



National Capital Outaouais Ski Team (NCOST) FIS Team Selection Guidelines – 2009/2010

Objectives of the program – “Train to Race” focus (AIM 2 Win)

To provide a high quality competitive racing program designed to help move qualified athletes to the next performance level, Provincial teams and beyond.

To continue the development of committed, skilled athletes whose personal goals require coaching and racing beyond the scope of club programs.

Philosophy in Selection Process

- To outline a clear nomination and selection process for the athletes.
- To select regional athletes based on demonstrated progression, abilities and performance.
- Select a competitive team with the potential for strong results at the FIS level and progression to the provincial ski teams and beyond.

Athletes to be considered for FIS program

- First year J1 and older
- Primary consideration will be given to athletes who have progressed through clubs in the NCO region.

Nomination and Selection Process

- Current NCOST athletes are subject to this selection criteria and are automatically eligible.
- All athletes who wish to attend must send in registration form before **April 1st 2009**. Emails are on registration.
- The NCOST will select the FIS Team based on the criteria outlined below and recommendations from the coaching staff. Athletes may be put on **invitational status** should the coaching staff and NCO management committee decide to continue athlete evaluation.
- The NCOST will release the selection list **April 27th 2009**, athletes will be contacted through information provided on registration form.
- Athletes selected to the NCO will confirm their status within 14 days of notification.





Selection Criteria

General:

Attitude

As well as the performance and technical benchmark outlined below the athletes nominate to the NCO FIS Team should demonstrate passion and commitment towards Ski racing in addition to the ability to function as part of team. The FIS Team operates in a team environment where athletes day to day will feed off each other through successes and as well as adverse times. We value a relentless work ethic and a positive attitude towards challenges.

Commitment

The physical demands imposed on the athletes, demand that they are in excellent physical condition. Through the preparation period (May to October) athletes must be committed to a physical training program as recommended by the NCOST coaching staff.

Graduation K2 athletes:

**Qualification to Whistler Cup will result in automatic selection.

Athletes will be ranked and Top 30 world cup points will be allotted according to the following criteria:

- Evaluation of basic skiing skills during NCOST selection day
- Evaluation of physical capacities during NCOST physical test
- Best 3 GS runs, best 3 SL runs and best speed in Regional race series
- Ranking in Provincial Championship

*K2 athletes vary widely from a growth and maturation point of view. Adolescents who are bigger and stronger generally have a race performance advantages over those who have not completed most of their adolescent growth. This should be recognized.

*Athlete who display the attitude, commitment and athleticism but are behind the curve physically and technically can be selected on NCOST coaching staff discretion.

1st year J1

Athletes will be ranked and top 30 world cup points will be allotted according to the following criteria:

- Best 3 GS races, Best 3 SL races, Best Speed in Super Series and Ontario FIS championship races. For ranking athletes are allotted points according to 500 point system.
- Technical evaluation on NCOST selection day and in races
- Evaluation of physical capacities during NCOST physical test





J2 Athletes

The selection committee will consider each athletes' individual on snow progression, FIS results, physical conditions as well as attitude towards training and potential to progress in ski racing. Athletes at this stage should have demonstrated the following:

- Under 90 points in the technical disciplines
- Excellent physical condition
- Determination towards training and racing

Other athletes

Athletes from other regions or parts of Canada may request nomination to the NCO FIS Team. They will be subject to the same FIS selection criteria and expectations relating to team involvement, attitude and homogeneity.

Final Team selection

The NCOST coaching staff along with the NCO management committee are responsible for the final selection. The final selection will be submitted to the NCD and OSZ boards for approval.

Athletes of interest who do not rank according to the criteria may still be selected based on the discretion of the coaching staff and approval of the committee.

Athletes under injury status can be selected based on coach discretion.

Team homogeneity will be a prime consideration when selecting the FIS team.

The status of athletes under invitational status will be announced at the end of the preparation period as chosen by the coaching staff.

