



PROVINCIAL COACH & ATHLETE DEVELOPMENT PROGRAM “PROVINCIAL DEVELOPMENT PROGRAM” 2018-2019

The CCSAM Provincial Coach & Athlete Development Program (Provincial Development Program or PDP, previously known as the High Performance Program) is a comprehensive program designed to promote excellence in the sport of cross country skiing in Manitoba. To this end, training, testing and competition guidelines outlined in Cross Country Canada’s Long Term Athlete Development Model will be followed.

The PDP aims to help bridge the gap between entry level racing and higher level regional and national competition. Programs (including training camps and race support) aim to bring together skiers and coaches from across the province to foster a sense of community, to share information, and to build a stronger ski racing community.

CCSAM is committed to the continued development and implementation of a coach and athlete development system in Manitoba that supports clubs, club coaches and club athletes in the pursuit of sport excellence. The CCSAM Provincial Development Program is intended to function within the existing club-based system and will include components to foster coach development at training camps and at competitions.

Acronyms and terms used in this document:

AR – Athlete Record
CCC - Cross Country Canada
CCSAM - Cross Country Ski Association of Manitoba
CPL – Canada Points List
ED - Executive Director
EOI – Expression of Interest
PDP – Provincial Development Program
PDPC – Provincial Development Program Committee
NDC - National Development Centre
LTAD – Long Term Athlete Development
Out of Province athletes – are CCSAM club members who are training and racing outside the Manitoba Division while attending University &/or a NDC.
T2T – Train to Train (a stage of athlete development identified in our LTAD Model)

CONTACTS

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PROVINCIAL DEVELOPMENT PROGRAM COMMITTEE MEMBERS

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Communication

Parents and athletes are encouraged to contact the Parent and Athlete Reps respectively, with questions or concerns. However, questions and concerns can be forwarded at any time to the PDPC Chair(s), the CCSAM Executive Director &/or the CCSAM Board Chair.

PROGRAM ELIGIBILITY

- The CCSAM PDP is for athletes in the Train to Train (T2T) through Train to Win (T2W) stages of LTAD. Masters athletes are not eligible.
- T2T athletes are typically at least 12 years of age and racing in the Midget category.
- This program is not for beginners, but for skiers who have some racing experience in the prior season. This includes events such as local Manitoba Cup races and Wednesday Night ski races. Athletes should be committed to an annual training & competition plan managed by a personal &/or club coach.
- Athletes and parents should consult with their club coach to discuss whether registration in the PDP is appropriate. Further information can be obtained through discussion with the

- CCSAM Executive Director or other members of the PDP Committee.
- Athletes must register online via the Zone4 web link provided on the CCSAM website (or Zone4.ca)
- All athletes must be registered members in good standing of a registered CCSAM club.
- All athletes competing in the Juvenile through Senior categories and planning to race in nationally sanctioned (CCC Tier 1 or Tier 2) events, such as Nationals, Westerns, Easterns, some Divisional Cup events, need to purchase (and annually renew) a CCC race license here: <http://www.cccski.com/Events/License-Applications.aspx> **CCC LICENSES EXPIRE JULY 1ST. DO NOT PURCHASE OR RENEW BEFORE THIS DATE.**
- Athletes must read, understand and agree to the PDP Athlete Code of Conduct.
- There is no deadline for registration; however, please note that the ski season begins with dryland training in the spring. For planning, logistics & communications reasons athletes should register by **May 1st** each year.

PROVINCIAL DEVELOPMENT PROGRAM GOALS

- To foster collaboration between division ski clubs and coaches to facilitate the sharing of knowledge between coaches and programs.
- To build a strong ski community by bringing together skiers from different clubs within the division for team building, training and racing opportunities.
- To provide annual opportunities for as many athletes as possible to compete and gain valuable experiences at major events such as Western and/or the Eastern Canadian Championships and/or other Cross Country Canada sanctioned races.
- At the appropriate age and stage, to progress our developing athletes toward year round training.
- To prepare athletes (at the appropriate age & stage) to be competitive at regional and National Championships each year, and at the Canada Winter Games every 4 years.
- To provide valuable experiences and professional development opportunities for club coaches, officials, wax technicians and race organizers.

