

CROSS COUNTRY NB 2010/2011 CROSS COUNTRY SKIING & PARA-NORDIC SELECTION CRITERIA

Purpose

Article I.

The intent of this document is to inform athletes of the selection process the High Performance Committee of Cross Country NB will follow to select individuals for the 2011 Canada Games Team and 2010 CCNB Team Trips. We want to ensure of the best possible team for 2010 and to identify those athletes that can be developed for the upcoming and future Winter Games Teams. This document is published under authority of CCNB's Chair of High Performance. It is consistent with:

- the 2011 Halifax Canada Winter Games Technical Package , see 2011 Cross Country Skiing and Para-Nordic Technical Package. Edition 1.0 (2009.05.04),
- and CCC Racing Rules for eligibility and selection.

It will form the 2010 CCNB's Policy and Guidelines for Team Selection, Nomination, announcement and Support. This document is intended to be used for both Able Bodied and Para-Nordic High Performance Programs.

Article II. Philosophy

The policy for team and trip selection within CCNB is based on the following principles:

- a) Athletes and teams representing New Brunswick in cross-country skiing must be credible and competitive;
- b) a successful high performance program must be sustained over the mid and long term;
- c) the most deserving athletes must be selected for particular teams and trips; and
- d) Athletes and coaches must receive the required information in a complete, accurate and timely manner.

Criteria are intended to state the requirements and standards to be used in the selection process and how they will be applied. In general, selection of athletes and support to selected athletes will be based on a combination of:

- a) objective measurements – results achieved in specified races, as measured against provincial, national standards through the year; and
- b) subjective assessments – relating to an athlete's commitment, assessed potential and ability to perform and contribute in a team context.

Article III. Athlete Eligibility

Section 3.01 Able Bodied*Athletes must:

- meet all eligibility requirements of amateur sport for Nordic Skiing,
- hold a valid Cross Country Canada racing license for the season 2010 & 2011,
- be 23 years of age and under; Year of birth: All athletes born 1988 or later.

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Section 3.02 Para Nordic*Athletes must:

- a) meet all eligibility requirements of amateur sport for Nordic Skiing,
- b) hold a valid Cross Country Canada racing license for the season 2010 & 2011,
- c) born 1976 or later.

**In keeping with the objective of targeting athletes within the Training to Compete (TTC) level of the LTAD, age exceptions will be provided to Para-Nordic athletes born prior to 1976 who's athlete development level is consistent with TTC. The CGC and CCC recognize that an age-dependent criterion may not adequately reflect the entry of the athlete into Para-Nordic skiing due to late onset disabilities through injury or medical condition. CCC's Para-Nordic Committee in cooperation with the CGC will consider these special cases up to December 1, 2010. Appendix 2 outlines the procedure to apply for an age exemption for Para-Nordic athletes, if required.*

Section 3.03 - CCNB Team size

The coaching staff and manager has been selected, they are as follows:

Title	Name	NCCP Coaching Level
Head Coach	Claudete Maltais	III (Accredited)
Assistant Coach	Chastity Degroot	III (In-training)
Waxing Technician	Gilles Landry	III (Accredited)
Para-Nordic Coach	Manon Losier**	III (In-training)
Team Manager	Marie-Eve Cyr	NA

Manon is considered an apprentice and CCNB will select another Para-Nordic Coach to complete roster by Dec 2009

Any staff listed as coaches on the official CWG registration form must be fully certified under the National Coaching Certification Program to at least Level 3 in Cross Country Skiing, or the equivalent in the new NCCP Competition Stream, Development Context (Trained Status). If the team will include Para-Nordic athletes, the additional Para-Nordic coach must have the same certification listed above. Further, it is strongly recommended that all coaching staff members are briefed ahead of time on the specialized support this group requires. These coaches must be so certified no later than 90 days before the opening of the Games (ie. by November 13, 2010).

