



**Cross Country  
Ski Ontario**

**2022-2023 ONTARIO TEAM PROGRAMMING  
PARA NORDIC**

**FALL 2022**

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### Preamble

XCSO's para-nordic programming is 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.
- Sharing a love of skiing and a passion for racing with our skiers
- Supporting and nurturing our collective coaching resources to support our athletes.

### Definitions

NC	Nordiq Canada
XCSO	Cross Country Ski Ontario
PN	Para-Nordic
PN CPL	Para-Nordic Canada Points List (as produced by NC)
OC	Ontario Cup
OCS	Ontario Cup Series
OWG	Ontario Winter Games
PNC	Para-Nordic Committee
OPNST	Ontario Para-Nordic Ski Team
OPSWGGS	Ontario ParaSport Winter Games
CWG	Canada Winter Games
CSIO	Canadian Sport Institute Ontario
OHPSI	Ontario High Performance Sport Initiative
CAC	Coaches Association of Canada
CAO	Coaches Association of Ontario

## **Programs for the 22-23 Season**

### **Para-Nordic - Foundations**

#### Description:

Athletes named to the Para-Nordic Foundations program will be representative of Ontario's para athletes looking to develop their athlete practices in para-sport by engaging in supplemental opportunities provided by XCSO.

The goal of this program is to provide an entry point to more structured and engaged programming.

#### Athlete Eligibility:

- Years of Birth/Category: Open
- Be a member of a registered XCSO club
- Intend to purchase a 2023/2024 Nordiq Canada racing license and participate in the 2023/2024 race season.
- Be a Canadian citizen or have Permanent Residence status

#### Benefits/Opportunities:

- Access to virtual group nutrition, mental performance and technique sessions.
- Access to in person training camps with other PN athletes

#### Athlete Nomination:

- Athletes must submit their Team Ontario application on Zone4.ca or similar, including the following supporting documentation:
  - Planned training and goals from the application date to the end of the winter racing season. Goals and Training can be broken into the 3 periods of the year: Period 1: May 1, 2023 -> August 31, 2023; Period 2: September 1, 2023 -> Nov 30, 2023; Period 3: December 1, 2023 -> April 30th).

**Application Deadline: on-going, June 1st - December 31st, 2023**

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### **Team Ontario - Para Nordic Development**

#### Description:

Athletes named to Team Ontario Para-Nordic Development will be representative of Ontario's most committed and engaged para athletes looking to develop their athlete practices in para-sport by engaging in supplemental opportunities provided by XCSO.

The goal of Team Ontario is to engage in stimulating and developmentally appropriate ski specific programming.

#### Athlete Eligibility:

- Years of Birth/Category: Open
- Be a member of a registered XCSO club

- Intend to purchase a 2023/2024 Nordiq Canada racing license and participate in the 2023/2024 race season.
- Be a Canadian citizen or have Permanent Residence status

Benefits/Opportunities:

- Access to virtual group nutrition, mental performance and technique sessions.
- Access to in person training camps with other PN athletes
- Virtual coaching support from the XCSO Technical Director, as needed.
- Team Ontario kit (upon completion of selection criteria)
- Functional Movement Screening, if deemed appropriate, if available

Athlete Nomination:

- Athletes must submit their Team Ontario application on Zone4.ca or similar, including the following supporting documentation:
  - Planned training hours and goals for the 2023-24 season, for summer, fall dryland season and winter competitive season (Period 1: May 1, 2023 -> August 31, 2023; Period 2: September 1, 2023 -> Nov 30, 2023; Period 3: December 1, 2023 -> April 30th).
- Additional Supporting Documentation:
  - A copy of the applicant's Yearly Training Plan (YTP). Athletes should look to engage in "training" at least 5x a week on average (which includes physio and mobility exercises etc...)
  - 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: July 4, 2023**

Note: After the July 4th deadline athletes already part of the Para-Nordic Foundations program may still apply for the Team Ontario Para-Nordic Team program. These athletes will be required to fulfill equivalent expectations to the original applicants, with exact timelines, to be determined on a case-by-case basis, in consultation with the XCSO Technical Director & XCSO PN Lead.

Athlete Selection:

Official selection of Team Ontario will be completed in October 2023, by a sub-committee of the Para Nordic 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 (July 4-September 27th) 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 in the registration.

Athlete and Coach Obligations (Team Ontario - Para-Nordic)

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 2023-2024 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.