ATHLETE RECORD

The Athlete Record (AR) is an Excel spreadsheet document created by the PDPC. The AR is used as an objective tool for ranking athletes based on their competition results and other performance indicators.

The intent of the AR is to rank all registered athletes as fairly and accurately as possible based on comparison of certain competition results. To that end, there are certain results not eligible for inclusion in the AR. Examples include weekday evening “club level” races (e.g. Wednesday Night Race series at Windsor Park) and “closed competition” races such as OFSAA Championships & FISU races (i.e. races not open to all CCSAM/CCC licensed competitors).

This is not meant to discourage participation at these high-quality events, only that these types of races are not opportunities to compare all CCSAM PDP athletes and, therefore, are not appropriate in the AR.

FAQ: *When should an AR be submitted?*

The AR must be maintained by the athlete and submitted to the CCSAM Office when requested. Submission dates are indicated on the form but may be subject to changes that will be communicated via email.

FAQ: Should I submit an AR for each team trip?

Athletes must only submit an AR for a team trip they are able to attend, if selected. Parents & coaches should discuss with each other and with their athletes the merits of each race event and individual race readiness prior to submitting an AR for team selection. For instance, Midget athletes are not advised to attend a major national level race more than once or twice per year. As well, there is not a Midget category at National Championships. These are just some considerations. Individual goals & stage of development (regardless of athletes' age) must be considered by athlete, parent & coach. Athletes must not submit an AR for any trip for which they cannot accept a team position, if selected. DO NOT submit an AR for a team trip you know you cannot attend.

CCSAM TEAM TRIPS

As long as funding allows CCSAM will support team trips for PDP registered athletes.

The annual PDP team trips are typically the Western and Eastern Canadian Championships (or another event with similar depth of competition) and the Canadian National Championships.

FAQ: Can anyone compete at these events or must athletes be selected by their Division?

Most events sanctioned by Cross Country Canada are open to any member of a registered ski club. To this end, clubs & coaches are encouraged to consider organizing club trips for developing athletes and PP athletes not selected for PDP team trips.

CCSAM understands the financial constraints and logistic complexity involved and encourages clubs to communicate with us to explore club fundraising options and coach development planning.

TEAM TRIP EXPENSES

CCSAM covered expenses (no cost to athletes)

1. Coaches & support staff salaries, per diems & expenses,
2. Wax supplies and tech support,
3. Race entry fee* – **reimbursed** (see below), and
4. Race banquet fee* (if appl.) – **reimbursed** (see below)
5. CCC race license* – **reimbursed** (see below)

*excluding taxes and online processing fees

Athlete assumed expenses (coordinated by CCSAM)

1. Airfare
2. Ground transport (usually rental vans) & fuel
3. Accommodations
4. Meals
5. Waxing surcharge – \$30 per race

All team trip travel & accommodation arrangements will be coordinated by CCSAM. Meal arrangements are managed by the coaching staff.

Athletes will receive a post trip invoice for the above expenses less any CCSAM covered expenses incurred such as entry fees/banquet expenses & CCC race license.

IMPORTANT

1. Athletes are responsible for acquiring or renewing their CCC license at the beginning of the season.
2. Athletes are responsible for entering themselves into races prior to the posted deadlines and making event banquet arrangements if applicable. CCSAM will reimburse the “early bird” entry fee amount only, if applicable. Late entry fees, provincial taxes and online processing fees are not reimbursed.

Expenses not eligible for CCSAM reimbursement are equipment, clothing, food and sundry items.

CCSAM TEAM SELECTION

PDP Selection Committee Objectives

- To select a team of athletes representing the strongest competitors representing CCSAM clubs.
- To select athletes who are most likely to obtain podium results.
- To support as many developing athletes as possible given budget constraints and available coaching/waxing/chaperone staff.

