

NCO ALPINE SKI TEAM K2 Juvenile Team Selection Policy 2009/2010

Objectives of the program

- To provide an exceptional elite racing and training program in a competitive, enjoyable atmosphere that will help each athlete mature and reach his/her maximum potential as a ski racer and young adult.
- To help develop properly prepared athletes for FIS Team and Provincial Team competition.

Philosophy in Selection Process

- To select athletes from OSZ and NCD clubs based on their demonstrated abilities and performance.
- To have selection criteria that outlines a clear process to be followed for athlete selection.
- To identify those athletes who will benefit from a high-performance training environment.

Athletes to be Considered

- Those born in 1996 (Last year K1)
- Those born in 1995 (First year K2)

Note: All existing NCO Juvenile athletes wishing to return to the juvenile program will be subject to these selection guidelines. Case by case situations may be considered (e.g. injuries). Existing NCO athletes will also be subject to attainment of set outcome and process goals set with the NCO K2 Head coach.

Criteria

A score out of 100 will be determined for each athlete. Within this score are four categories:

- Basic Skiing Skills 15%
 - Race Results 60%
 - Fitness and General Athletic Ability 15%
 - Program Suitability 10%
- Total 100 %

Basic Skiing Skills (15%)

The NCO Juvenile Coaching staff will determine the basic skiing skills marks in conjunction with the coaches working committee. It is the goal of the NCO Coaching staff to achieve a consensus on individual skiing skills amongst the NCO Coaches' Working Committee in assigning a mark out of 40.

The following skills will be evaluated:

- Timing & Coordination
 - Rhythm
 - Symmetry
 - Linking of phases of turn
 - Adaptation to environment

- Stance and Balance
 - Position on skis (Fore/aft, Lateral)
 - Range of motion with the legs
 - Adaptation to terrain
 - Upper body stability

- Cadence and tempo
 - Radius control
 - athleticism
 - edging and edge angle

In assigning these points, the following guidelines should be followed:

- NCO coaches will observe athletes in a competitive environment in both GS and Slalom.
- NCO coaches will perform a technical evaluation of the athletes during the NCO Ski Team Evaluation day.
- Club coaches will be asked to provide input on the technical evaluation done by the NCO coaches. They may also be asked to fill out evaluation forms for prospective athletes.

Race Result calculation for K1 and K2 athletes (60%)

Step 1

Points up to a maximum of 45 are distributed based on performance within the regional K1 race series and the regional K1 championship series. World cup points awarded from the best 3 GS race runs and the best 3 slalom race runs will be used to determine the athlete's mark out of 45 Points. Point calculated as follows:

Points = (WC points x 45)/600

Points up to a maximum of 45 are distributed based on the total World Cup points from best 3 GS race runs, best 3 Slalom race runs and best SG race run throughout the season

within the regional K2 race series and the regional K2 Championships. The NCO juvenile team must have been present at the races selected. Points calculated as follows:
Points = (WC points x 45)/700

Step 2

Points up to a maximum of 5 are assigned based on results in Ontario and Quebec Provincial Championships.

W.C. Points average of best 2 races.

Points	W.C. Points
5	45-100
4	26-40
3	15-24
2	8-14
1	1-7

Step 3

If athlete qualified for one major juvenile event (i.e., Canadians or Whistler Cup) they receive 10 points towards their total

Physical Fitness (15%)

Fitness and athletic ability will be evaluated using the physical tests outlined by ACA. Points will be afforded to athletes according to the norms contained within ACA's Standard Fitness Testing Protocols Target Levels for each test. These tests location and time to be determined. Failure of an athlete to complete the testing process will result in a mark of 0.

If unable to attend for exceptional circumstances, alternative arrangements may be made.

Program Suitability (10%)

Based on discussions regarding a nominated athlete with their Club coach, points up to a maximum of 10 will be awarded base on: overall attitude on and off the hill, including interaction with the other athletes the public, sportsmanship, conduct, and dedication required to succeed within this type of program.

Points Total

Athletes must achieve a minimum of 60% to be considered for the team however, 60% does not guarantee a spot on the team.

Additional Selection Considerations

These considerations will be taken into account when selecting athletes notwithstanding the above criteria. Team size may be limited by:

- . • Homogeneity of the athlete group from a like skills and abilities point of view
- . • Athlete/coach ratio
- . • Travel logistics
- . • Costs

Selection Process

The NCO Chair is responsible to ensure that the selection process is respected.

All appropriate club coaches must be given the opportunity to be involved in the development and implementation of this policy through the NCO Coaches Working Committee.

It is the responsibility of the Club reps and Club Head Coaches to make their athletes and parents aware of the selection criteria and process. Parents must also be informed before any nominations are made to the NCO.

The NCO Juvenile Head Coach will initiate the process (according to this selection policy) by contacting Club Head Coaches and Club Representatives. Club Coaches can submit athletes to be recommended to NCO Juvenile Head.

NCO coaches may encourage submissions regarding specific athletes.

The K2 Coaches Working Committee will consider all nominations and NCO recommendations. It is the responsibility of club coaches to attend the CWC meetings. If a club coach cannot attend, they may have someone replace them at the meetings.

The NCO Juvenile Head Coach and Program director shall be responsible to make the final recommendations to the NCO Management Committee complete with rationale. The NCO committee must approve selection of the team.

The NCO Juvenile Head Coach will post a list of those athletes who have qualified to the NCO Juvenile Team on the NCO website at www.ncoski.com by **April 27th, 2009**.

Exceptional Cases

Any athletes who are being considered for selection and who fall outside these selection guidelines will be dealt with on a case-by-case basis. (Examples: Athletes who move to the NCO region from other parts of North America, athletes who live in the NCO region but who have previously been training and competing outside of the NCO region).

In such instances, a detailed rationale shall be submitted to the Management Committee by the NCO Juvenile Head Coach.

The NCO Management Committee must approve all special cases.

