



Southern Ontario District

Team Selection Criteria

2023-2024

Preamble

The Southern Ontario District team is named to recognize and support the development of athletes racing in the SOD races. The goal of the SOD Team is to support these athletes to begin to race competitively on the Ontario Cup circuit and to prepare to qualify for provincial teams and programming. The SOD executive believes that the promotions of an active ski racing circuit within SOD will strengthen the ski community by providing opportunities for skiers to come together as a community in fun and friendly competition.

1 Purpose

The provisions in this document will be used by the SOD High Performance Committee, hereafter called HPC-SOD, to identify athletes who qualify for the SOD Team 2023-24.

1.1 Definitions

NC	Nordiq Canada
XCSO	Cross Country Ski Ontario
SOD	Southern Ontario District
HPC-SOD	Southern Ontario District High Performance Committee
NST	National Ski Team (including development and junior teams)
NTS	National Talent Squad
NTDC	National Team Development Centre (includes NTDC Thunder Bay, Pierre Harvey Training Centre, and the Alberta World Cup Academy)
OST	Ontario Ski Team
OJST	Ontario Junior Ski Team
SOD Team	SOD Team for the period of Spring 2023 through Winter 2024
Qualifying Year	The 2022-2023 racing season in which athletes qualify for SOD Team

1.2 Eligibility

To be eligible for the SOD Team, athletes must meet the following criteria:

- be registered with an SOD club at the time of the races
- be a Canadian citizen or have Permanent Resident status
- be a permanent resident of Ontario prior to the beginning of the SOD racing series. A valid Ontario Health Card or Passport may be used as proof of residency.
- not be named as a member of the OJST or the OST in either the qualifying year or year on the team
- may be named as a member of Team Ontario Development

1.3 Selection Races

Selection for the SOD team is based primarily from SOD Paraffin Race Series points, as posted and updated on the Cross Country Ski Ontario Website under Southern Ontario District

<http://xcskiontario.ca/districts-clubs/sod/team/>

1.4 Competition Model

The target YOB for SOD Team 2023-24 during the qualification year 2022-23 are summarised in the table below:

Category	Age as of 31 Dec 2023	YOB	Number of Athletes per Category
U14 Boys (1st yr)	12	2011	5
U14 Girls (1st yr)	12	2011	5
U14 Boys (2nd yr)	13	2010	5
U14 Girls (2nd yr)	13	2010	5
U16 Boys (1st yr)	14	2009	3
U16 Girls (1st yr)	14	2009	3
U16 Boys (2nd yr)	15	2008	3
U16 Girls (2nd yr)	15	2008	3

NEW for 2023-24 U18 athletes who would like to apply to be part of the SOD Team may submit a letter detailing why they would like to be on the team along with a recommendation from a club coach. Athletes within this age group should send their interest to the SOD Team Coordinator. (See section 2.1.2 Obligations and 3.1 Application for Inclusion to Team for more information.)

2 SOD Team

2.1 Team Description

Athletes named to the SOD Team will be representative of the top male and female athletes with years of birth 2008 through 2011 during the qualification year 2022-23. The team selection process is detailed in Section 3.

2.1.1 Benefits

It is the intent of the HPC-SOD that athletes named to the SOD Team receive the following, where possible:

1. Two partially-subsidised dryland camp opportunities
2. Subsidised SOD Team clothing
3. Race support (if requested) for an OCup race hosted within SOD, with any costs paid by the athlete

2.1.2 Obligations

Athletes who accept their nomination to the SOD Team will be asked to

1. Sign an Athlete Contract and the Athlete's Code of Conduct. The Athlete Contract will include a schedule that outlines all planned SOD Team activities for the upcoming season.
2. Indicate the intent to register as an SOD athlete in the 2023-24 ski season.
3. Indicate intent to register for a NC racing licence in the 2023-24 ski season.

4. Indicate intent to compete in at least one OCup race in the 2023-24 ski season, preferably an OCup race hosted within SOD
5. Participate in at least one SOD training opportunity.
6. U18 athletes who apply to be on the team, and who are accepted, will be expected to complete the Introduction to Community Coaching (ICC) virtual course (approx 6 hrs). Upon successful completion, course cost will be reimbursed by SOD.

Failure to meet the minimum participation standard, as defined in the Athlete Contract, could result in an athlete being placed on probation, and/or removed from the SOD Team, and/or being declared ineligible for the SOD Team for the following year. The intent of this section is to ensure that all SOD Team athletes honour their commitments and all are treated equitably. However, it is understood that extenuating circumstances may prevent an athlete from meeting some of their commitments. In these cases it is in the athlete’s best interests to communicate with the HPC-SOD Designate as soon as possible. Failure to do so could lead SOD to proceed with one or more of the measures outlined above.

