Team Ontario Programs and Selection Criteria

2026-2027

Cross Country Ski Ontario

Criteria Updates

This criteria document has been revamped this year in an attempt to simplify and provide clarity.

All material changes from the 2025-2026 criteria are highlighted in yellow.

In alignment with the 2023–2028 Strategic Plan,

Cross Country Ski Ontario (XCSO) supports the pursuit of excellence for athletes, coaches, officials, wax technicians, and event hosts. We are committed to helping Ontario clubs, athletes, and coaches be recognized among Canada's best.

Our Team Ontario program objectives focus on developing **strong daily training environments, increasing the number of clubs capable of hosting Ontario Cups, and supporting athletes and coaches across the performance pathway.** We will achieve this through:

- LTAD-aligned programming that engages more Ontario athletes
- Identifying and supporting athletes committed to training, racing, and personal excellence
- Alignment with Nordiq Canada, CSIO, and NTDC Thunder Bay, and Cross Country Ski Ontario member clubs
- Professional development and mentorship for coaches and officials
- Increasing the number of trained and certified coaches
- Supporting year-round club and team programming
- Expanding the number of Ontario Cup and Youth Championship host clubs
- Recognizing university and college skiing as a valuable development pathway

As a skiing community, we can achieve these goals by working together to support excellence at every level.

Team Ontario Overview

XCSO's Team Ontario Programs are built on a three-pronged approach that supports athlete and coach development across Ontario: **Camps**, **Testing**, and **Racing**.

- **Camps Program:** A structured pathway—ranging from District Camps to High Performance environments—that provides LTAD-aligned training, skill development, and coach mentorship.

- **Testing Program:** A province-wide, consistent, ski-specific field-testing system that helps athletes, coaches, and clubs track progress, guide training decisions, and prepare for high-performance demands. It also provides XCSO with data to deliver focused professional development for coaches, strengthening Ontario's overall system.

- **Race Series:** A robust Ontario Cup circuit offering fair, fun, and well-organized competition opportunities for all athletes, supported by official mentorship, club incentives, and pathways into Team Ontario programming.

Together, these three pillars create a coherent, progressive system that prepares Ontario athletes and coaches for success at provincial, national, and international levels. This integrated framework also supports transparent and developmentally aligned *team selection* for Ontario's provincial programs.

Complementing this system, XCSO provides targeted financial support—such as Quest for Gold and other funding opportunities—to help eligible athletes offset the costs of pursuing high-performance sport.

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XCSO Excellence Programs Pathway

XCSO PROGRAM PILLARS		
CAMPS	TESTING	RACING
(Training Pathway)	(Readiness & Data)	(Performance & Execution)
TEAM ONTARIO SELECTION		
DevTeam ⭘ OJST ⭘ OST ⭘ Para Nordic Teams ⭘ NTDC ⭘ NST		
SUPPORTED BY		
Targeted Athlete Funding (e.g., Quest for Gold)		

XCSO Camps Program

A Four-Tier Development Pathway

Tier	Audience	Purpose	Delivery
High Performance Camps	U20+ athletes (OST & NTDC athletes)	Advanced training for athletes preparing for national/international competition; focus on conditioning, technique, skills, and mental performance	XCSO/NTDC Thunder Bay
High Performance Development Camps	OJST athletes (U18/Y2 & U16)	Bridge between foundational skills and high-performance demands; refine technical/tactical skills; build inter-club connections; may be inclusive of Para Nordic	XCSO (2 per year)
Development Camps	Ontario Development Team athletes	LTAD-aligned training; exposure to high-performance environments; may run alongside other Team Ontario camps	XCSO (1 per year)
District Camps	U14/U12 + interested U18/U16	Fun, single-day regional training; foundational skill development; exposure to new coaches and environments inclusive of Para Nordic	XCSO Districts (LSSD, NCD, NOD, SOD)

Para Nordic Camps Pathway

Who: Para Nordic athletes (Foundations → Development → Provincial Team)
What: Athlete sessions, coach education, classification, integrated community camps, and occasional race opportunities
Goal: Bring Para Nordic athletes together multiple times per year and strengthen provincial and national connections with some integration with the above mentioned camps program.

XCSO Field Testing Program

A simple, athlete-centred system to strengthen training across Ontario.

Purpose

A province-wide, consistent, XCSO Field Testing Program that helps athletes and coaches:

- Track progress
- Identify strengths and gaps
- Guide training decisions
- Strengthen daily training environments

Athlete-Centred	Focus on movement quality, physical readiness, and long-term development—not performance benchmarks.
Simple & Practical	Tests require minimal equipment and can be run by any club, anywhere.
Aligned with Clubs	Easy to integrate into existing club training plans and seasonal structures.
Consistent Across Ontario	Standardized protocols ensure comparable data across athletes, clubs, and regions.

Outcome

Stronger training environments, better-informed coaches, and clearer development pathways across the province.

Provincial Impact

- Supports long-term athlete development (LTAD)
- Enhances planning and alignment across clubs
- Helps identify trends and needs across the Ontario system
- Informs future XCSO programming and high-performance pathways

Adaptations for Para Nordic athletes will be included in the program for the 2026-2027 season.

Ontario Cup Race Series

Cross Country Ski Ontario delivers a province-wide race series that supports athlete development at every stage through LTAD-aligned competition, meaningful race experiences, and high-quality events that prepare athletes for national and international racing. The OCUP series also builds hosting capacity, strengthens community connection, and enhances coach development.

Purpose of the OCUP Series

- Provide regular, fair, and well-structured racing for all Ontario athletes
- Offer diverse formats and competitive opportunities aligned with LTAD
- Develop athletes for national-level racing and beyond
- Grow the number of clubs capable of hosting high-quality events
- Strengthen the racing community across districts
- Support developing coaches and officials through real-world experience

Objectives for OCUP Host Selection

- Ensure at least two individual **OCUP race starts per district**, when capacity and conditions allow
- Require **at least two OCUP venues** to include Para Nordic categories
- Prioritize **Ontario sites** over out-of-province options whenever possible
- Include **every Nordiq Canada Ski Nationals race format** at least once in the season

OCUP Value Statement

Fast, fair, fun racing.
Every athlete who wants to race should have the opportunity—regularly, safely, and at well-organized events with a variety of formats. Clubs that wish to host an Ontario Cup are welcomed and supported, contributing to the overall growth of racing in the province.