Given that 2009-10 is the last year of the building of the 2011 CWG Team, CCNB recognizes the need to maintain opportunities for our older athletes while offering realistic opportunities for developing athletes to qualify for regional/national events; the team selection will follow these principles:

- The CCNB Developmental Squad is comprised all those skiers who were named in March 2009 and will compete for a spot on the 2010-11 NB Ski Team and or the 2011 CWG Ski Team.
- The athlete intending to be-named for following winter's Team are to attend dry-land training session in the summer and/or fall; (only university students studying away are exempt from the fall session).
- Skiers who are university students who meet the age criteria for 2011 CWG and who were part of the 2007 CWG Team or the 2008-09 CCNB Team will be considered as part of the

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2010 NB Ski Team Development Squad; and are required to participate in a minimum of one CCNB

Sanctioned race event in 2010 & one event in 2011, prior to the CWGs. Athletes attending university out of province can select a race in their area but must provide proof of race results, within 48hrs of end of event, to the chair of the CCNB HPC in order to be considered as having met this criteria.

- Attendance at three sanctioned race events is required to permit selection to 2010-11 CCNB provincial junior teams.
- Selection to the CWG Team will be at qualification trials held between December 28 & 30, 2010, dates are weather dependant and may be moved to alternate dates.
- A maximum of five male and five female able bodied athletes will be selected to represent the Province of New Brunswick at any racing events including CWGs and final size will be subject to funding capacity and athlete eligibility; in addition, one male and female athlete will be selected as Alternates, in the event that a selected Team Athlete becomes sick or injured prior to the sanctioned races.
- A maximum of three Para-Nordic* athletes will be part of the Canada Winter Games team; if sending three athletes one must be male & one female, as per 2011 CWG Technical package.

Article IV. Winter Race Schedules & Sanctioned Races

Section 4.01 Official (sanctioned) competition races for CCNB Team Athletes

Given the need to provide quality race experience, the following are the CCNB sanctioned races.

- 1) NB Race #1, Skating, Dieppe, NB, Jan 23th, 2010
- 2) Eastern Canadian Championship, Cantley, QC, January 30-31st, 2010
- 3) Atlantic Championship, Martock, Nova Scotia, February 6-7, 2010
- 4) NB Race #2, Classic & Skating, St. Louis de Kent, NB, Feb 13th, 2010
- 5) NB Race #3, Classic & Skating, Miramichi, NB, Feb 20th, 2010
- 6) Midget Championships, Caraquet, NB, March 6-7, 2010
- 7) Junior National Championships, Whitehorse, Yukon, March 14 – 21st, 2010
- 8) Provincial Championships, Charlo, NB, March 27-28th, 2010
- 9) NB Race #1, TBD, Jan 2011.
- 10) Canada Winter Games, Ski Martock, Nova Scotia, Feb 18-27th, 2011

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Section 4.02 CWG Selection Races – Dec 28-30th, 2010 or 15-16th Jan, 2011 at Les Aventurier Ski Club in Charlo, NB

Sprint Style	FEMALE	MALE
Race 1 - Classic	7.5 KM	10 KM
Race 2 - Skating	5 KM	7.5 KM
Race 3 – Sprint	900-1200 m	900-1200 m

- Younger age group will follow CCC distances for midget

Article V. Selection Races & Process

Section 5.01 – Trip nomination criteria.

Based on the Long Term Athlete Development Model (LTAD) and the Canadian Athlete development road map, a combined performance levels scale will be used as basis for nominating to race events. Appendix B gives the calculation process rational.

- 90% performance results at the December 2009 selection races, will determine team members who will proceed to 2010 Eastern Canadian Championship
- Athletes who where members in good standing of the CCNB Development Squad who reach 85% performance results will be automatically offered opportunity to attend the 2010 Atlantic Championships in Nova Scotia.
- 90% performance results at Easterns (combined classic and skate) decides who will go to Nationals (lowest category being acceptable is Juvenile because this is the lowest category at Nationals).
- Developmental Athletes who do not make the selection at Eastern’s can have their results at Atlantics reviewed and if their combined performance levels are within 90% of Athletes in the field they can be added to the CCNB Team going to National’s.