Team Selection Process

- The PDPC will request all registered athletes submit an up-to-date AR to the CSSAM office. Typically, this deadline will be 3 weeks prior to the team trip departure.
- Athletes are expected to submit an **Expression of Interest (EOI)** for each trip along with their AR. EOIs must indicate WHY the athlete wants to travel to the camp/competition as well as identifying their RACE GOALS for the event and their OVERALL training/competition goals for the season.
- The PDPC will appoint an ad hoc Selection Committee. The Selection Committee members include the Executive Director plus up to three others from our ski community considered free from conflict of interest related to decisions made by the PDPC or PDP Selection Committee.
- The Selection Committee will hold meetings to review the submitted ARs. This process should take no more than 5 week days.
- The Selection Committee may consult with and seek recommendations from club coaches during the selection process.
- The Selection Committee will choose a team of athletes based on the parameters established by the PDPC related to the event (i.e. particular event objective where applicable, number of athletes, age/category of athletes, number of team staff members for appropriate team support & supervision etc.). There may also be a ranked list of “Alternate” athletes should a selected team member decline their team position.
- The PDPC, after approving the selection decisions, will then inform the athletes, parents & personal coaches. Ideally, this will occur 10 – 14 days prior to team departure. With 14 days being ideal and 10 days considered a minimum.
- If any selected athletes decline their team position (due to unforeseen circumstances), athletes on the Alternate list (if applicable) will be offered that position.

- Team size is determined by many factors including event objectives (e.g. athlete experience/development, Canada Games preparation etc.), event location, available accommodations, available support staff, expected cost of the trip etc.
- **The PDPC's selection decision will be final and cannot be appealed.**

Expectation & Exceptions

- Athletes are expected to compete in all CCSAM Provincial Championship races and participate in all Provincial Development Program coordinated training camps wherever possible.
- **Athletes who cannot compete in a race or participate in a camp must explain their absence in writing (email) to the CCSAM Executive Director info@ccsam.ca.**
- Out of Province* athletes may substitute a local/regional race(s) in lieu of the above. Eligible substitution races must be at least CCC Tier 2 &/or competitively comparable to a CCSAM Provincial Championship/MB Cup race. Please contact the Executive Director or a member of the Provincial Development Program Committee for substitution permission.
- In all cases of Individual Sprint format races, it is the athlete's Qualification time that will be assessed.
- In the event a Provincial Championship race or other race identified for team selection purposes is not held as scheduled, the PDPC may identify other races (current &/or prior season) to be used for team selection &/or consider the most current Canada Points List (CPL) ranking of athletes.
- **Force Majeure:** special consideration may be given to an athlete whose race performance has been affected by short term injury or illness. The athlete must notify the Executive Director or a Chair or a Co-Chair of the Provincial Development Program Committee to request consideration under this clause.
- See Selection Committee Objectives & Team Selection Process above for more explanation.

* Out of Province" athletes are CCSAM club members who are training and racing outside the Manitoba Division while attending University &/or a National Development Centre (NDC) or equivalent.

2018 EARLY SNOW CAMP

Venue: Silver Star Nordic Centre – Vernon, BC

Travel dates: December 2 – 11, 2018 (TBC)

Expected team size: up to 9 athletes, 2 support staff

Camp objective: focus on Canada Winter Games (CWG) potential Nordic team members with 5 spots protected for potential female team members.

Athlete Selection Criteria

- The PDP Committee will instruct the Selection Committee to invite the top 5 female athletes, represented by a calculation of the average % behind winner (year of birth) results from previous season results. This is necessary as many of our top 5 male athletes and potential CWG team members are Out of Province athletes who will not attend this camp.
- The remaining 4 spots will consist of 2 athletes based on average % behind winner (year of birth) results from previous season results plus 2 discretionary spots.
- Only Juvenile aged athletes and older.
- The PDPC reserves the right to select athletes based on proven past performances and to use past race results, CPL ranking and other means of past performance analysis.