OCUP Race Series

1. Leader Bib Series Awards
2. Ontario Cup Series Club Award

Team Selection: Ontario Junior Ski Team (OJST) selection is based primarily on the Leader Bib Series. Please refer to the OJST Selection Criteria included herein.

Race Series Awards Calculation methods are included in Appendix 3.

Team Ontario

XCSO's selection processes—across DevTeam, OJST, OST, NTDC-supported pathways, and Para Nordic Teams, are guided by shared principles to ensure fairness, transparency, and alignment with Long-Term Athlete Development (LTAD).

LTAD Alignment

Selections prioritize stage-appropriate development, long-term potential, and progression rather than short-term outcomes.

Commitment to Training & Development

Athletes demonstrate:

- Consistent year-round training habits
- Engagement with XCSO programs (camps, testing, and, where appropriate, racing)
- A positive attitude toward learning, growth, and high-performance behaviours

Competition Readiness (Program-Specific)

Performance factors are used **only** for programs where racing is a core component:

- **Ontario Junior Ski Team (OJST)**
- **Ontario Ski Team /Female Bridge Program (OST)**
- **NTDC-aligned selection processes**
- **Para Nordic Ski Team (PNST)**

Selectors consider:

- OCUP attendance and series rankings (OJST and 1st year OST)
- CPL
- Demonstrated readiness for higher-level racing

Note: Competition results are *not* used for Development Team or PN DevTeam selection. These are process oriented teams

XCSO Field Testing Participation

Standardized tests provide insight into physical readiness, movement quality, and year-over-year progression. Testing data is not used for team selection.

Coach Input & Qualitative Factors

Club coach insight provides context about:

- Training consistency and habits
- Athlete progression
- Behaviour, communication, teamwork, resilience
  Used to complement—not override—objective data.

Readiness for the Next Level

Selections consider whether athletes are prepared for the demands of the program, including:

- Increased training volume and complexity
- Independence and self-management
- Travel (when required)
- Ability to perform in structured, high-performance environments

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Para Nordic Considerations

Selections consider classification, athlete–guide compatibility, safety, and opportunities for integrated training or competition.

Good Standing Requirements

Athletes must be in good standing with:

- Their home club
- XCSO / Nordiq Canada membership
- Codes of Conduct and Safe Sport expectations
- Anti-doping education (where applicable)

Overall Summary

Across programs, XCSO selection is a **balanced evaluation** of:

Progression ● Training Habits ● Technical/Tactical Ability ● Readiness ● Coachability ● LTAD Alignment

(With performance factors applied *only* in programs where competition is relevant.)

Olympic Stream Team Selection

Athletes selected for Team Ontario Olympic Stream programming gain access to XCSO services that support their pursuit of high-performance skiing. The program includes the following sub-programs:

- **Team Ontario Development Team** – U14 Y2 and older
- **Ontario Junior Ski Team (OJST)** – U16 Y1, U16 Y2, U18 Y1
- **Ontario Ski Team (OST) / Female Bridge Program** – U18 Y2 through U23 Y3
- **NTDC Thunder Bay** – U20 and older

Competition categories by year of birth for the current season are listed in Appendix 4.

Discretionary Additions to High Performance Programming

The HPC designate, XCSO Excellence Programs Manager, or a club coach may recommend additional athletes for consideration in Team Ontario programming. These exceptional cases will be reviewed by the HPC based on program purpose, objectives, and the athlete's current progress and potential to advance to the next level.

Force Majeure

The HPC/XCSO may consider force majeure additions to the **OJST** and **OST** in cases of:

- Injury or illness
- Family misfortune
- Exceptional circumstances
- Equipment breakage

Appeals must include:

- A physician letter (if health-related)
- A letter/email outlining the exceptional circumstances
- A letter/email from the athlete's current personal/club coach confirming their intent to support the athlete as an OJST/OST member

Appeals will be evaluated by the HPC, considering the reason for the appeal and results from other races. Documentation must be received **within two weeks** of the team being named and sent to the Chair of the HPC at **jackxcgolf@gmail.com**, with a copy to **admin@xcskiontario.ca**.

Appeals will only be considered where an athlete has clearly demonstrated a high level of performance at the time of the incident/illness. Decisions are at the discretion of the HPC and will be based solely on information related to the incident or illness.

Team Ontario Development Team

[Return to Program Overview]

The Development Team program aims to introduce Ontario athletes to high-performance concepts while providing supplemental learning and training opportunities. XCSO's provincial programming serves as one of the key supports for developing athletes, ensuring alignment and collaboration between club coaches and provincial staff. Athletes and coaches in this program are expected to actively engage with Cross Country Ski Ontario staff and other coaches, fostering the exchange of best practices to support athlete progression

Athlete Eligibility

- Years of Birth/Category: U14 Y2 and older.
- Be a member of a registered XCSO club
- Intend to purchase a Nordiq Canada racing license and participate in the upcoming race season.
- Be a Canadian citizen or have Permanent Residence status
- For athletes in the U16 and older categories, evidence of completion of in the Locker the Coaches Association of Canada Safe Sport and Rule of Two training modules.

Competition Categories by year of birth for the current season are in Appendix 4.

Benefits/Opportunities

- 1 Dry-Land Camp opportunity.
- 1 Development Team "get together". OCUP #2 or #3. TBD
- 4 virtual group sessions (September through December)
- Team Ontario high viz training shirt (upon successful completion of criteria)

Athlete Nomination

Athletes must submit their Team Ontario Development program **application on Zone4.ca by May 1.** The application will include:

- Team fee of $100.
- Sign the Athlete Code of Conduct
- Planned training hours and goals for the upcoming season, by training period. See Appendix 3 for Training Period Dates.

