



Cross Country Ontario
Para-Nordic Team Selection Criteria
And
Athlete Support Program
For 2009-2010



THE ONTARIO
TRILLIUM
FOUNDATION



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DE L'ONTARIO

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1 PURPOSE

The provisions in this document will be used by the CCO Para-Nordic Committee, hereafter called PNC, to identify athletes as follows:

1. Para-Nordic Athletes who qualify for the Ontario Para-Nordic Ski Team (OPNST) 2009-2010
2. Includes Para-Nordic (PN) however PN do not currently earn CPL points and are not on the IPB. PN sit skiers only compete in the classical technique.

1.1 Definitions

CCC	Cross Country Canada
CCO	Cross Country Ontario
CL	Classic (ski technique)
CNC	Canadian National Championships
CPL	Canadian Points List
F	Freestyle (ski technique)
IPB	International Performance Benchmark
PN	Para-Nordic
PNC	Para-Nordic Committee
PNCPL	Para-Nordic Canadian Points List (as produced by CCC/PNC)
OCup	Ontario Cup
OCS	Ontario Cup Series
OPNC	Ontario Para-Nordic Committee
OPNST	Ontario Para-Nordic Ski Team
OPSWG	Ontario ParaSport Winter Games

1.2 Eligibility

To be eligible for accumulation of points on the Para-Nordic Canadian Points List (PNCPL), athletes must meet each of the following criteria:

- **hold a valid 2009-2010 CCC racing license**
- **be registered with a CCO club at the time of the race**
- **be a Canadian citizen or have Landed Immigrant status**
- **be a permanent resident of Ontario¹ prior to the beginning of the Ontario Cup racing series**

Points will **not** be awarded retroactively for a given race if an athlete who, on the day of a points race, did not meet one of the criteria listed above, subsequently meets all of them (eg: obtains a license or club registration after the race). A day license is NOT a racing license and will not enable athletes to accumulate Para-Nordic Points List points.

Ontario Cup Series points for the 2009-2010 season will only be awarded to the Ontario ski club named on the Athlete's 2009-2010, CCC racing license.

1.3 Eligible Selection Races. Date & Location

¹ The Ontario Health Card, OR an Ontario Driver's License will be used as proof of permanent Ontario residency.

Only eligible races as identified within this document will be used in the selection process for the teams, events and awards named within. Annual races considered for use in the selection process are normally the Ontario Cup Series, Ontario ParaSport Winter Games and Canadian National Championships. The following eligible races are named for the 2009-2010 season Ontario Cup Series (OCS):

OCup Race Weekend #1. Lappe Nordic, Thunder Bay, Ontario

December 19, 2009 Classic
December 20, 2009 Freestyle

Ontario ParaSport Winter Games, Kingston, Ontario

January 23, 2010 Classic
January 24, 2010 Freestyle

OCup Race Weekend #3. Nakkertok, Gatineau, Quebec

January 30, 2010 Freestyle
January 31, 2010 Classic

OCup Race Weekend #4. Onaping Nordic, Sudbury, Ontario

Feb. 13, 2010 Free Sprints
Feb. 14, 2010 Classic
Feb. 15, 2010 Freestyle second day pursuit

Canadian Para-Nordic Championships, Canmore, Alberta

Feb. 28, 2010, 10 km St W/M, 5/10 Sit (F)
Mar.. 1, 2010, 5 km St + Sit M, 2.5 km Sit W (CI)

2 ONTARIO PARA-NORDIC SKI TEAM 2009 - 2010

2.1 Team Description

2.1.1 Benefits

It is the intent of the OPNC that, where possible, athletes named to the Ontario Para-Nordic Ski Team receive the following:

1. Registration costs for individual races at the Canadian National Championships;
2. Coaching support to Canadian National Championships (a club coach from the District)
3. Access to personal coach support options for athletes who do not have a club coach,
4. Ontario Para-Nordic Ski Team clothing.
5. Special training camps or elite racing events for Ontario Para-Nordic Ski Team members
6. Eligibility for Ontario Carding when such support is available,
7. Ontario Para-Nordic Ski Team support to attend specific elite racing events, as defined by the OPNC, on a cost sharing basis.

Ontario Para-Nordic Ski Team (OPNST) members may be provided CCO support to attend elite racing events and on-snow training camps, as specified by the OPNC, on a cost sharing basis. OPNST athletes are eligible to receive the cost sharing only when the athlete travels with the OPNST and attends CCO-organized camps and events as a member of the OPNST.