- Athlete maturity and perceived/proven race readiness may also be considered

2019 CANADA WINTER GAMES (CWG) SELECTION RACES

Scheduled Dates: December 22 & 23, 2018

Back up dates*: December 29 & 30, 2018

(Potential alternative to back up dates*: 2019 Ontario Cup – Thunder Bay)

*Only necessary if snow/weather conditions prevent selection races from taking place on the scheduled dates. Please refer to Appendix A.

Location: To be determined, as soon as possible, based on snow conditions.

Eligibility: Athletes born 1996 or later, and intending to try for a spot on CWG Nordic team.

Format: TBD – Distances to match CWG distances as conditions allow (10-15km for males; 7.5-10km for females)

An Invitational Race will be held concurrently on either Dec 22-23 or Dec 29-30, 2018

Eligibility: ALL Midget through SENIOR club skiers regardless of PDP registration.

Event objective: Experience/developmental event for other age eligible club skiers.

Location and format TBD, snow dependent

Distances: 5km, interval start

2019 ONTARIO CUP – THUNDER BAY

Venue: Lappe Nordic, Thunder Bay ON

Travel dates: TBA

Competition dates: January 4 – 6, 2019

Expected team size: up to 15 athletes, up to 5 support staff

Athlete Selection Criteria

The PDPC Selection Committee will consider the following:

- Performance results as recorded on the AR and submitted to the CCSAM office on: **Sunday December 1, 2018.**
- Selection will be based on athlete's placing in their respective age groupings.
- At least 4 of each gender will be selected.
- The Selection Committee will endeavor to select athletes across age categories to ensure representation in Midget, Juvenile and Junior age categories.
- The PDPC reserves the right to select athletes based on proven past performances and to use past race results, CPL ranking and other means of past performance analysis.
- Identified selection races may be relocated based on snow conditions.
- Athlete maturity and perceived/proven race readiness may also be considered.

2019 EASTERN CANADIAN CHAMPIONSHIPS

Venue: Highlands Nordic – Duntroon, ON

Travel dates: January 30 – February 4, 2019 (TBC)

Competition dates: February 1 – 3, 2019

Expected team size: up to 10 athletes (plus Para Nordic athlete & guide) plus up to 5 support staff

Event objective: Canada Winter Games team preparation. Canada Games selected team members will be automatically selected, other athletes eligible if space permits.

Athlete Selection Criteria

The PDPC Selection Committee will consider the following:

- Performance results as recorded on the AR and submitted to the CCSAM office on: **Sunday January 12, 2019**.
- Selection will be based on athlete's placing in their respective age groupings.
- Midget aged athletes may apply; however, the PDPC & Selection Committees recognize the LTAD recommendation that Midget aged athletes should travel to only 1 PDP team trip per season.
- The PDPC reserves the right to select athletes based on proven past performances and to use past race results, CPL ranking and other means of past performance analysis.
- Identified selection races may be relocated based on snow conditions.
- Athlete maturity and perceived/proven race readiness may also be considered.

2019 CANADIAN NATIONAL CHAMPIONSHIPS

Venue: Nakkertok – Gatineau, QC

Travel dates: March 10 – 21, 2019 (TBC)*

Competition dates: March 13 – 20, 2019

Expected team size: up to 10 athletes and 3 support staff

*considering optional possibility to extend trip for Quebec World Cup Final & the Junior FIS Invitational spectating.

Athlete Selection Criteria

The PDPC Selection Committee will consider the following:

- Performance results as recorded on the AR and submitted to the CCSAM office on: **Monday February 11, 2019**
- Results as a percentage of winner's time in all the eligible races recorded on the AR including eligible Manitoba Cups, Provincial Championships, Haywood NorAms etc.
- Midget aged athletes racing in the Midget race category are not eligible for National Championships.
- The PDPC reserves the right to select athletes based on proven past performances and to use past race results, CPL ranking and other means of past performance analysis.
- Identified selection races may be relocated based on snow conditions.
- Athlete maturity and perceived/proven race readiness may also be considered.

