

CCSAM Year End Meeting April 13, 2019

Present: Pauline, Ihor, Aaron, Jackie, Lorne, Richard, Megan, Steven

Regrets: Betsy, Tamara, Casey

1. Updates per Nordique: Richard shared updates from Nordiqu Canada:
  - a. Age Category names will be changed to be consistent across Canada to move away from Atom/Midget etc to U [age] category naming ie. U13
  - b. There was a proposal to change Easterns to Dec however this was strongly opposed by all provinces and has gone back to Nordique Canada for re-evaluation
  - c. High Flouro regulations for tier Races: Provinces requesting confirmation that high flouros will not be used for any races so that suppliers can be notified and not order wax for the fall season.
2. Season Debrief: (PASTE in Feedback File from Megan):

SUCCESES:

- a. Megan: Mentorship that happened this year re: coaching and waxing
- b. Steven: Hardware received at Can Games.
- c. Megan: Club Representation at races: club clothing and pride still being seen at provincial races in combination with provincial clothing. This was echoed by Ihor emphasizing the quality that is coming out of all clubs this year.
- d. Pauline: Per capita Manitoba skiers ranked very well this seasons when percentages were compared to past years as well as other provinces. Megan shared that this is a reflection of strong CLUB coaching not just strong Provincial coaching as was the case in past decades.
- e. Pauline: Pleased that the Can Games qualifier was able to be completed with such success.
- f. Pauline: Can Games spirit especially show in the female squad with the "inspiration wall" at the games as an example.
- g. Jackie: Shared that the communication re: season plans and team races was very well stream lined this season and the season was well planned out and communicated.

CWG SELECTION Process Discussion points:

- a. Criteria could have been explained better: some athletes thought it was souly placing. Current guidelines should be made clearer with this detail.
- b. U20 overall category but not by year of birth: criteria did not reflect this.
- c. Provincials 2018 distances were set based on what was anticipated as a selection race for CWGs.
- d. Mathematical Formula: Needs to be fully transparent so that anyone reading this can do the same math and know objectively the outcome.

- e. How to account for skiers competing out of province in deeper competitive fields: 11% was chosen as a factor based on the result spread analysis (85% at EASTERNS is not 85% at CCSAM Provincials so 11% bonus was added based on the race results posted the previous season ie. Eastern's racers were 11% faster that year).
- f. The suggestion to offer "Prequalification" was not accepted by this committee for several reasons:
  - a. This is not the international standard: All sports still have qualifiers and this provides athletes experience with under pressure performance.
  - b. It ensures there are a maximum number of athletes to race in a qualifier so there is less chance for someone to race against themselves in a category.
- g. Qualification Guidelines: 30/70 split for race results was reported to be fair (ie some from previous and current season). Other's wanted the split to be 20/80 so that current season performance is more strongly represented. The Committee TODAY: 20/80 might be too high with more emphasis on the qualifier. 30/70 was favored. % ages better defined, and a plan for ties. Jackie requested increased transparency re: the formulas being used and then examples provided in the document based on real past results. Steve requested examples of what a %age behind the winner be equated to #of seconds. Also add examples of what 20/80 compared to 30/70. Steve advocated that if athletes have a tangible # to help set goals and targets that this would be helpful (ie. I need to be 5 seconds faster to achieve 80% behind the winner).
- h. What to do with DNFs and Ties (in the event of a tie there are guidelines re: other criteria to go to). Does the current system reward consistency? Does the current system recognize single race results that are out of character?
- i. Lorne liked that the qualifier was an Interval start for fairness to the athletes.

#### NATIONALS:

#### CANCELLATIONS:

- a. What to do when an athlete drops out of a team trip?
  - i. Clear language is required to outline expectations and consequences of withdrawing from a position on the team.
  - ii. Require a deposit when spot is accepted
  - iii. Plan for when there are not the full number of athletes who applied (CCSAM to cover the cost? Send out a second call for athletes and shift focus to 'athlete development.')
  - iv. Cancellation due to illness/injury/unforeseen : need guidelines for this and have athlete 'sign off' indicating they understand.
  - v. Megan encouraged the group to reflect on where we are as a PDP team: developmental, high performing, other? To help guide decision making on team selection guidelines.