Application to the Development Team, does not guarantee selection. Selection criteria is outlined below.

Additional Supporting Documentation

A copy of the applicant's Yearly Training Plan (YTP). Athletes must at minimum be entering their "Learn to Compete" stage of development and should aim to complete a minimum of 90% of their Nordiq Canada LTAD appropriate training hours guidelines (minimum = 405 hrs/year).

An online form submission of recommendation from their club coach indicating the athletes readiness for consistent and meaningful training. A link to the form will be provided during the application period.

Development Team athletes are required to submit 2 sets of testing data per year.

Athlete Selection

Official selection for the Team Ontario Development Team program will be completed by June 1, by a sub-committee of the High Performance Committee. To officially be named to the team and receive the Team Ontario kit, athletes must complete the following:

1. Submission of their Yearly Training Plan (YTP).
2. Have logged and completed their training for the prior year Period 3, and for the current year Period 1 (to date), and shared their logs with the XCSO Excellence Programs Manager as per application process.
3. Confirmation 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.

Ontario Junior Ski Team (OJST)

[Return to Program Overview]

The Ontario Junior Ski Team program is designed to provide focused, developmentally appropriate training opportunities to the top developing athletes in the province. The OJST is a progressive learn to compete pathway aimed at consolidating technical and tactical skills. It is an important transition program as athletes prepare for high-performance training and competition demands.

Benefits/Opportunities

1. Two OJST training camps (July and November) led by some of Ontario and Canada's leading coaches. One camp is usually held in conjunction with an NTDC/OST Training Camp. See Appendix 1 for Camp Dates.
2. If you are a new member of the team, an Ontario Team Jacket. This will be billed to new athletes in the amount of $200.
3. A high-viz dry-land Team Ontario training shirt.
4. Access to Ontario team ski equipment discounts (as provided by equipment suppliers)
5. Virtual sessions (based on availability)

Athlete Eligibility

- Category: U16 Y1 and Y2, and U18 Y1.
- Be a registered member of an XCSO Club and hold a valid Nordiq Canada racing license registered with that club
- Be a Canadian citizen or have Permanent Residence status
- Have completed in the Locker the Coaches Association of Canada SafeSport: Athlete and Rule of Two Training modules.

Competition Categories for the current season are identified in Appendix 4.

Athlete Nomination and Selection

Part 1: Minimum Eligibility Requirements

To be eligible for the Ontario Junior Ski Team, athletes must first fulfill the following criteria

- Compete in a minimum 7 individual OCUP races. Athletes must attend at least one OCUP outside their home district. For U16 athletes, OWG may count as two OCUP starts, but does *not* replace the requirement to race at least one OCUP out of district. The OCUP schedule is in Appendix 2.

- Achieve a minimum of 70 points in either of the Sprint or Distance CPL published in April after Nordiq Canada Ski Nationals.

Notes:

1. In an Ontario Winter Games year, eligible athletes may count the 2 individual races in lieu of OCUP races in their 7 required OCUP starts.
2. In the event of cancellation of or changes to OCUP races due to weather or other circumstances, the number of individual races which an athlete must compete in for selection to the OJST are identified in Appendix 5.

Part 2: Athlete Selection

1. Using the OCUP Bib Point Series ranking, the top 3 male and top 3 female athletes in each of the U16 and U18 categories will be named to the OJST.

Then, 3 ranking lists will be produced by XCSO using the Sprint & Distance CPL as published by Nordiq Canada after Nordiq Canada Ski Nationals (early-April).

2. Using **ONLY CPL points earned in the athlete's YOB category***, the top 3 per gender for U18 Y1 and U16 Y2, in any of the following ranking lists will be selected to the team.

    a. Sprint Ranking
    b. Distance Ranking
    c. A ranking using the average of sprint and distance points (sprint and distance weighted equally).

    Note: CPL points accrued by racing up will be removed from the ranking list calculations.

3. After removing the top 3 U18 Y1 and U16 Y2 athletes of each gender in each of the CPL ranking lists - the next 4 athletes on each ranking list will be selected to the team.

***Note: XCSO strives to provide opportunities at every OCUP for U18s to race with U20s, and U16s to race with U18s. Racing up is not encouraged.**

Part 3: Additional Supporting Documentation

Once nominated to the Ontario Junior Ski Team, additional documentation must also be submitted to complete their selection to the team:

- A copy of the applicant's Yearly Training Plan (YTP).
- Access to Training Logs
- Complete and submit results of the physical tests listed in the Ontario Field Testing Program by July 1 and November 1.

Athletes must also consistently fill out their training log and share them with XCSO's Excellence Programs Manager to maintain their place in the program. Failure to comply may result in exclusion from further training opportunities.

Part 4: Athlete Obligations

Ontario athletes who accept their nomination to the Ontario Junior Ski Team will be asked to:

- Sign an Athlete Contract and Athlete's Code of Conduct
- Indicate the intent to register as an Ontario athlete in the upcoming ski season.
- Pay a team fee of $200 (waived if the athlete joins the NTDC Summer Program).
- Commit to attending at least one of the two camp opportunities
- Pay a $1,000 camps deposit for each of the dry-land and on-snow camps that the athlete will attend. Notice must be received in writing prior to June 1 at Midnight for a refund of the dry-land camp deposit, and by July 31 at Midnight for the on-Snow camp deposit . After those dates, refunds will be considered on a case-by-case basis.

The Athlete Contract will include a schedule that outlines all planned Ontario Junior Ski Team activities for the upcoming season. The expectation is that athletes attend at least one OJST training camp. Exceptions will be considered on a case by case basis.

Ontario Ski Team (OST)

Ontario High Performance Sport Initiative (OHPSI)

[Return to Program Overview]

The Ontario Ski Team is a high-performance team composed of athletes who are aiming for qualification in, and participation at, international events. This team includes eligible Ontario athletes named to Nordiq Canada's NTDCs, all of whom are subject to the same criteria for access to OHPSI support.