COACH SELECTION CRITERIA

When selecting team coaches the PDPC will consider the following:

- Prior coaching experience (demonstrated abilities)
- NCCP Certification level attained & workshops completed
- Attendance at CCSAM sanctioned events

- Athletes selected

For the Regional CCC sanctioned race trips, one coaching support position may be offered to a developing coach that has not previously been on a CCSAM coordinated team trip.

All coaches must complete a Criminal Record & Child Abuse Registry check (every 3 years) and be certified in Emergency or Standard First Aid prior to traveling with the team.

All coaches and team staff must complete the online *Respect in Sport* course prior to departure. All coaches must register for the CCC Coach License.

BONUS TRAVEL FUNDING – Medals

If an athlete wins a medal in a Regional or Canadian Championship race, they are eligible for a “medal bonus” to use toward offsetting travel related expenses:

Medal	Westerns / Easterns	Nationals
Gold	\$325	\$750
Silver	\$250	\$500
Bronze	\$175	\$250

To be eligible for the Easterns / Westerns bonus funding, there must be at least 10 athletes in the race with representation from at least 4 Provinces / Territories.

To be eligible for the Nationals bonus funding, there must be at least 15 athletes in the race with representation from at least 5 Provinces / Territories.

For **Para athletes** to be eligible for the bonus travel funding, there must be at least 5 athletes in the race with representation from at least 3 Provinces / Territories.

An athlete may only earn one medal bonus per Championship event.

OUT OF PROVINCE ATHLETES

CCSAM is committed to supporting our Manitoba Division athletes throughout their cross country ski careers wherever they may reside or attend school. This support may continue as long as an athlete is allowed to remain a member of a CCSAM club. In most cases, an athlete may be a team member on a National Development Centre (or equivalent) as well as a club member in their home club.

CCSAM financial support for an out-of-province athlete may continue as long as that athlete continues to perform at a competitive level consistent with an athlete aspiring to CCC National team selection.

Athletes must be registered and appear in the race results as a member of their Manitoba club (as well as their NDC team).

UNIFORM

All selected athletes must wear the race suit of their CCSAM club, their University team or NDC team during competition.

COACH TRAVEL GRANT (for CCC Sanctioned Events)

The Coach Travel Grant is intended to help offset travel/accommodation expenses incurred by coaches of PDP registered athletes independently attending CCC sanctioned events outside of the Manitoba Division. Some event examples are the Lappe Invitational, Ontario & Alberta Cup Races, National Championships and World Junior Trials.

The event must not conflict with (i.e. occur at the same time as) the Regional or National Championships &/or the Manitoba Provincial Championship events.

PDPC pre-approval is required and a request along with a proposed budget must be submitted to the CCSAM Office at least three weeks in advance of the trip.

Funding is based on many factors such as: budget limitations, the number of athletes planning to attend, distance to travel, etc.

Coaches may apply to receive \$125 in funding for each PDP registered athlete the coach will be supporting at the event. Maximum grant per coach per season is \$500.

The total amount available in this grant program is finite and will be awarded on a first come first served basis. **Requests for grants should be submitted to the PDPC by December 1st**

ATHLETE TESTING

Athletes placing in the top 10 at Nationals in their birth year, either in individual races or in aggregate placing for birth year, will be funded for 3 testing sessions per year. This testing may include V02 max and/or lactate testing.

Funding for other services such as strength training etc. may be available in the future. Our long term Sport Performance plan is currently under review. The PDPC will soon create a sustainable policy for individual &/or club funding.

CCSAM LOW FLUORO GLIDE WAXING PROTOCOL

CCSAM respectfully requests ALL athletes, coaches, wax technicians and parents to abide by a self-governed protocol while waxing skis for all CCSAM-sanctioned events.