ACTION: Ihor and Jackie to provide language around cancellations.

ACTION: Letter to all PDP athletes explaining the events that occurred and rationale and what changes have been made to mitigate this regarding Nationals (WHO will draft?).

MIDGETS at Nationals:

Normally there is no midget category. No further discussion.

AWARD NOMINATIONS:

ACTION: Decision to have this open all season to encourage nominations at the time that great things happen.

3. PDP Committee next year: TOR updated in 2017
  - a. Megan declared she will resign from being the chair of PDP – Megan expressed the difficulty of being chair and a coach which complicates sharing of opinions and/or being objective. Megan willing to stay as Red River Coach Rep. Suggestions:
  - b. Pauline stepped down as Co-Chair: Pauline would like to remain on the committee. Pauline has agreed to continue as Team Manager.
  - c. Karin suggested that the new committee be formed and that the committee members determine who the Chair is.
  - d. Jackie requested clarification re: PDP roles (Chair, Manager, Parent Rep, Athlete Rep)

ACTION: Megan and Jackie will review the TOR and enhance by defining the roles. Clarify the representation on this committee (Club Reps, Para Rep, etc). Pauline suggested consideration of including a “technical” rep (Wax Tech) to help respond to these issues as they arise in PDP. Karin to also update the wording re: Chair. Include “Team Manager” as a role in the TOR and define this role. Jackie to request Pauline to send a ‘job description’ to Jackie/Megan.

ACTION: Send this updated list of positions in TOR with role descriptions to PDP with invitation to express interest in the open positions (Parent Rep, female Athlete Rep). Coach Reps required to be connected to PDP athletes.

Ihor suggested the committee consider dedicating 1 position to: ski technique lead, however discussion lead to not doing this but to all sharing this responsibility to keep current and share knowledge and skills.

Steve requested a standing item being “professional development” so that we can share and plan for keeping up our knowledge. The committee agreed.

4. Planning for next season;
  - a. May 25<sup>th</sup> Camp date set for Red River Nordic Spring Camp: Megan and Elise proposing opening this up to other clubs as the CCSAM Spring Camp. This will be held in Riding Mountain. Athletes and Coaches to assist due to the heavy numbers. PDP athletes are

at least 12 years of age and racing in the Midget category. Betsy Harris will be asked to attend.

- b. Early on-snow camp: Athletes must declare intent to attend Nordic vs Biathlon Nationals. Biathlon athletes may then not be included in the Nordic early on-snow camp. Megan proposed inviting BAM to send athletes and a coach at the same time. We discussed what the intent of the Early camp is? Getting on snow early, practice on elevation (down hills), provides a leg up on the race season for experienced racers, (2017 Top 6 plus 2 discretionary athletes from previous season results &/or CWGs years 5 female/male athletes), goal is to take athletes who have travelled the previous season.

The committee agreed that athletes should not have to declare Nordic/biathlon, and that there is no negative to supporting Nordic athletes who become biathletes; this is still a win for Manitoba athletes.

ACTION: The committee agreed to hold an early on-snow camp at Sovereign which is the site for Nationals 2010, the athletes must be athletes who have travelled (qualified) for previous PDP team trips, It is the boards intent to pursue a PDP early on snow camp as well as a late Nov/Early Dec camp regardless on snow conditions.

Discussion re: Collaboration Potentials: Saskatchewan Collaboration? Biathlon collaboration? Sask/Man Provincials.>> ACTION: Reach out to Sask re: Fall Camp collaboration with Saskatchewan. KNBC expressed interest in hosting 2020 Provincial Championships.