Athletes on this team will be high-performance driven, competing at a National level with goals that include World Junior/U23 Championships, Euro B Tour, Canada Winter Games, FISU Universiade, and other international events.

Athlete Eligibility

- Categories: U18 Y2 to U23 Y3
- Be a registered member of an XCSO Club and hold a valid Nordiq Canada racing license registered with that club
- If the athlete holds a FIS license that license must be registered to a Canadian Club
- Canadian citizen or have Permanent Residence status
- Have completed in the Locker the Coaches Association of Canada SafeSport: Athlete and Rule of Two Training modules.

Athlete Nomination and Selection

Part 1: Minimum Eligibility Requirements

- Using the Final Period Sprint and Distance CPL list, XCSO will compare athletes to their International Performance Benchmark (IPB) in Sprint or Distance with the highest percentage being used to rank the athletes.
- Athletes must also:
    - U18 Y2 athletes must compete in a minimum of 7 individual OCUP starts. Athletes must attend at least one OCUP outside their home district.
    - Compete in the Nordiq Canada Ski National (exceptions may be granted on a case-by-case basis)
    - Achieve a minimum average CPL versus IPB threshold (as identified in Appendix 5) of 93%.
    - Sign an Athlete Contract and Athlete's Code of Conduct
    - Pay the team fee of $200 (waived if the athlete joins the NTDC either Year Round or Summer Program).

*Considerations for U18 Y2 Athletes

- In a Canada Winter Games (CWG) year, CWG races will count as individual races in lieu of OCUP races in their 7 required OCUP races.
- Any athlete who qualifies for and attends World Juniors will be named to the Ontario Ski Team.

Note: In the event of cancellation of or changes to OCUP races due to weather or other circumstances, the number of individual races which a U18 Y2 athlete must compete in for selection to the OST are identified in Appendix 5.

Part 2: Additional Supporting Documentation

To complete their selection to the Ontario Ski Team, athletes must submit the following supporting documentation:

- A copy of the applicant's Yearly Training Plan (YTP).
- Access to athlete's training logs for the XCSO Excellence Program Manager.
- Complete an XCSO Individual Athlete Performance Plan (IAPP), to be approved by the XCSO Excellence Programs Manager in consultation with the athlete and their personal coach. The IAPP will be reviewed at least once prior to the start of the following racing season.

Part 3: Athlete Obligations

- Athletes must complete all CSIO health screenings.
- Complete and submit results of the physical tests listed in the Ontario Field Testing Program by July 1 and November 1.
- Engage in a provincial outreach activity. For example: attend an Ontario Camp either as a coach or athlete
- The athlete must regularly communicate with the XCSO IST and support staff.
- Athletes must also consistently fill out their training log and share it with the XCSO Excellence Programs Manager to maintain their place in the program.

Official selection of an athlete to the Ontario Ski Team will take place once all of the above steps have been satisfactorily completed and presented by the XCSO Excellence Programs Manager to a sub-committee of the High Performance Committee. Failure to complete program requirements will result in an omission from additional training opportunities.

Please contact the XCSO Excellence Programs Manager (techdirector@xcskiontario.ca) if clarification is needed.

OHPSI Program

The OHPSI program is offered through a partnership with the Canadian Sport Institute Ontario and designed to support a comprehensive provincial high performance sport system that allows for sustained success of athletes and coaches at the very highest levels of international sport. The goal of the OHPSI program is to identify and support Ontario athletes who are best capable of achieving future international success.

Benefits/Opportunities

1. Access to virtual sessions (ie:nutrition, mental performance and technique).
2. Access to Team Ontario ski equipment discounts (as provided by equipment suppliers)
3. Virtual coaching support from the XCSO Excellence Programs Manager and Integrated Support Team (IST), as needed.
4. Access to provincial team camp opportunities. These are usually offered by NTDC.
5. Individualized sport science support in nutrition and/or mental performance, depending on CSIO screening.
6. Strength coaching support.
7. Wax support at targeted races (on a case by case basis).
8. Ontario Team Jacket, if you didn’t already have one: $200.

Female Athlete Bridge Program

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In an effort to address the gender disparity in the current Ontario high performance landscape, in particular during the post-secondary transition, additional female athletes who fall within 5% of their XCSO CPL/IPB percentage benchmarks will be nominated to the Ontario Ski Team Female Athlete Bridge Program.

Athletes must complete all components of the Ontario Ski Team selection process. If selected, the program will offer targeted opportunities and support determined during the IAPP process and include team clothing.

National Team Development Center (NTDC)

The National Team Development Center - Thunder Bay (NTDC) supports XCSO's goal of ensuring that Ontario athletes, coaches, officials, wax technicians, and event hosts are consistently recognized as among Canada's best, as well as Nordiq Canada's goal of aspiring to greatness: Canadian athletes, coaches and technicians achieve excellence and exemplify the highest standard of ethical behaviour.

NTDC's vision is to provide a high performance environment that fuels Canada's international cross country skiing excellence. Its mission is to provide leadership to the high performance skiing community and supports the development of Canadian skiers striving for international podium finishes.

NTDC's team culture is strong and supportive. "We build our bonds with our teammates during the dry-land season, and support each other as we pursue our racing objectives whether they be on the national or international circuit."

Criteria for Readiness to Join NTDC

Joining NTDC requires more than just performance metrics. We seek athletes who are not only ready for high-performance training but also have the ambition for long-term international goals, aiming for a future on the National Ski Team.

NTDC places a strong emphasis on Long-Term Athlete Development (LTAD) and expects athletes to engage in training that aligns with the LTAD stage appropriate for their age and developmental readiness.

