

Cross Country Ski Ontario
Programming Handbook 2021-2022



**Cross Country
Ski Ontario**

Team Ontario - Development

Description:

This team is intended to supplement Ontario athletes in their development as a high performance athlete. As such, athletes named to Team Ontario - Development will be representative of Ontario's athletes most committed to improving and engaging in developmental opportunities.

Benefits/Opportunities:

1. Access to virtual group nutrition, mental performance and technique sessions.
2. Support from a District Development Coordinator, if applicable.
3. Virtual coaching support from the XCSO Technical Director, as needed.
4. Team Ontario kit (upon completion of selection criteria)

Application Process:

1. Apply online at Zone4.ca (search 2021-22 Team Ontario Development Application)
2. Have the primary coach fill out the [Team Ontario Development Athlete Recommendation Form](#)
3. Send supporting documentation to techdirector@xcskiontario.ca
 - a. Yearly Training Plan (YTP)
 - b. Share access to your training log. See "how to share your training logs" below

Fees:

Registration Fee and Summer Programming: \$50

Total Team Fee: \$80, remaining \$30 once selection has been completed.

[Program Summary.](#)

Athlete and Coach Obligations:

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 2021-2022 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

Team Ontario - Performance

Description:

Team Ontario - Performance is a high performance focused team. Athletes applying to this team will be representative of Ontario athletes who are targeting qualification for and competing in international events. This team will include eligible Ontario athletes named to Nordiq Canada's NTDCs, who are subject to the same criteria for access to OHPSI support.

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

Benefits:

1. Access to virtual group nutrition, mental performance and technique sessions.
2. Access to Team Ontario ski equipment discounts (as provided by equipment suppliers)
3. Training support from a District Development Coordinator, if applicable.
4. Virtual coaching support from the XCSO Technical Director, as needed.
5. Access to provincial team camp opportunities, if possible.
6. Individualized nutrition and/or mental performance support, depending on CSIO screening.
7. Depending on location and COVID-19 regulations, strength coaching support.
8. Wax support at races (TBD)

Application and Selection Process:

1. Apply online at Zone4.ca
2. Send supporting documentation to techdirector@xcskiontario.ca
 - a. Yearly Training Plan (YTP)
 - b. Letter of recommendation from the primary coach (see appendix 2 for more details)
 - c. Share access to your training log. See "how to share your training logs" below.
3. XCSO will respond within 1 week of receiving all documentation to begin the Individual Athlete Performance Plan (IAPP) process with the athlete and the primary coach (this may take 2-3 weeks to complete).
 - a. The detailed training log summarizing the athlete's training for the past 1-2 seasons will be reviewed during the IAPP process.
4. Upon acceptance of an IAPP by the XCSO Technical Director, the athlete's profile will be presented to the selection committee for approval (mid-end of May)

Unsuccessful applicants will automatically be placed into the applicant pool for Team Ontario - Development. NOTE: Under recommendation from club coaches, these athletes will remain eligible for HP training and virtual opportunities.

Reminder: the Team Ontario - Performance program is inclusive of the Ontario High Performance Sport Initiative (OHPSI) and is intended for athletes targeting qualification for

and competing in international events. Athletes on this team will be high-performance focused, nationally competitive and whose goals include World Junior/U23 Championships, Euro B Tour, Canada Winter Games, FISU Universiade, and other international events.

If you are unsure about applying, please contact techdirector@xcskiontario.ca for more info and clarification.

Planned Camps (Preliminary)	
Location and Dates*:	Notes:
Camps will be planned on an on-going basis as COVID-19 regulations allow.	

Fees:

After an initial installment of \$40, further teams fees are TBD as calendar planning and possibilities under COVID-19 evolve.

Athlete and Coach Obligations:

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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

Appendix 1: Yearly Training Plans (YTP) and Sharing your Training Logs.

YTP's:

Please submit your Yearly Training Plan (YTP) to techdirector@xcskiontario.ca

Preferred Format: Exel spreadsheet (.xls, .xlsx) or integrated into a shared online platform (ex. Training Peaks or Sportlog).

Note:

Athletes applying for Team Ontario - Development must at minimum be entering their "Learn to Compete part 1" 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).

As a rough guide, athletes applying for Team Ontario - Performance should at minimum be entering their "Learning to Compete part 2" LTAD phase (~550+ hours a year).

Sharing Training Logs:

XCSO subscribes as a coach to the [Training Peaks](#), [ilog](#) and [Sportlog](#) online training platforms, these are the preferred platforms for sharing your training logs.

Training Peaks: add "techdirector@xcskiontario.ca"

[Further Instructions](#)

ilog: Add "Bryan Dubeau" as a coach from the drop-down menu.

Sportlog: add "Bryan Dubeau, techdirector@xcskiontario.ca"

If using another format, athletes can continue using that format but should enter weekly summaries in a google sheet, to be set up and shared between the athlete, the athlete's coaching team and the XCSO Technical Director after the athlete has made their application.

If using another format, please contact techdirector@xcskiontario.ca

Appendix 2: Team Ontario - Performance Coach Letter of Recommendation.

This letter is intended to provide supplementary information around the readiness of the athletes for selection to Team Ontario - Performance. Physical attributes, testing and performance data will be reviewed during the IAPP process, so this letter should focus on the more qualitative characteristics of the athlete.

Primarily, we are looking for a qualitative assessment from the coach of the athlete's drive and commitment to excellence in high performance skiing and any other attributes deemed complimentary. Letters should not be longer than 1 page.