Provincial Development Program Committee meeting minutes  
June 26, 2018 – based on **email** conversations

Karin McSherry, Megan Carter, Richard Huybers, Steven Wintoniw, Lorne Warkentine, Aaron Warkentine, Pauline Nadlersmith, Jackie Hummelbrunner, Ihor Barwinsky, Lucas Smith, Tamara Howard, Casey Nelson, Betsy Lockhart

1. ACTION: Dec 22-23 weekend is first choice for 2019 CWG Selection Races #3 & #. Back up dates are following weekend (Dec 29-30). Final alternate is O Cup (Jan 4-6) Thunder Bay if we are desperate
2. Most of us in favour of O Cup Thunder Bay as a PSP trip in 2018-2019. Ihor suggested considering US races instead of AB Cup. All agree attending Easterns and not Westerns in 2019 due mostly to timing.
3. Cancel June conference call. Instead we will meet in September to discuss PDP trip details re: team size, travel dates, selection format etc.
4. Welcome to Aaron Warkentine as new male athlete rep. Lucas leaves for Canmore. Thank you Lucas for your time and input as outgoing male athlete rep.
5. Next meeting – September 2018, TBD by Doodle poll

Provincial Development Program Committee meeting minutes  
Sat April 13, 2019  
Sport For Life Centre

Present: Karin McSherry, Megan Carter, Richard Huybers, Steven Wintoniw, Lorne Warkentine, Aaron Warkentine, Pauline Nadlersmith, Jackie Hummelbrunner, Ihor Barwinsky  
Regrets: Tamara Howard, Casey Nelson, Betsy Lockhart

1. Richard shared updates from Nordiq Canada
  - Renaming of race (age) categories
2. High flouro ban across provinces  
Season debrief:
  - Successes:
    - Manitobans continue to perform well at National races. Sign of good club coaching programs.
    - Canada Games selection races #3 & #4 were a success
    - Good communication – season was well planned and communicated
  - CWG:
    - Reviewed the athlete survey distributed post Games and discussed each response
    - Improvements to CWG Selection Policy
      1. Define how points are assigned. Explain the math.
      2. Ensure athletes in Selection Races #1 & #2 race in *same* category
      3. Define the “bonus” points given to national race results (in lieu of provincial selection races 1 & 2)
      4. Consider “tie breaker” rule
      5. Consider “consistency” reward, DNF scenario, ability to eliminate a bad selection race result
      6. Consider a 20/80 points ratio vs current 30/70
  - Challenges:
    - Unexpected drop out of selected athlete on Nationals trip created stressful situation and bad feelings all around. This can easily happen again and we need to be proactive. Consider best practices re: naming Alternates, maintaining positive team dynamic, trip cost, eliminating drop outs not based on physical/mental health or other extenuating circumstance. **ACTION:** Ihor & Jackie to draft language/guidelines re: team spot cancellations
3. PDP Committee
  - Megan & Pauline both stepping down as Co-Chairs. Both wish to remain on Committee
  - As per PDP Terms of Reference (TOR), Committee members choose a Chair from among themselves.
  - **ACTION:** Megan & Jackie to review TOR and draft an update with better defined member roles. Intention is to distribute TOR with invitation to community members to express interest in open positions. Coach reps should be coaches of currently registered athletes
4. 2019-2020 Season
  - May 25<sup>th</sup> is RRN Spring Camp in Riding Mt – considering opening to larger community
  - Early Snow Camp – consider collaborating with Biathlon? Location could be Sovereign Lake (site of 2020 Nationals) or Canmore. Camp should also be in conjunction with first Noram races. Selection based on 2019 performance (i.e. for “travelling” athletes, not “developing” athletes)
5. Other:
  - **ACTION:** Karin to open Award Nominations form at beginning (rather than end) of each season so that nominations can be received throughout the year.
  - **ACTION:** add “Technical Professional Development” (coaches, wax techs etc) as standing committee meeting agenda item
  - Let’s collaborate more with Saskatchewan, Thunder Bay, Biathlon re: training camps, competitions
  - Kenora expressed interest in hosting 2020 Provincials weekend.
6. Next meeting – May 2019, TBD by Doodle poll



Karin McSherry &lt;info@ccsam.ca&gt;

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## PDP committee - feedback received, no conference call this week

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megski@mymts.net &lt;megski@mymts.net&gt;

Tue, Jun 26, 2018 at 9:23 PM

To: megski@mymts.net

Cc: Pauline Nadlersmith <laughingmagpie@xplornet.com>, Steven & Susan Wintoniw <stevenwintoniw@gmail.com>, Richard Huybers <rhuybers@shaw.ca>, LORNE Warkentine <lorne.warkentine@gvsvd.ca>, Betsy Lockhart <lockharts-5@sympatico.ca>, Tamara Howard <tambo33@hotmail.com>, Jackie Hummelbrunner <jackjackrabbit@shaw.ca>, Casey Nelson <redriverskicat@gmail.com>, Lucas Smith <lucassmith200@gmail.com>, Ihor Barwinsky <ihor@mymts.net>, CCSAM office <info@ccsam.ca>, Aaron Warkentine <winklernator@hotmail.com>

Hello committee.