In the past, skiers that have succeeded in the NTDC have arrived at the training centre with:

- **Technical Proficiency**: Strong foundation in technique and adaptability to coaching feedback.
- **Physical Conditioning**: Solid endurance base, resilience, and readiness for consistent, structured training.
- **Mental Readiness**: Commitment, mental toughness, and focus in training and competition.
- **Team Orientation**: Positive team interactions, coachability, and a collaborative spirit.
- **Lifestyle Balance**: Effective time management, recovery awareness, and personal responsibility.
- **Growth Mindset and Ambition**: Eagerness to progress, adaptability to higher-level training, alignment with NTDC values, and clear goals to represent Canada internationally.

Programs offered by NTDC - Thunder Bay

1. **Year Round Program:** live and train in Thunder Bay
    a. Early May to late March. Athletes graduating from high school usually start in July. Training plans and testing are available to those athletes prior to arriving in Thunder Bay.
    b. By application: Applications open each March, with final team selections made by April 15. Athletes may be added after the selection period if space allows.
2. **Summer / Dryland Program:** live and train in Thunder Bay for the summer, plus 2 dry-land camps. This program is designed for OJST, OST and Varsity athletes. See Athlete Selection below.
    a. Early May 1 to Labour Day, or
    b. July 1 to Labour Day.
    c. By application: Applications open each March, with final team selections made by April 15.
3. **Remote Training Program:** Offered on a case-by-case basis. Fees depended on services offered.

NTDC Athlete Selection:

Summer Program: Join NTDC for a high performance immersion experience which includes 2 dry-land camps, one in July with the NTDC/OST, and a supported trip to the annual Gatineau Super Camp.

The summer dry-land program is suitable for athletes selected to the OJST graduating from high school or entering grade 12, and OST athletes, as well as any varsity ski team athletes looking for a high performance dry-land experience.

Summer Program and OST athletes have access to camp and race support (resources permitting) provided by NTDC throughout the year.

Year Round Program: Athletes from across Canada are selected to join the NTDC program based on performance criteria. These dedicated individuals join a committed, hardworking team that has exceptional national level coaching, access to extensive high level training facilities and excellent sport science testing services.

Our athletes compete at regional, national and international competitions from late November to early April. Their individualized training programs are usually blended with demanding academic pursuits.

Several factors are pivotal in evaluating applications for the NTDC program. Decisions are guided by the criteria set forth by Nordiq Canada and XCSO, aligned with our mission and vision.

<u>Part 1: Markers of performance:</u>

- National Team and National Development Team selection
- Ontario Ski Team selection

- Performance at major championships and World Cup events
- Results from Nordiq Canada Trials
- Performance at Nordiq Canada Ski Nationals
- Canada Cup and Supertour performances
- FIS and CPL point rankings
- Ontario Cup Race Series' overall standings
- Other performance benchmarks and coach recommendation.

Part 2: Additional Supporting Documentation

To complete their selection to the NTDC, athletes must submit the following supporting documentation:

- A copy of the applicant's Yearly Training Plan (YTP).
- A letter of recommendation from their club coach indicating the athlete's readiness for consistent and meaningful training, in relation to the team's goals (see above).
- Access to athlete's training logs for the XCSO Excellence Program Manager.
- Athletes must also complete an XCSO Individual Athlete Performance Plan (IAPP), to be approved by the XCSO Excellence Programs Manager in consultation with the athlete and their personal coach. The IAPP will be reviewed at least once prior to the start of the following racing season.

NTDC Team Fees:

1. Year Round Program: $5,000
2. Summer Programs: 4 months: $2,000, 2 months $1,500.
3. Remote Program: Case-by-case basis.

We offer discounts for athletes named to most Nordiq Canada teams, as well as returning athlete discounts.

If you're uncertain about your readiness to join NTDC, we encourage you to connect with NTDC alongside your coach to assess and discuss your options.

Paralympic Stream

Team Ontario Program Overview

Athletes selected to participate in Team Ontario Paralympic programming will have access to a range of services provided by Cross Country Ski Ontario to support high performance skiing excellence. Within the overall program there are several sub-programs:

1. Para Nordic Foundations Club Program
2. Team Ontario Para Nordic Development Program
3. Ontario Para Nordic Ski Team
4. Ontario Para Nordic Guide Program

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

The XCSO Excellence Programs Manager, 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 (camp/team) opportunities. Any such exceptional cases will be reviewed by the HPC 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, HP Chair, Excellence Programs Manager and PN Chair taking into consideration the reason for the appeal and results from other races. Force majeure documentation must be received **within 2 weeks of the naming of the selected team.** Documentation should be sent by email to the XCSO Executive Director at 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.

Para Nordic Foundations Club Program

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Para Nordic Foundations Club Program

The Para Nordic Foundations Club Program is designed to support Cross Country Ski Ontario (XCSO) member ski clubs in the development of Para Nordic programming which opens the door to high performance skiing for athletes. Participating clubs will be representative of Ontario's Para Nordic community and will strengthen their club practices in para-sport by engaging in supplemental opportunities provided by XCSO.

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

Club Eligibility

- Must be a registered XCSO club.
- Demonstrated interest in developing or expanding Para Nordic programming.
- Commitment to fostering an inclusive environment for para-athletes.
- All identified coaches and program leaders must have completed the Coaches Association of Canada SafeSport: Coach Training and Rule of Two training modules through The Locker.
- All identified coaches and program leaders must have completed the ICC and AWAD Multisport online module (can be completed in the beginning stages of program)
- As part of the application all clubs must complete the para ready tool and propose solutions to identified gaps.
- The above steps will be supported by XCSO.

Benefits/Opportunities

- Access to in-person training camps where club coaches and athletes can connect with the broader Para Nordic community.
- Access to the Para Nordic equipment rental pool to support the development of local programming.
- Guidance and mentorship from XCSO in establishing best practices for Para Nordic programming.
- Networking opportunities with other clubs delivering Para Nordic programs.

Club Nomination & Application

- Clubs must submit their Para Nordic Foundations application through this Google form Para Nordic Foundations Club Program Application Form.
- 2025 -26 Program funding support: XCSO is providing a limited funding opportunity for up to 6 clubs to receive financial support for program development.
- Applications are ongoing and will be considered on a case-by-case basis and until funds are exhausted.

