



## Ontario Ski Team (OST) Nominations

### Nomination Committee

Bryan Dubeau, Technical Director XCSO  
Liz Inkila, Executive Director XCSO  
Jack Sasseville, High Performance Committee Chair  
Geoff Tomlinson, NCD HPC Representative

### Nomination Synopsis

Our aim is to be as inclusive as possible with the interpretation of criteria and nomination decisions. The Ontario Ski Team (OST) is a high performance focused team. Athletes nominated to this team must meet performance requirements of achieving a minimum average CPL vs IPB threshold. Athletes must also have competed in the 2023 Ski National Championships or granted an exception. Additional discretionary nominations were given to those athletes meeting performance criteria who did not compete in the 2023 Ski National Championship but who competed at Canada Winter Games and World Championships.

### 2023-2024 Athlete Nominations

Congratulations to the following athletes on your nomination to the Ontario Ski Team!

		Club	Basis for Nomination
Jasmine	Lyons	Nakkertok Nordic (Ontario)	World Championships
Max	Hollmann	Big Thunder Nordic Ski Club	Criteria Fulfillment
Clara	Hegan	Nakkertok Nordic (Ontario)	CWG Team Member
Luke	Allan	Nakkertok Nordic (Ontario)	World Championships
Edgar	Sarrazin	Lappe Nordic Ski Club	CWG Team Member
Anna	Stewart	Nakkertok Nordic (Ontario)	Criteria Fulfillment
Kendyn	Mashinter	Walden Cross Country	Criteria Fulfillment
Katya	Semeniuk	Nakkertok Nordic (Ontario)	Criteria Fulfillment
Robin	Mason	Nakkertok Nordic (Ontario)	Criteria Fulfillment
Sarah	Cullinan	Big Thunder Nordic Ski Club	Criteria Fulfillment
Helen	McCulligh	Kanata Nordic	Criteria Fulfillment
Guillaume	Pelchat	Pembroke & Area Cross Country Ski Club Inc.	Criteria Fulfillment
Anna	Semeniuk	Nakkertok Nordic (Ontario)	Criteria Fulfillment
Mya	Marshall	Chelsea Nordiq (Ontario)	Criteria Fulfillment
Theodore	Ochrym	Team Hardwood	Criteria Fulfillment

## Force Majeure

Appeals will be evaluated by the Nomination Committee. Force Majeure documentation must be submitted by email to [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca) **Sunday Apr 23, 2023 by 4pm EST.**

## Nomination Acceptance

Athletes must accept their nomination for the Ontario Ski Team (OST) by registering on Zone4 by **May 1, 2023**.

[Zone 4 Ontario Ski Team Nomination Acceptance and Team Registration 2023-2024](#)

## Additional Selection Requirements

Upon acceptance of your nomination/registration, athletes will be required to submit the following supporting documentation:

- A copy of your YTP
- A letter of Recommendation from their club coach
- Access to athletes training logs
- Completion of an Individual Athlete Performance Plan (IAPP)
- Completion of all CSIO health screenings and XCSO/CSIO Testing Camps

Official selection to the Ontario Ski Team will take place once there has been satisfactory completion of these and other requirements as indicated on page 13 of the Ontario Programming Document.

More information and instructions for these requirements will be provided after the **May 1, 2023** nomination acceptance deadline. Please contact Bryan Dubeau, [techdirector@xcskiontario.ca](mailto:techdirector@xcskiontario.ca) if clarification is needed.