1) Thanks for weighing in on the PDP events and date selection for Canada Games selection races. I heard from Tamara, Casey, Lucas, Lorne, Ihor and Steven. Together with Pauline and I, we all agree with choosing Dec 22-23 weekend as the first choice for our Games team selection races. So by a majority, we will accept this date. Back-up date is the following weekend, Dec 29-30. And if another alternative is needed, it would be the Ontario Cup races in Thunder Bay Jan 4-6..

2) It looks like there is strong support for the Thunder Bay O Cup race as a PDP trip. Including me, there were 6 in support of this. 2 respondents had no comment on the O Cup. Ihor's suggestion was to look at US races instead of the Alberta Cup.

3) All respondents supported choosing Easterns as a PDP trip and not attending Westerns this time due to timing.

**I think that well covers the issues needing attention before the summer and I don't think we need a conference call in the next 2 days.** We will meet / call in September and our first task will be to discuss team sizes to the PDP trips, and selection criteria. This will include looking at selection criteria for the early snow camp.

I would like to take this moment to **welcome Aaron Warkentine** as our new male athlete rep. He will replace Lucas, as Lucas heads out West this week. On behalf of the committee, Lucas, I would like to thank you for your time and input as athlete rep!

FYI, I have taken the draft CCSAM schedule and dove tailed it with our PDP plan, and the season looks like this:

**Dec 1-9 PDP Early snow camp** : Silver Star ; tie in with Dec 8-9 NorAm in Vernon?

(Dec 13-16 World Junior Trials, Whistler)

(Dec 15-16 BAM Canada Games selection races)

Dec 16 Windsor Park Grand Prix

**Dec 22-23 Canada Games selection races**

**Dec 29-30 Back up date for CWG selection race**

**Jan 4-6 Ontario Cup Thunder Bay**

Jan 26 Falcon combined

**Feb 1-3 Easterns in Collingwood, Ontario**

Feb 9-10 Provincials (currently double booked with Biathlon provincials)

Feb 17 Turtle Mountain Loppet

Feb 24-March 3 Canada Games in Red Deer (biathlon is previous week)

March 13-20 Nationals in Ottawa

Over and out,

Megan

On Jun 23, 2018, at 11:20 PM, [megski@mymts.net](mailto:megski@mymts.net) wrote:

Hello committee.

Next season we have a few definite trips: Canada Games and Nationals. Although note tight turn around time in between the 2 events - only 10 days.

We have a necessary race to schedule: Canada Games Selection races (2 races, 1 classic and 1 skate). Biathlon Manitoba has already put forward their selection race date so we also need to get a date out there.

We have a highly likely event : Easterns Feb 1-3 (Likely to be targeted for Canada Games team, but to be discussed in September)

If we were to call this a Canada Games prep event then we would hope to have Games support staff on this trip as well. To be discussed.

We likely need another option for PDP team trip. This might be the trip to bring the larger team for gaining experience. Options are:

- O Cup in thunder Bay Jan 4-6
- Westerns in Kelowna Feb 8-10
- Alberta Cup in Canmore Jan 19-20

I have listed the events below, so you can see the calendar as a whole and also some notes on things like a rationale for choosing the event, or some advantages and disadvantages that Pauline and I thought of for each. Please consider the information.



**The decisions we need to reach are: 1) what date will be our Canada Games selection races  
2) Is committee happy with decision to send team to Easterns and not Westerns and 3)  
what will our other PDP trip be this season?**

(For future consideration: Canada Games trials location : obviously snow dependent, but needs to be somewhere with decent grooming and terrain. Could potentially do classic in Kenora and skate in Falcon? Close enough to drive between easily, likely Kenora race first then overnight in Kenora, then Falcon?)