Section 5.02 – CWG Able Bodied Team selection criteria

The top five (5) male and top five (5) combined times at the CWG selection races will determine the athletes nominated to the 2011 CWG NB Cross Country Ski Team. The sixth position athletes will be nominated as alternates.

Section 5.03 – CWG Para-Nordic Team selection criteria

The top male and top female and the second top male or female combined times at the CWG selection races will be used to determine the athletes nominated to the 2011 CWG NB Cross Country Ski Team.

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Section 5.04 - Force Majeure

Def: Force Majeure - *an unexpected event beyond the reasonable control of the athlete that crucially affects an athlete's ability to compete (e.g. illness, injury, transportation breakdown) and can be put forward as rationale for not having competed in or completed selection races.*

- a) From time to time situations arise beyond the control of an athlete. Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for appeal.

- b) An appeal must be brought forward the day of the race. In the event of sickness or illness, the athletes must provide a doctor's note.

Article VI. Team Trips

Section 6.01 - General Support formula

CCNB will only support Sanctioned Team Trips as listed in Article IV. Ideally full team complements will participate in Sanctioned Team Trips; however each trip will require prior approval before funding formulas are applied.

Athletes will be responsible to pay for their individual annual race license and individual event registration fees. These will form part of the athletes' trip contributions. Individual trip event budgets will be submitted to the Chair HPC and CCNB will contribute funds to complete the specific trip budget to an amount equal to the sum of all the in-kind¹ per athlete contributions.

¹ Refer to minutes of HPC for total budget forecast; final amount per athlete per trip may vary pending final number of participants.

- a) Winter Travel means that all athletes, coaches and technicians are expected to travel together using the right mix of vehicles to accommodate team size and ensure team safety; trip planning and budgeting will reflect this direction.

- b) NB athletes, who chose not to travel with the team, must apply individually to CCNB's HPC for financial support; those choosing to participate without need for support must their race results are filed within 48hrs of race completion in order to be considered for future team trips.

- c) Trip budgets for sanctioned events will be submitted as early as possible to the HPC. This will ensure approvals and provide the required information for CCNB & individual athlete commitments are made in a cost effective and timely manner.

- d) All coaching expenses are considered part of the CCNB contribution and will be included in budget estimates.

- e) Coaches have final say on trip itinerary and can cancel, extend or cut short trips because of weather or other team safety concerns. Any additional cost will be considered on a case by case basis by CCNB but will not be unduly withheld.

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f) Athletes will be expected to contribute in a fair and equitable manner to trip expenses; the general 50% contribution rule will apply.

Section 6.02 CWG Trip Planning

Travel to the 2011 Canada Winter Games will be by ways and means determined by Team New Brunswick and Sports NB. Trips to mandatory CCNB sanctioned preparatory events, training camps, time trials and or races will be covered by the CCNB CWG Fund. Projected budgets will be submitted for approval at the CCNB AGM and Semi-AGM.

Article VII. The 2010 CCNB Team & Canada Winter Games Team

Section 7.01 Team Race Uniforms

All members of the 2010 CCNB Development Squad and 2010/2011 Race Trip participants are authorized to wear the official CCNB race suits and colors. New racing suits will be purchased to compliment the 2011 NB CWG Official Team Uniform. Coaches and athletes selected for the CWG Team will be given complimentary race uniforms in 2011. Additional suits required in order to ensure value for money and minimum order size criteria will be made available for purchase by development squad members.

Section 7.02 Team Equipment

All members of the 2010 CCNB Development Squad and the 2010/2011 Race Trip participants are authorized to access team waxes and services of the official team technician(s) for participation sanctioned team events. Normal cost recovery will be recovered via trip budgeting practices for 2010 sanctioned races. Wax and wax kits used in the CWG will be covered by the CCNB CWG Fund.