2.1.2 Obligations

Ontario athletes who accept their nomination to the Ontario Para-Nordic Ski Team (OPNST) will be asked to sign a Letter of Commitment, pay a team fee, as specified by the OPNC, and fill out and sign the Athlete's Code of Conduct. In addition, OPNST athletes are expected to attend a minimum of one Ontario Dryland Camp (not including designated OPNST Camps) through the year. OPNST attendance at one or more of these camps is intended to provide program continuity by creating opportunities for Ontario's elite athletes to connect with and motivate developing athletes from across the province.

2.1.3 Team Fee

Ontario Para-Nordic Ski Team nominees for 2009-2010 will be asked to pay a team fee of \$300 to confirm their participation on the Team. The fee will be used to offset the cost of ONPST trips. This fee is due, along with the signed Letter of Commitment, within 30 days of the posting of the Ontario Para-Nordic Ski Team nomination list on the CCO website.

2.2 Ontario Para-Nordic Ski Team Selection criteria:

Category	OCup Races (See Note 2)	Canadian National Championships Races (See Note 3)	International Points List Considerations	Number of athletes to be selected
Para-Nordic Men/ Women	Best four of eligible OCup races including two of each technique (except sit skier CI only)	Best two of two individual races at Nationals, including one of each technique (except sit skier CI only)	Must meet the minimum Age Group IPB Development Standard is 75 % and Talent Squad is 65%	2 female 2 male Top female and male, standing; top female and male sitting

Ontario Para-Nordic athletes who qualify for the 2010 Paralympics will be named to the 2009-2010 OPNST (in addition to the team size above)

* note: if the number of races available for sit skiers do not meet the above set criteria of four of eight races, section 1.3, the effect of race cancellation formula will be used.

Notes:

1. The Ontario Para-Nordic Ski Team selections will be based on athletes' performance as calculated on the Para-Nordic Canadian Points List. CCC will now provide PN CPL calculations as explained in section 4.1.
2. The best four of eligible individual Ontario Cup races, counting two of each technique, (the Sit Skier will count 4 races) as defined in Section 1.3 will be included. Note that, should races be canceled, the criteria under canceled races, as noted within this document, will be followed.

3. The best two of two individual races at the Canadian National Championships, counting one race of each technique (except for the Sit Skiers will count two of three of the classic technique), will be included. Relay races shall not be included in the calculation of individual points. The two individual races include:

- Interval Start Free
- Individual Classic Race
- Mass Start Long Distance Free

The Para-Nordic CPL is part of the National Points List (Canada Points List). The CPL as published by CCC at the end of the competitive season will be used.

2.2.1 Special Invitation to OPNST Trips

In general, team trips are available to identified team members only. Team members may decline a trip for school, health or other reasons. No replacement will be added, however the PNC reserves the right to invite additional athletes with exceptional performances or under unusual circumstances.

2.3 The Effect of OCup Race Cancellation on Ontario Para-Nordic Ski Team Selection

In the event that any eligible selection races are canceled, the following number of selection criteria races will be used to calculate points:

- | | |
|------------------------------------|--|
| 1. One selection race canceled: | best 4 of 8 races, including 2 of each technique |
| 2. Two selection races canceled: | best 4 of 7 races, including 2 of each technique |
| 3. Three selection races canceled: | best 3 of 6 races, including 1 of each technique |
| 4. Four selection races canceled: | best 3 of 5 races, including 1 of each technique |
| 5. Five selection races canceled: | best 2 of 4 races, including 1 of each technique |
| 6. Six selection races canceled: | best 2 of 3 races, including 1 of each technique |
| 7. Seven selection races canceled: | best 2 of 2 races |

The selection of the Ontario Para-Nordic Ski Team will be recommended by the PNC to the CCO Board for approval. In the event that eight or all races are canceled each district will be responsible to recommend athletes from their district to the PNC, who will select a team for recommendation to the CCO Board.

2.4 Force Majeure

Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for a force majeure appeal. Appeals must be made to the CCO Administrator in writing by **5pm, Monday, March 29, 2010**. Appeals must be in writing and include supporting documentation to support the appeal, including Doctor's notes.

All appeals should be sent by e-mail to CCO Administrator at admin@xco.org or by fax at 807-768-8368.

3 CALCULATION OF POINTS

The Para-Nordic OCup points will be created by using the Canadian Points List. The PNCPL will be calculated using the process described at:

<http://www.cccski.com/main.asp?cmd=doc&ID=4151&lan=0>

4 MEMBERS OF THE PNC

Questions or comments regarding these selection criteria should be directed to your districts representative on the Para-Nordic Committee. They are:

Chairperson - Para-Nordic Committee

Vacant

NCD Representative

Harris Kirby

e-mail: harriskirby@rogers.com

SOD Representative

Gary Fohr

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Coaching Development Coordinator

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