Clubs are also encouraged to consider participation in the XCSO Club/Coach Mentorship Program to receive individualized support and consultation during the program development process.

Team Ontario Para Nordic Development Program

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Athletes named to Team Ontario Para Nordic Development will be representative of Ontario's 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 Para Nordic Development is to provide stimulating and engaging programming.

Athlete Eligibility

- Years of Birth/Category: Open
- Be a member of a registered XCSO club
- Purchase a Nordiq Canada racing license and participate in the upcoming race season.
- Be a Canadian citizen or have Permanent Residence status.
- Athletes 14 and up must complete in the Locker the Coaches Association of Canada SafeSport: Athlete and Rule of Two training modules

Benefits/Opportunities

- Access to virtual group nutrition, mental performance and technique sessions.
- Virtual coaching support from the XCSO Excellence Programs Manager, 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 Development program **application on Zone4.ca by May 1.** The application will include:

- Team fee of $100
- Sign an Athlete Contract and the Athlete's Code of Conduct
- Planned training hours and goals for the upcoming season, broken into 3 training periods as identified in Appendix 4.
- 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 could include physio and mobility exercises)
- 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.

Note: After the June 1st deadline athletes from clubs that are part of the Para Nordic Foundations Club program may still apply for the Team Ontario Para Nordic Development 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 Excellence Programs Manager & XCSO PN Lead.

Athlete Selection

Official selection of Team Ontario PN Development program will be completed in June, 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 the prior year Period 3, and for the current year Period 1 (to date), and shared their logs with the XCSO Excellence Programs Manager and/or the Para Nordic Lead. Specific information will be available during the 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

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.

Team Ontario Para Nordic Development athletes will be required to participate in the XCSO Field testing program with Para Nordic adaptations and submit at least 1 set of testing data per year.

Ontario Para Nordic Ski Team

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Athletes named to the Ontario Para Nordic Ski Team program will be representative of Ontario's highest performing paralympic 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 Nordiq Canada racing license registered with that club
- Canadian citizen or have Permanent Residence status
- Compete in a minimum of 4 identified Ontario Cup (or equivalent: Para Sports/CWG/OWG) individual races (other events to be included at the discretion of the PN and HP committees)
- Compete in a minimum of 2 individual races at the Nordiq Canada Ski Nationals (or 2 starts at CWG in the year it is held) (exception for athletes competing at an international level representing Canada)
- Athletes 14 and up must complete in the Locker the Coaches Association of Canada SafeSport: Athlete and Rule of Two training modules
- Pay team fee of $200.

Benefits/Opportunities

- 2-3 XCSO Para Nordic Training Camps (May be infused with Ontario Olympic Stream Training Camps)
- ON PN Ski Team race suit and Ontario Team Jacket.
- Access to remote educational opportunities (i.e., 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 athletes)

Criteria:

- 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 are based on depth of field with reference skiers
- In the absence of the provision of a PN CPL by Nordiq Canada, selection will be based on the top athlete, overall by aggregate finish, at Nationals in each gender and discipline (standing and sitting).
- Additional athletes that meet a maximum of 20% behind leader in each gender and discipline (sitting standing)

Athlete Obligations

- Wear Team Ontario gear at Nordiq Canada Ski Nationals, and at XCSO supported race trips and camps
- Attend a minimum of 2 XCSO Para-Nordic Training Camps. This may include attendance at one XCSO-led camp in the athlete's district.
- Ontario Para Nordic Team athletes will be required to participate in the XCSO Field testing program with Para Nordic adaptations and submit 2 sets of testing data per year (June and September).

Ontario Para Nordic Guide Program

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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 Athletes with a Disability
- Provide a criminal record check for the vulnerable sector

Application Process

- Apply via XCSO VI Application
- Applications are being accepted on a continuous basis.
- For more information contact Jen Nieson, XCSO PN Lead at para@xcskiontario.ca

Quest for Gold Athlete Assistance Program (OAAP)

Purpose of Q4G

Quest for Gold provides financial support to Ontario's high-performance cross-country skiers to help them:

- Pursue excellence at national and international levels
- Offset training and living costs
- Access high-quality coaching and services
- Continue their education while training
- Live and train in Ontario

All funding received from the Ontario Ministry of Sport's Q4G program is directed to athletes.

Eligibility Requirements

To be considered, all athletes must:

- U20 Y1 or older for the carding year, based on results from the prior year.
- Be a Canadian citizen or permanent resident
- Be a paid member of an Ontario club for at least one year prior
- Hold a Nordiq Canada race licence with an Ontario club
- Have their FIS licence linked to their Ontario club, if applicable
- Be in good standing with XCSO and Nordiq Canada
- Sign and comply with the XCSO Athlete Agreement
- Be coached by a coach who is T2T Certified or Comp-Dev Trained (or enrolled)
- Not be under a doping sanction
- Race for Ontario at national events and for Canada internationally for one year
- Not receive financial support through another provincial/territorial athlete assistance program

Sport Canada AAP–carded athletes are not eligible.

Selection Overview

Phase 1 — Athletes are automatically considered if they are:

- Selected to and attend World Junior/U23 Championships, or
- Named to a Nordiq Canada national team program (Olympic or Para)

  AND

- Not Sport Canada AAP-carded

These athletes enter the ranking list first.

Phase 2 — CPL/IPB-Based Ranking (Olympic Stream)

All eligible athletes are ranked by:

- Their CPL Distance and CPL Sprint points
- Their percentage proximity to the International Performance Benchmark (IPB) for their year of birth
- Their best percentage (sprint OR distance)
- Meet the minimum performance standard for the carding year (see below)

Para-Nordic Ranking

- Athletes must meet the annual performance benchmark at Canadian Ski Nationals.
- Athletes will be ranked using Nordiq Canada's PN CPL if an updated list is provided by Nordiq Canada. In the absence of PN CPL list athletes meeting criteria for Team ON PN AND having at least one race result in the preceding season meeting the minimum performance benchmark measured by percentage back from international winning times (using a measure of ski speed in metres per second).