Special CWG equipment purchases are anticipated in spring 2010 and cost sharing agreements will be made available by the CCNB AGM. Athletes who require financial assistance can apply to CCNB for financial support via their coaches or HPC.

Article VIII. General Team Policy

All athletes/coaches are expected to become familiar with the selection process. It is the responsibility of each individual to be familiar with and understand the processes that could affect them.

Barring extenuating circumstances such as illness or injury, athletes who have been selected for the CWG team are expected to:

- 1) Show progress to maintain team status. Progress will be measured in the following ways: increasing CPL ranking in sanctioned race events; or combined race results ranking; or improvement in test results, and commitment. Logs will be maintained for this purpose and can be reviewed by the coaches on a regular basis.

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- 2) Accept that entries in races, on all trips will be at the discretion of the trip coach with emphasis on fielding a competitive team rather than on guaranteeing race starts for individual athletes.

- 3) Compete in all races on trips to which they have been selected, subject to the discretion of the coach on matters of athlete security or health.

- 4) Attend all training camps and if selected to a trip or a team, continue to perform at the level that selected them. If this performance, in training and/or competition, is not demonstrated, that selection could be re-evaluated. In principal an athlete should demonstrate a reasonable chance of consistent finishes.

Article IX. CCNB High Performance Committee for 2010/11:

Édouard Daigle	Chairman	edouardd@nbnet.nb.ca
Gilles Landry	Male Coaching Advisor & Voting Member	sggnland@nb.aliant.net
Claudette Maltais	Team Coach (Non-voting)	paddle@nbnet.nb.ca
Jessica Dawn	Athlete Rep & Voting Member	jessicadahn@msn.com
Chastity DeGroot	Team Coach (Non-voting)	cvedeg@hotmail.com
Monique Chouinard	Parent – Voting Member	Luclev10@gmail.com
Marie-Eve Cyr	Team Manager – Voting Member	skis@nbnet.nb.ca

All official communications with the Committee will be via chair and or coaches as per CCNB Policy.

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Appendix A.

Development Team Roster:

A formal Team Roster will be maintained and made available via the CCNB Official Website. Personal Athlete Information, age, DOB, will not be published.

Appendix B.

Optional Race/ Time trials road map calculations

Percentage Calculation

- a. The race time of each athlete will be brought into seconds. The top three fastest times (in seconds) will be used to calculate the mean race denominator. Each of CCNB Team Athletes race times will need to be above the approved percentage (%) of the race denominator to be considered as qualified for future race invitations; Ex: 90% *of top 3* at Dec selection races(combined classic and skate) decides who is going to Eastern Championships.

- b. The selected percentage is based on the anticipated level of competition at the event athletes are competing for and the need to promote the best performing athletes and team. The need to reach a full team complement for any race may see the High Performance Committee consider a “repêche” race event which will be open to all development athletes.

- c. Once the percentages of the classic and skating races are calculated for each athlete, a combined average of races will be calculated for each race event. Only top five male and five female athletes will be invited to the next race event.

Appendix C.

CCNB Race Results & Development Athlete Tracking

Athlete performance in Cross Country Skiing is normally tracked using the CCC Canada Points List.

Two key conditions must be met for athletes to receive CPL points:

- 1- They must have a CCC race licence ;
- 2- The race event must be Tier one or Tier Two CCC sanctioned. (See: CCC Policy Document 2.2.1, COMPETITION REGISTRATION AND SANCTIONING, revised Sept 2008)

The Tier 2 category of CCC sanctioning applies to high-level competitions mandated at the Division level (i.e. provincial championship and provincial cup competitions).

Those athletes with CCC Race Licences will have the race licence recorded on the Zone 4 events results list;

For Each CCNB Race Event the following criteria will be followed for keeping track of provincial athlete individual ranking:

- The winner in each event will be the competitor with the best position in that event.
- The best able-bodied positions and best Para-Nordic position for each gender and event will count towards the provincial ranking point total (as indicated in the chart below).