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## **Ontario Para-Nordic Ski Team**

### Description:

Athletes named to the Ontario Para-Nordic Ski Team program will be representative of Ontario's highest performing para athletes at the Ontario Cup Series, National Championships, & Canada Winter Games (when applicable)

### Athlete Eligibility:

**To be eligible for selection to the Ontario Para-Nordic Ski Team athletes must meet each of the following criteria:**

- Be a registered member of an XCSO Club and hold a valid 2022-2023 Nordiq Canada racing license registered with that club; and
- Canadian citizen or have Permanent Residence status; and
- Compete in a minimum of 4 identified Ontario Cup (or equivalent) individual races; and
- Compete in a minimum of 2 individual races at the [2023 Nordiq Canada Ski Nationals](#)

### Benefits/Opportunities:

- 2-3 XCSO Para-Nordic Training Camps
- ON PN Ski Team race suit & jacket
- Access to remote educational opportunities (ie nutrition, mental performance or similar) when available
- Access to Sport Science/Sport Medicine through the CSIO OHPSI program (when available)
- Access to Ontario team ski equipment discounts (as provided by equipment suppliers)

### Athlete Selection (minimum of 4 up to max of 6 athletes)

- Top athlete by PN CPL points, in each gender and discipline (standing and sitting)
  - Please note: Races with PN CPL are at Nordiq Canada's discretion and is based on depth of field with reference skiers

### Athlete Obligations:

- Wear Team ON gear at National Championships
- Attend a minimum of 2 XCSO Ontario Para-Nordic training camps

In the event of race cancellations and athletes are unable to meet the minimum race start requirements, XCSO will develop a reasonable minimum requirement based on the circumstances.

## **Discretionary Additions to the Ontario Para-Nordic Ski Team and/or Camp Opportunities**

The XCSO Technical Director, XCSO PN Lead or a club coach may make a recommendation 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.

### **Force Majeure**

The HPC/XCSO will consider force majeure additions to the ON PN Ski Team only. Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for a force majeure appeal. Appeal documentation to be provided to Cross Country Ski Ontario must include but is not limited to:

1. Physician letter if health related
2. A letter/email outlining exceptional circumstances
3. A letter/email from the present personal/club coach indicating their intent to support their athlete as an OPNST member.

Appeals will be evaluated by the PN Lead, XCSO Technical Director and PN Chair taking into consideration the reason for the appeal and results from other races. Force majeure documentation must be received by **TBA**. Documentation should be sent by email to the XCSO Executive Director at [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca).

Appeals will only be considered whereby an athlete has clearly demonstrated that he/she was achieving the highest level of performance at the time of the incident/illness. The basis on which an appeal will be awarded will be at the discretion of the HPC and will only include information related to the incident/illness.

## **Ontario Para-Nordic Guide Program**

**Description:** In support of our Para-Nordic program, XCSO is recruiting Guides for our VI athletes. Guides will work alongside athletes in both a training environment and competition.

### **Competencies:**

- Ability to cross country ski in both classic and free techniques
- Previous cross country ski racing experience is beneficial but not required
- Ability to work with athletes and help them achieve their performance goals

All guides will be required to complete/provide the following upon acceptance into the program (if not already completed)

- CAC Safe Sport Training Module
- CAC [Rule of Two Training Module](#)
- CAO [Coaching in ParaSport](#)

- Provide a criminal record check for the vulnerable sector

**Application Process:**

- Apply via [XCSO VI Application](#)
- Applications are being accepted on a continuous basis.

**Ontario Para-Nordic Committee & Contacts**

Chair	John Cowan	<a href="mailto:jcnordic@bell.net">jcnordic@bell.net</a>
LSSD Rep	Jacob Porter	<a href="mailto:porter@live.ca">porter@live.ca</a>
NCD Representative	Andrew Pittman	<a href="mailto:Andrew_manunited@hotmail.com">Andrew_manunited@hotmail.com</a>
NOD Representative	Patti Kitler	<a href="mailto:pattikit@gmail.com">pattikit@gmail.com</a>
SOD Representative	Perry Sakki	<a href="mailto:perrysakki@gmail.com">perrysakki@gmail.com</a>
Athlete Representative	Collin Cameron	<a href="mailto:collinjohncameron@gmail.com">collinjohncameron@gmail.com</a>
XCSO Para-Nordic Lead	Jennifer Nieson	<a href="mailto:para@xcskiontario.ca">para@xcskiontario.ca</a>
XCSO Technical Director	Bryan Dubeau	<a href="mailto:techdirector@xcskiontario.ca">techdirector@xcskiontario.ca</a>
XCSO Executive Director	Liz Inkila	<a href="mailto:admin@xcskiontario.ca">admin@xcskiontario.ca</a>

**Ontario Cup (or equivalent) Race Schedule (updated throughout the season at [www.xcskiontario.ca](http://www.xcskiontario.ca))**

Date	Designation	Location	Notes:
Dec 10/11	Ontario Cup/Eastern Cup (2)	Nakkertok	CWG/OWG/OPSWG qualifier
Jan 21/22	Ontario Cup (2)	Walden	
Feb 4/5	ON Para Sport Games (2)	Durham County	Qualifier at ON Cup
Feb 9-11	Ontario Winter Games (2)	Renfrew County	Qualifier at ON Cup
<del>Feb 18-19</del>	<del>Ontario Cup</del>	<del>Lakefield College School</del>	