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Background info that we need from Karin: what is latest possible date of submission for CWG team?

I have put in **bold** what I would consider "ideal" spacing of team trips.

**Dec 1-9 (proposed)** Early snow camp : Silver Star ; tie in with Dec 8-9 NorAm in Vernon?

(Dec 13-16 World Junior Trials, Whistler. We need to be aware of this because of Conor and Levi N, who may be vying for spots our CWG team)

(Dec 15-16 BAM Canada Games selection races, with their backup date listed as Dec 22-23 however I think that has already caused some friction and Karin has told them they can't block off both of those weekends because we also need to get a race in there)

*committee decision: What do we choose as our first choice for the CWG trial race? Dec 22-23 or Dec 29-30 or ???*

**Dec 22-23 Possible dates for our Canada Games selection races with back up date of Dec 29-30**  
*advantages: Free up christmas holidays for family and travel; race quality for athletes not affected by holiday schedule - better performance?*  
*disadvantage: same as BAM's back up date*

**Dec 29-30 Possible dates for our Canada Games selection races with backup date as Thunder Bay O Cup**  
*advantage: No conflict with BAM*  
*disadvantage: affected by Christmas holidays; less room for backup date (we need to find out the cut off date for team selection); out of town back up race if we have to use O Cup, and assuming we take a team to O cup*

**Jan 4-6 possible Ontario Cup Thunder Bay**

Rationale: Good quality race experience for our larger team trip next season? Good timing for an early season race especially for those not at the early snow camp

Advantages: Well separated from the Easterns trip; Good timing in race calendar to use as an Easterns / Nationals selection race. Good timing for teachers and students to be able to attend, as not quite back to school yet

Disadvantage: for those at CWG selection race, this is 2 race weekends in a row out of holidays.

Jan 19-20 possible Alberta Cup in Canmore

Advantages: Good quality race experience; Not scheduled in the Christmas break period like the O Cup option

Disadvantages: cost (more travel); less time between this trip and Easterns trip (only 10 days, Easterns departure likely to be Jan 30)

**Feb 1-3 Easterns in Collingwood, Ontario**

Rationale for choosing Easterns over Westerns

- Easterns and Westerns are too close together to do both (1 week apart);
- Better time frame between Easterns and CWG than Westerns and Canada Games (a 3 week window vs 2 week);
- great quality race (usually huge field)

(Feb 8-10 Westerns Kelowna)

Feb 24-March 3 Canada Games in Red Deer (biathlon is previous week)

March 13-20 Nationals in Ottawa

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Please weigh in with your thoughts!!

Thanks,

Megan

Provincial Development Program Committee meeting minutes

Tue Sep 25, 2018

19:15 Sport For Life Centre

Present: Karin McSherry (minutes), Megan Carter, Casey Nelson, Steven Wintoniw

Conference Call:, Lorne Warkentine, Aaron Warkentine, Pauline Nadlersmith, Betsy Lockhart, Jackie Hummelbrunner, Ihor Barwinsky

Regrets: Tamara Howard, Richard Huybers

1. Welcome Aaron, Ihor & Steven to Committee
2. Confirm Selection Committee members for 2018-19 – Karin McSherry, Andy Dwilow, Kristin Madsen, Murray Carter
3. 2018-19 PDP document reviewed, including selection criteria and team sizes. Easterns trip will be CWG team focused. Committee recognizes that majority of our potential male team members are currently out of province. It is necessary to protect Easterns team spots for potential female team members here. **ACTION:** Karin to complete updates and distribute for final review.
4. Canada Games Selection – scheduled Dec 22/23, back up dates Dec 29/30, alternate back up is OCup Thunder Bay. Possible locations are snow dependent – Kenora, Riding Mt
5. Fall Training Camp (Oct 5-6, Kenora) – all arrangements made. Zone4 registration live.
6. Need Support Staff for team trips this season. **ACTION:** Karin to distribute EOI immediately.
7. Next meeting – TBA

Adjournment 21:00