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Other scores are omitted. Para- Nordic positions will be determined by adjusting real time by the percentage for each athlete according to their classification.

□ If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 97.5 points $(100+95)/2$). If an athlete does not finish or is disqualified, the athlete does not receive any points.

Able-bodied points

Position	Pts	Position	Pts	Position	Pts	Position	Pts
1st place	100	6th place	77	12th place	61	17th place	53
2nd place	95	7th place	74	13th place	59	18th place	52
3rd place	90	8th place	71	14th place	57	19th place	51
4th place	85	9th place	68	15th place	55	20th place	50
5th place	80	10th place	65			16th place	54

Para-Nordic Points

Position	Pts	Position	Pts	Position	Pts	Position	Pts
1st place	100	6th place	77	12th place	61	17th place	53
2nd place	95	7th place	74	13th place	59	18th place	52
3rd place	90	8th place	71	14th place	57	19th place	51
4th place	85	9th place	68	15th place	55	20th place	50
5th place	80	10th place	65			16th place	54

TIE BREAKING RULE - COMPETITION:

If two or more competitors have the same time in the Interval Start Races, they shall have the same placing on the final list. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

PROVINCIAL RANKING

Provincial Athletes will accumulate results over the NB race series season and will receive a final ranking following the Provincial Championships or final event of season..

Coaches and the HPC can use these results to confirm athlete performance and recruit potential development squad athletes. CCNB will also use these as basis for participation or sponsorship awards at the end of the race season.

PROVINCIAL RANKING - TIE BREAKING:

If a tie occurs in the final provincial standing, the Athlete with the greater number of first places will be assigned the higher rank.

If the tie persists, the procedure is repeated for second places and so on.

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Appendix D

2011 (Halifax) Canada Winter Games

Competitor Eligibility

(See 2011 Cross Country Skiing and Para-Nordic Technical Package. Edition 1.0 (2009.05.04) for full Package Content & Updates).

Competitors must meet all eligibility requirements outlined in the Technical Package.

- 1) The Canada Games are open to Canadian citizens and landed immigrants.

- 2) The Games are open to athletes who are members in good standing of their provincial and/or national sport organization.

- 3) An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the province or territory they are representing. An athlete can have only one domicile.

- 4) Students attending school on a full-time basis outside their province of permanent residence during the year of the Games shall be permitted to compete for either their province of permanent residence or the province in which the athlete attends school.

- 5) To be eligible to compete for the province where the athlete attends school, the student must be enrolled on a full-time basis during the 2010-2011 academic year.

- 6) If a non-student athlete attends a recognized national training centre outside his or her province of permanent residence, the athlete is encouraged to represent his or her province of permanent residence; however, the athlete could represent the province where the centre is located under the terms of paragraph (7), below.

- 7) Exceptions to the domicile requirement will be possible if the athlete can demonstrate a commitment to the province or territory she or he wishes to represent by such means as having been a member of a club or provincial sport organization in that province for the entire previous competitive season, having represented that province or territory at a previous national or regional championship, or having attended school full-time the previous academic year, or a recognized national training centre full-time during the previous 12 months. Other similar circumstances may be considered.

- 8) An athlete is permitted to try out for only one province or territory per Games.

- 9) The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Note: *Coaches or Provincial Sport Organizations must bring forward any unclear cases to their Chef de Mission and to their National Sport Organization as early as possible before the competition for forwarding to the Sport Committee of the Canada Games Council.*

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10) Where a team/province or territory/Chef wishes to challenge the eligibility of an athlete on another provincial/ territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

OTHER

- a. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to *a maximum size of 60 square centimetres*.

- b. The only coaching permitted is by those accredited coaches identified in the Technical Package. Personal coaches of athletes or additional coaches of any type will not receive accreditation and will not have access to competition or training areas.

- c. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Canada Games Council assists the Host Society through its medical partners by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.