Athlete Obligations

To receive a card, athletes must sign the XCSO Athlete Agreement and choose one pathway:

1. Ontario Ski Team (OST)
    - Full participation in OST training and competition programming.

    OR

2. Individual Athlete Pathway

    Athletes must:

    - Attend XCSO/CSIO Physiological Testing and/or submit field test results 2 times per year.
    - Complete an Individual Athlete Performance Plan (IAPP) with their coach & XCSO.
    - Participate in a minimum number of XCSO or Nordiq Canada training camps during the carding period.

Force Majeure (Injury / Illness / Pregnancy) — Always the Same

Athletes who could not meet performance standards for strictly health-related reasons may be considered if they:

- Provide medical documentation
- Complete rehabilitation and return-to-training requirements
- Demonstrate long-term commitment to HP
- Submit coach and athlete letters
- Rank within the required portion of the adjusted list

Up to one male and one female may receive consideration annually.

Appeals

Athletes may appeal only if:

1. XCSO did not follow its published criteria, or
2. XCSO applied criteria with bias, discrimination, or conflict of interest

Appeals cannot contest the criteria itself.

2026-2027 Q4G Program Specifics

Number of Cards & Card Value

1. Olympic stream cards available: 5 female, 5 male
2. Para-Nordic cards available: 2 female, 2 male
3. Card value: $3,732.00 per athlete

Performance Standards

1. Minimum Olympic Stream performance threshold: 93% "Best Of" IPB proximity
2. Para-Nordic minimum CPNPL threshold: 60 points
    a. In the absence of CPNPL provided by Nordiq Canada athletes must meet a minimum ski speed of 3.9m/s for women and 4.23m/s for men (approx. 35% back of International winning times).

Key Dates (Year-Specific)

1. Draft nomination list published: No later than April 30, 2026
2. Force Majeure submission deadline: May 15, 2026
3. Appeal deadline: May 15, 2026
4. Carding period: 1 May 2026 to March 31, 2027

Full Q4G funding program description, including IPB calculation, available in the Document Center on the XCSO Website.

Contact admin@xcskiontario.ca for more detailed information.

Appendix 1 2026 XCSO Camps Program

XCSO Led Camps		
Camp Type	**Location**	**Tentative 2026 Dates**
NTDC/OST Dryland Camp	TBD	July 2 to 12 (TBC)
Development Team Camp	TBD	July 4 to 6 (TBC)
PN Camp		July 2026 TBC
OJST and Nordiq Canada Prospects Camp	Thunder Bay	July 18 to 26 TBC
NTDC/OST Gatineau Supercamp	Gatineau	August TBC
PN Camp		August TBC
Nordiq Canada PN Development Camp		November 2026
NTDC/OST On Snow	Silver Star	One week on snow camp the week leading up to the Silver Star Continental Cup
OJST On Snow	Silver Star	One week on snow camp the week leading up to the Silver Star Continental Cup
Development Team Get Together	OCUP #2 or #3	TBC

To confirm XCSO and District Camp dates visit the XCSO Events Page and type the word "Camp" in the search bar. These will be updated by December 31, 2025

Appendix 2 - 2025-2026 Ontario Cup Race Series

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2025-2026	Event	Race Formats	Location
19-21 Dec	**FIS Eastern Cup** **Candy Cane Cup (NCD)** **OCUP / QCUP #1**	IND C | SP C | IND F Para Nordic Categories	Gatineau QC (ENGNE)
27-28 Dec	Suggested - District Winter Break Camps		Districts
2-4 Jan	**OCUP #2 (LSSD)**	Prologue F | King's Court C | MST F	Thunder Bay ON (LSNA)
17-18 Jan	**OCUP #3 (NOD) and Development Team Meet Up**	Prologue F followed by Club Team Sprint F | INT C, plus U12 FUN Zone Para Nordic Categories	Sault Ste. Marie (Soo Finnish)
29 Jan-2 Feb	**Nordiq Canada Selection Trials**	IND C | SP F | MST F	Canmore AB
6-8 Feb	**OCUP / QCUP #4 (NCD)** **FIS Eastern Champs**	IND F | SP F | MST C Para Nordic Categories	Gatineau QC (ENGNE)
20-22 TBC	OUAs	TBD	Nakkertok (Ottawa U)
20-22 Feb	**Ontario Youth Championships** U14 and younger	TBD	Sudbury (Walden)
23-25 Feb TBC	OFSAA (SOD)	TBD	Hardwood Ski & Bike Oro Medonte
25-27 Feb	**Ontario Winter Games (SOD) (U14 Y2/U16)**	Prologue and Division Relay F | IND C	Hardwood Ski & Bike Orillia
9-15 Mar	Nordiq Canada Ski Nationals (Para Nordic Categories)	U16/U18 IND CL | U16/U18 SP F | U20/SR SP F | U16/U18 MST F / U20/SR MST F | Provincial Team Sprint | U20/SR IND CL	St. Ferreol les Neiges (MSA)
21-22 Mar	XCSO Season Finale	Relays/Sprints | 6-hour Skiathon	North Bay (North Bay Nordic)
22 Mar	XCSO Provincial 6-hour Skiathon and Ski Club Fundraisers		Clubs/Districts
	OCUP Starts for Ontario Bib Point Series and Team Ontario Selection. U16 = 7 OCUP Starts; U18 = 7 OCUP Starts		

Appendix 3 - Ontario Cup Series and Awards

The Ontario Cup Series Club Award Calculations

The goal of the Ontario Cup Series Club Award is to recognize the club with a strong breadth of performing skiers in the province.

The Ontario Cup leader bib points of the top 2 male and female skiers from each club in each category (U16, U18, U20, U23) will be added together to create a total score for each club. The club with the highest final total score will be awarded the Ontario Cup Series Club Award Trophy.