3 SOD Team Selection

The SOD team members will be determined using a ‘best-of’ model that not only encourages participation in Paraffin Series races while also selecting our fastest skiers in the district.

The SOD team will be comprised of:

- up to 3 male and 3 female athletes for each YOB 2008 and 2009
- up to 5 male and 5 female athletes for each YOB 2010 and 2011
- U18 athletes by application YOB 2006 and 2007

SOD Series Points

Athletes will be selected based on summed SOD Paraffin Series points accumulated during the qualifying year. Athletes will be awarded points based on ‘Position to Points’ table found below:
Position to Points System in the SOD Paraffin Series:

Position	Points	Position	Points	Position	Points	Position	Points
1	100	11	46	21	22	31	12
2	90	12	43	22	21	32	11
3	80	13	40	23	20	33	10
4	75	14	37	24	19	34	9
5	70	15	34	25	18	35	8
6	65	16	32	26	17	36	7
7	61	17	30	27	16	37	6
8	57	18	28	28	15	38	5
9	53	19	26	29	14	39	4
10	49	20	24	30	13	40	3

At the end of the qualifying ski season, a cumulative score is computed for each skier. For each skier, the cumulative score represents the sum of their N best races (N represents the total number of events actually held in the season, less 2). For example, if 7 Paraffin events are held, event points would be summed over a maximum of 5 races.

For example:

Racer A		Racer B		Racer C	
Race#1:	43	Race#1:	100	Race#1 :	80
Race#2:	75	Race#2:	NA	Race#2 :	75
Race#3:	61	Race#3:	75	Race#3 :	70
Race#4:	70	Race#4:	90	Race#4 :	64
Race#5:	53	Race#5:	100	Race#5 :	90
Race#6:	40	Race#6:	NA	Race#6 :	80
Race#7:	NA	Race#7:	NA	Race#7:	37

Qualifying Points: 302 Qualifying Points: 365 Qualifying Points: 395

In the event of races being cancelled, the N-2 rule will still be in place unless there are fewer than 3 races held. If only one or two actual races were held, see below.

Total Paraffin Series Races	Races needed to Qualify
	<i>*exception to rule</i>
1	1*
2	1*

For the SOD Paraffin Series, athletes accumulate points in the age category they race in. If athletes race in different age categories during the qualifying year (e.g., ‘race up’ for an event) then points will be accumulated in two different categories which are not summed together for SOD team consideration.

3.1 Application for Inclusion to Team

Athletes within the targeted age groups (including U18) who competed in at least 2 of the SOD Race Series events may apply to the SOD Team Coordinator to be included in the team, with a recommendation from a club coach. Such applications should be sent by email to SOD Team Coordinator as listed in Section 4. These applications will be evaluated based on team capacity and SOD Race Series ranking within year of birth. Application deadlines are listed in Appendix 1.

3.2 Appeals for SOD Team Selection

Once the SOD Team has been named and released on the SOD website, any appeals of HPC-SOD decisions must be made to the HPC-SOD in writing as per Appendix 1. All appeals should be sent by email to the SOD Team Coordinator as listed in Section 4. Following the appeal period, the final list will be posted on the SOD website: <http://xcskiontario.ca/districts-clubs/sod/team/>

4 Members of the HPC-SOD

Questions or comments regarding these selection criteria should be directed to a member of the High Performance Committee. The members of the High Performance Committee are:

Name	Title	Email
Suzy Shalla	SOD Team Coordinator	suzy.shalla@gmail.com
Holly Strickland	SOD Team Coach	onlyonetopdawg@hotmail.com
Jon Strickland	SOD Team Asst. Coach	jon@lakeridgedevelopments.com
Scott Dowling	HPC-SOD Representative XCSO	rscottdowling@gmail.com
Shawn Marshall	SOD Paraffin Race Series Director	durhamskier@gmail.com

Appendix 1:

2022 -2023 SOD Team Selection

Dates and Deadlines

Date	Activity	Responsibility
April 2023	Posting of team selection list on http://xcskiontario.ca/districts-clubs/sod/team/	HPC-SOD
Accepted within 1 week after posting on http://xcskiontario.ca/districts-clubs/sod/team/	Applications to be named to the SOD Team as per Section 3.1	Athlete applying for inclusion
Accepted within 1 week after posting on http://xcskiontario.ca/districts-clubs/sod/team/	Appeals to the SOD Team	All athletes
Within 30 days of posting of SOD Team on http://xcskiontario.ca/districts-clubs/sod/team/	Athlete agreements signed	All SOD Team athletes