This protocol applies to ALL local, regional and provincial events taking place in Manitoba (e.g. club races including Wed Night Series, Manitoba Cup races, Manitoba Provincial Championships and the MB Winter Games).

This protocol is applicable to ALL age/race categories beginning with the 2017-2018 competition season and thereafter.

This protocol also applies to ALL athletes traveling to Manitoba from out-of-province or out-of-country.

Low-fluoro glide waxing protocol:

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted
- Structure tools ARE permitted

Notes:

The adherence to this protocol is self-governed and is the responsibility of the athletes, coaches, parents and wax technicians.

PARA NORDIC PROGRAM

The term Para Nordic refers to individuals with a visual and or physical impairment. Wherever possible, participants with a disability are included in the CCSAM Provincial Development Program. Ski clubs are encouraged to provide inclusive programs and skill development training through the various ages and stages of athlete development. Each club has the discretion to include individuals that may present with additional cognitive impairments. It is recommended that ski clubs have trained coaches in the AWAD (Athletes with a Disability) coaching modules. Ski clubs are encouraged to promote and include Para Nordic participants in local and national race opportunities.

Para Equipment Pool

CCSAM has some equipment for the public and for clubs to loan on a seasonal basis.

Guidelines for participant sit-ski loan include:

- Letter of request for loan, participant and length of time;
- Classified as Sit Skier;
- Attends training sessions 2 or more time a week for the season;
- Participates in 1 local or national event per season.

Maximum time of an equipment loan is 2 seasons. If a participant desires a loaned sit ski for more than two seasons it is recommended that the participant considers the purchase of their own sit ski. A rental contract for seasonal payment of [\$ amount TBD] will be requested to assist CCSAM maintain its Para Nordic equipment pool.

Guidelines for Head set/amplifier loan:

- Classified as Visually Impaired;
- Letter of request for loan, participant and length of time;
- Attends training sessions 2 or more times a week for the season.
- Participates in 1 local or national event per season

Maximum time of an equipment loan is 2 seasons. If a participant desires a loaned head set/amplifier for more than two seasons it is recommended that the participant considers the purchase of their own sit ski. A rental contract for seasonal payment of [\$ amount TBD] will be requested to assist CCSAM maintain its Para Nordic equipment pool.

Guidelines for skis and poles rental:

- Letter of request for loan and purpose of use, e.g. for sit ski or standing skier;
- Skis and poles are to be rented for 1 season only;
- Attends training sessions 2 or more times a week for the season;
- Participates in 1 local or national event per season.

Maximum time of an equipment loan is 1 season. Rental of skis with poles is \$50.00 each and the quality of the ski cannot be guaranteed. It is highly recommended that the participant purchase their own skis after the first season of skiing.

A letter of request is mandatory to CCSAM for review by the participant and ski club if wanting to continue with the loan after 1 season.

Para Nordic Funding

Each club is encouraged to apply for federal and provincial funding/grants for their Para Nordic programs. These grants assist with equipment purchases and or other specific initiatives designated by the club, e.g. athlete travel and training and/or coach/guide training etc.

Please contact Mary Montgomery if you would like to be added to the email notification list: marymagoo@hotmail.com

Para Nordic Subsidy

Travel/equipment subsidy will be reviewed annually and the maximum amount of subsidy available from the Provincial Development Program is 50% of travel/accommodation for only one event per year.

This amount may vary annually dependent on available funds. It is up to the individual and or club to review their own personal contributions to their athlete development. Various grants & scholarships are available to assist athletes at this high level.

Para Nordic Provincial Development Program

Participants identified as Para Nordic skiers will be asked to submit a letter indicating that he/she wants to be considered for the Provincial Development Program.

Guidelines for Para Provincial Development Program:

- Membership with a CCSAM registered ski club;
- Letter of intention submitted by November, with indication of attendance at local races, camps, practice sessions etc.
- Indication of equipment needs, if any, and or financial assistance to attend camps, races, coaching fees etc.

