY SKI ONTARIO's response, the athlete may submit a **Notice of Appeal**, found below. A Notice of Appeal will only be accepted from the athlete or their parent/guardian on the template (typed or hand-printed, no hand-written entries) through email. One appeal cannot be written on behalf of multiple athletes. The Notice of Appeal must be received by XCSO by noon on the deadline day.

After reviewing an appeal, the Appeals Committee will have the authority to:

1. Direct CROSS COUNTRY SKI ONTARIO to redo the nomination process using the correct criteria/process and submit a new list of nominated athletes;
2. Deny the appeal; or
3. Allow the appeal and nominate the appellant for carding status.

Once the Appeals Committee has reached its decision, it will contact the athlete and CROSS COUNTRY SKI ONTARIO in writing to communicate its decision and the reasons therefore.

An athlete who has had his or her appeal denied is not permitted to submit a second appeal to the Appeals Committee on the same or different grounds.

**Note:** CROSS COUNTRY SKI ONTARIO is encouraged to resolve disputes or disagreements informally with athletes who have not been nominated to avoid, wherever possible, formal appeals.

**11.1** The deadline for athletes to submit an “**Athlete’s Notice of Appeal**” to the Appeals Committee is **May 15, 2022 at 12 noon May 30, 2022**

**11.2** Appeals must be completed on the Notice of Appeal template below and will be directed to:

*Quest for Gold Appeals Committee*  
c/o XCSO Chair, [chair@xcskiontario.ca](mailto:chair@xcskiontario.ca)



## 2022-2023 Quest for Gold – Ontario Athlete Assistance Program Athlete's Notice of Appeal Template

The deadline for an athlete to submit an appeal to the Appeals Committee is **12 noon on May 15 30, 2022**. Appeals will only be accepted on the following Notice of Appeal template. **Please refer to the appeals section of CROSS COUNTRY SKI ONTARIO's Athlete Selection Criteria document prior to completing this form.**

Return form to: [chair@xcskiontario.ca](mailto:chair@xcskiontario.ca)

Full Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
Postal Code \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Sport / PSO \_\_\_\_\_

### Reason for Appeal (Check all that apply):

- Whether or not CROSS COUNTRY SKI ONTARIO has completed the selection process in accordance with its own published nomination criteria and related procedures;
- Whether or not CROSS COUNTRY SKI ONTARIO applied the section criteria in a manner that was free from bias, discrimination and/or conflict of interest.

### Provide a two-line summary of the reason for the appeal:

In the space below, (continue on to next page as needed) provide the reasons communicated to you by CROSS COUNTRY SKI ONTARIO as to why you were not nominated for an Ontario Card, and the date the information was provided. (Note: This Appeal will not be accepted unless it contains a response from CROSS COUNTRY SKI ONTARIO.)

Date of CROSS COUNTRY SKI ONTARIO response: \_\_\_\_\_