Leader Bib Series Calculations

The Ontario Cup Series Leader Bib Award recognizes the top performing Ontario athlete of each gender in each of three categories after each Ontario Cup race.

Athlete Eligibility

Athletes in the U16, U18, U20 and U23 categories who:

- Hold a valid Nordiq Canada racing license registered with an Ontario club
- Are registered with an Ontario club
- Hold Canadian citizenship or Permanent Residence status
- Completed the Coaches Association of Canada SafeSport: Athlete and Rule of Two training modules

Athlete Selection

Selection of the leader bib recipient will be based on points accumulated from all OCUP race weekends using the table of ordinal points (25 points for first, 20 for second, 15 for third, etc). The current, updated and final category leaders will be determined at the end of each of the races in the OCUP Series. For sprint races the points are allocated based on final finish order.

Ontario Cup Leader Bib Ordinal Points

Place	Points	Place	Points	Place	Points
1	25	4	12	7	6
2	20	5	10	8	4

Place	Points	Place	Points	Place	Points
3	15	6	8	9	2
Note: Points will be awarded to the category in which the athlete was registered for each event.				10	1

Benefits

The top three final category leaders in each category for each gender at the end of the OCUP series will receive recognition at the XCSO Athlete Meeting at Nordiq Canada Ski Nationals.

Appendix 4 - Competition Categories for 2025-2026

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Olympic Stream Athletes

Category	Age at 31 Dec 2025	YOB
U14 Y1	12	2013
U14 Y2	13	2012
U16 Y1	14	2011
U16 Y2	15	2010
U18 Y1	16	2009
U18 Y2	17	2008
U20 Y1	18	2007
U20 Y2	19	2006
U23 Y1	20	2005
U23 Y2	21	2004
U23 Y3	22	2003

Para Nordic Stream Athletes

Standing Classes	LW2-LW4	Skiers with leg impairments
	LW5-LW8	Skiers with arm impairments
	LW9	Skiers with both leg and arm impairments
Sit-Skiing Classes	LW10-LW12	All sit-skiers have impairments affecting their legs
Visually Impaired	NS1 to NS3	All skiers have a visual impairment

Appendix 5 - Training Periods and Test Dates

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Training Periods for the 2026-2027 season are defined as follows:

- Period 1: May 4, 2026 to August 30, 2026
- Period 2: August 31, 2026 to January 3, 2027
- Period 3: January 4, 2027 to April 25, 2027

All athletes named to Team Ontario must complete the Ontario Field Tests.

Testing Results for the 2026-2027 race season must be submitted by the following dates:

Set 1: July 1, 2026 (Development Team, OJST, OST, NTDC, PNST)
Set 2: November 1, 2026 (Development Team, PN Dev Team, OJST, OST, NTDC, PNST)

Appendix 6 - Race Cancellation

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There are 11 individual races identified as OCUP starts for U16 and U18 athletes, plus 2 additional races for Ontario Winter Games eligible athletes.

- If 1 individual race is canceled, completion of 7 individual races (U18 & U16)
- If 2 individual races are canceled, completion of 6 individual races (U18 & U16)
- If 3 individual races are canceled, completion of 5 individual races (U18 & U16)
- If 4 individual races are canceled, completion of 5 individual races (U18 & U16)
- If 5 individual races are canceled, completion of 4 individual races (U18 & U16)
- If 6 individual races are canceled, completion of 3 (U18), or 4 (U16) individual races
- If 7 individual races are canceled, completion of 2 (U18), or 3 (U16) individual races
- If 8 individual races are canceled, completion of at least 2 individual races must be completed for both U16 & U18.

Appendix 7 - International Performance Benchmarks

for Olympic Stream Athletes

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Category	Age	YOB	Distance Women CPL Score	Sprint Women CPL Score	Distance Men CPL Score	Sprint Men CPL Score
U18 Y2	17	2008	84.0	86.5	87.0	87.5
U20 Y1	18	2007	86.5	89.0	89.5	90.0
U20 Y2	19	2006	88.5	91.0	91.5	92.0
U23 Y1	20	2005	90.5	93.0	93.5	94.0
U23 Y2	21	2004	92.0	94.0	94.5	95.0
U23 Y3	22	2003	93.0	95.0	95.0	96.0

Percent of IPB Calculations

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
		a	b	c	d		a/c	b/c		
U20 Y1	F	81.89	87.71	86.5	89.0		94.67%	98.55%		98.55%
U23 Y1	F	87.13	90.18	90.5	93.0		96.24%	96.97%		96.97%

Appendix 8 - Definitions

Nordiq Canada Program Nomenclature:

Olympic Stream Programs:	Programming designed for non disabled athletes
Paralympic Stream Programs:	Programming designed for athletes with a disability

NC	Nordiq Canada
XCSO	Cross Country Ski Ontario which is comprised of 4 districts:
LSSD	Lake Superior Ski District
NCD	National Capital District
NOD	Northern Ontario District
SOD	Southern Ontario District
CCUNC	Canadian College and University National Championships
CSIO	Canadian Sport Institute of Ontario
CPL	Canada Points List (produced by Nordiq Canada)
DEVP	Team Ontario Development Program
DTE	Daily Training Environment
HPC	XCSO High Performance Committee
IAPP	Individual Athlete Performance Plan
IPB	International Performance Benchmark (produced by Nordiq Canada)
LTAD	Long Term Athlete Development Model
NTDC	National Team Development Centre of which there are 3 in Canada: Thunder Bay, Mont Ste. Anne and Canmore
OCUP	Ontario Cup Race
OHPSI	Ontario High Performance Sport Initiative
OCS	Ontario Cup Series
OJST	Ontario Junior Ski Team
OST	Ontario Ski Team
OPNF	Ontario Para Nordic Foundations
OPNST	Ontario Para Nordic Ski Team
OUA	Ontario University Association
YOB	Year of Birth
YTP	Yearly Training Plan