Para Nordic National Team Identification

If an athlete is identified and asked to attend a national team development camp or event, available subsidy will be reviewed on an individual basis and dependent on provincial sport funding and or other available funds.

The Provincial Development Program Committee asks the athlete to submit a letter indicating dates, confirmation from National Team coach or co-coordinator and breakdown of expenses.

Para Nordic Team Selection*

Four spots are available for Para Nordic athletes on a Regional (Eastern or Western Championships) and National Championships team trip and the Canada Winter Games team. These spots are broken as follows:

- One athlete in each category - Visual Impairment, Standing, and Sitting
- Equal gender representation, when possible
- Maximum or minimum age (year of birth) may be in effect depending on the event
- Athletes with the fastest times in designated races will be selected if 2 or more athletes exist in that category
- Designated local races will be identified at the beginning of the season for selection purposes.

*Para Nordic team selection (including athletes, coaches, guides, wax technicians etc.) for Para Nordic Team Trips is coordinated separately from the Provincial Development Program (non Para Nordic) ski team. Travel and competition dates, accommodations and transportation needs will be unique to the Para Nordic team and therefore will be led & coordinated by the Para Nordic coach or a designate.

Para Nordic Provincial Development Program Coach Requirements

- Application to CCSAM
- Minimum NCCP *trained* Community Coach plus Competition Coach - L2T *in training*;
- Community Coach AWAD module
- A combination of NCCP certification and coach experience with athletes will be considered on an individual basis.

The Provincial Development Program & Para Nordic Program is subject to change at any time.

If significant program changes are made the PDPC will provide as much warning as possible to all PDP registered athletes, their parents & coaches.

**CROSS COUNTRY SKI ASSOCIATION OF MANITOBA (CCSAM)
SKI TEAM SELECTION POLICY**

**2019 CANADA WINTER GAMES
FEBRUARY 23 – MARCH 3, 2019
RED DEER, AB**

PHILOSOPHY

In early January 2019, a Selection Committee assigned by the CCSAM Board of Directors will select a team of the strongest CCSAM Cross Country Ski and Para Nordic athletes. The Cross Country Ski team will consist of 5 male and 5 female athletes who have proven to possess a very high level of fitness and mental preparedness necessary to compete in all 4 events at the Canada Winter Games. Additionally, up to 4 Alternate athletes will be selected and will be asked to join the team if replacements are necessary. One male and one female in the U23 age category (born 1996-1998 inclusive) plus one male and one female age 20 or younger (born 1999 or after).

The Para Nordic team will consist of up to 4 athletes (if more than 1 athlete is selected then at least 1 team member must be of the opposite gender).

The Provincial Development Program Committee recognizes that competing at the Canada Games is challenging, not only because of the race schedule but also because of the demands of travel and communal living in the Athletes' Village. It is strongly recommended that athletes do not compete in another CWG sport in Week 1 of the Games. This is in the best interests of both the athlete and the team.

Athlete maturity and ability to handle one long week of high level racing will be considered and athletes are strongly encouraged to discuss their season priorities with their coaches.

If selection between two or more athletes is close, the Selection Committee may give priority to an athlete competing only in Cross Country Skiing.

2019 CANADA WINTER GAMES (CWG) EVENTS

CROSS COUNTRY SKI

Male events:

- 10 km Free technique, interval start (3.3 km x 3)
- 1200-1600 m individual Sprints (Free technique, top 30 to quarterfinal heats)
- 15 km Classic technique, mass start
- 4 x 5 km relay Classic technique

Female events:

- 7.5 km Free technique, interval start (2.5 km x 3)
- 1200-1600 m Individual Sprints (Free technique, top 30 to quarterfinal heats)
- 10 km Classic technique, mass start
- 4 x 3.75 km relay Classic technique

PARA NORDIC

Male & Female (Sitting) events:

2.5 km Para Nordic, interval start
600-800 m Sprints (to 8 to semi finals)
5 km Para Nordic, mass start

Male & Female (Standing) events:

2.5 km Para Nordic Free technique, interval start
900-1200 m Individual Sprints (Free technique, top 8 to semi finals)
5 km Para Nordic Classic technique, mass start

ELIGIBILITY

All athletes must:

- Be a member of a CCSAM club and be registered in the CCSAM Provincial Development Program.
- Be 23 years of age or younger (in the Games year). Born 1996 or later*.
- **Para Nordic** athletes must be 35 years of age or younger, born 1984 or later**.
- Have a valid CCC racing license
- Not compete for a team position on a CWG team other than Manitoba.

*Only one U23 (born 1996-1998 inclusive) athlete may be selected. All others must be 20 or younger (born 1999 or after)

**Age exceptions for older Para athletes may be allowed. Midget aged athletes are not eligible.

Excluded: Senior National Team athletes and athletes who have competed at Senior World Championships, Olympic/Paralympic Games, World Cups (not including domestic) or medaled at a WPNS World Cup. Eligibility rules are found in the 2019 Technical Package for Cross Country Ski.

SELECTION PROCESS

The Selection Committee will select the 2019 CWG team members as follows:

- a. Individual results from 4 selection races will be assigned a point value:
 - 2 selection races in 2017-18 (see below) will be worth 30% of the athlete's total selection score and,
 - 2 selection races in December 2018 (to be scheduled by September 2018) will be worth 70% of the athlete's total selection score.
- b. If the selection race results do not allow the selection committee to select a full team to their satisfaction then the selection committee may use other criteria to select the final team. Other criteria may include:
 - CCC or FIS sanctioned race results, particularly in the 2018-19 competitive season. Especially in cases where potential athletes are unable to compete in selection events.
 - Recommendations made by CWG coaches &/or personal coaches.
- c. Athlete's training and competing outside of the CCSAM division (e.g. NDC or University athletes attending school outside of Manitoba) will be allowed to substitute the first 2 selection races defined in this document with equivalent races upon approval, in advance, by the Selection Committee.
- d. Athletes must apply in writing to the CCSAM Provincial Development Program Committee to request consideration for team selection based on performances other than the 4 selection races defined in this document.
- e. If selection between two or more athletes is close, the selection committee may give priority to the athlete(s) competing only in Cross Country Skiing (see "Philosophy" above).
- f. Once selected, all athletes are expected to continue at or above the performance level attained at the time of their selection. If an athlete's performance level is not maintained then the Provincial Development Program Committee, in consultation

with the CWG coaches, will have the power to reevaluate the athlete's suitability and the athlete may be removed from the team.
Decisions made by the Selection Committee are not subject to appeal.

SELECTION RACES

2017 – 2018

- Provincial Championship Classic technique race – Feb 10, 2018 – International Peace Garden, Boissevain MB
 - **Or** pre-approved substitute
- Provincial Championship Free technique race – Feb 11, 2018 – International Peace Garden, Boissevain MB
 - **Or** pre-approved substitute

2018 – 2019

- Selection Classic technique race – December 22, 2018 – Location: TBD
 - **Or** pre-approved substitute
 - Format and distance to closely match CWG 2019 events where possible
- Selection Free technique race – December 23, 2018 – Location TBD
 - **Or** pre-approved substitute
 - Format and distance to closely match CWG2019 events where possible

POINT SYSTEM

Individual athlete results in the selection races defined above will be assigned a point value. For selection races 1 & 2 points will be assigned according to the athlete's finishing time in relation to the winning time in their respective age category. The value of selection races 1 & 2 will be worth 30% of the athlete's total selection score. The same method will apply for selection races 3 & 4 when the athletes compete for the final 70% of their selection score, however, there will be no age category separation in the final 2 selection races.

APPEAL PROCESS

Decisions made by the Selection Committee are final and not subject to appeal. Please refer to the CCSAM Alternative Dispute Resolution and Appeals Policy.