



## **NCO ALPINE SKI TEAM FIS Team Selection Guidelines – 2008/2009**

### **Objectives of the program – “Train to Race” focus (Alpine Integration Model)**

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 select regional athletes based on demonstrated progression, abilities and performance.
- To have selection guidelines which are clear, fair and in the best interest of our community of athletes.
- To outline a clear process to be followed for athlete selection.

It is recommended that selection to the NCO FIS team be primarily the result of discussions and recommendations made by the respective athlete coach and appropriate NCO coaching staff. There are an increasing number of performance factors required to successfully compete and progress at the FIS level and beyond. Professional coaches who work with the athletes all season are in the best position to assess these factors and make recommendations.

In all instances selected athletes should be assessed as having the opportunity for some measure of athletic success and the further building of self-reliance and self-esteem through participation in the NCO FIS program.

## **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.

### **Selection Priorities**

Performance and behavioral benchmarks identified in this section are meant as *guidelines only* in order that athletes, parents and coaches have a reasonable expectation of progress. Non attainment of any one or more of these benchmarks does not necessarily mean non selection, such as the physical test and the ski test. However, these tests will be useful assessment guides (See appendix C and D for more details or examples. Open communication between athlete, coach and parent regarding goal setting and periodic review of progress will be a good indicator of progress towards these benchmarks and desire to achieve over the longer term.

#### **A. Graduating Juveniles**

**On completion of the last year as a juvenile**, the regional K2 Coaches Working Committee will consider the following:

- The ski test conducted by the NCO coaches on April 12th. (See appendix B for Ski Evaluation Notice)
  - The club coaches will also be asked to provide input on the technical evaluation done by the NCO coaches. They may also be asked to fill out a full evaluation on athletes considered for the NCO team.
- Participation at the National Juvenile Championships. Qualification at Nationals will normally result in an invitation to join the NCO FIS program for the following season.
- Participation at the QC or ON Juvenile Championships. Participation at provincial events is normally a requirement for consideration for selection. However, graduating K2 athletes that did not qualify for National Championships, due to extenuating circumstances, may use comparative performances at the QC or ON Provincial Juvenile Championships.
- Achievement of all the basic skiing skills required as a foundation
- Progress towards achievement of basic competition and racing skills.
- Comparative results in the regional juvenile race series.
- Ability to handle time away from school and manage studies.
- Desire to compete at a higher level in the sport.

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

## **B. Graduating Juniors**

**On completion of the first year as a junior**, athletes selected or re-selected to the program should have achieved or demonstrated the following:

- 130 FIS points or better in two events
- Improvement on the performance goals set with the NCO Head Coaches
- a degree of competitiveness in Provincial races and series (eg: QC Cadet or FIS) as compared to their year of birth and younger.
- a strong commitment to an on and off season physical conditioning program.
- a focused race preparation plan.
- a desire to compete at a higher level.
- an ability to balance sport requirements and education needs.

**On completion of the second year as a junior**, athletes selected or re-selected to the program should have achieved or demonstrated the following:

- 90 FIS points or better in two events.
- Improvement on the performance goals set with the NCO Head Coaches
- competitiveness in Provincial FIS races compared to their year of birth and younger
- progress and ability in coping with and managing the many factors that contribute to continued success at this level:
  - o Technical skills
  - o Tactical skill
  - o Physical conditioning requirements
  - o Mental management skills
  - o Equipment requirements
  - o Nutritional and health requirements
  - o Traveling away from home for extended periods of time
  - o Time management and organizational skills
  - o Work ethic

Athletes who participate in the program during their third year as a junior should be in a position to focus on ski racing and training from November through April.

### **C. Other Athletes**

Athletes whose families are regional residents but whose children train and compete in Laurentian programs may request to join the NCO programs. Reasonable consideration will be given to athletes in this situation if performance data is available similar to that used for local athletes.

Athletes whose families move into the region from other parts of Canada will be given reasonable consideration if performance data is available similar to that used for local athletes.

### **D. Other Selection Considerations**

Other considerations may be taken into account notwithstanding the guidelines indicated above when selecting athletes to the program. These include but are not limited to:

- homogeneity of the athlete group from a “like skills and abilities” point of view
- total team size
- athlete/coach ratio
- travel and logistics considerations

### **Process**

- The following individuals are responsible for the following aspects of the selection process:
  - o NCO Chair – Audit overall process
  - o NCO Junior Head Coach – liaise with club coaches if necessary and NCO Juvenile Head Coach.
- It is the responsibility of the Club reps on the NCD and OSZ boards and respective Club Head Coaches to make athletes and parents aware of these selection guidelines, process and dates (see Appendix A)
- The NCO Head Coach will initiate the process (according to this selection policy) by contacting Club Head Coaches.
- Club Coaches may submit recommendations to the NCO Head Coach no later than April 11th.
- NCO coaches may encourage submissions regarding specific athletes.
- The NCO Head Junior Coach shall be responsible to make the final recommendations to the NCO Management Committee complete with rationale.
- The NCO Head Coach will make notification of selection or non-selection to the NCO FIS Team selection shall be posted on the NCO website by 14th, 2008,  
• [www.ncoski.com](http://www.ncoski.com)

### **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. A detailed rationale shall be submitted to the Management Committee for approval.

### **Approval**

The NCO Management Committee must approve all selections. Management Committee terms of reference shall apply.

### **Registration to the selection**

- E-mail or contact :
  - NCO Program Director, NCO FIS Head Coach
    - Patrick Demers [patrickdemerski@hotmail.com](mailto:patrickdemerski@hotmail.com)
    - 819-213-0139
  - NCO K2 Head Coach
    - Chris Powers [powers\\_1080@yahoo.com](mailto:powers_1080@yahoo.com)
    - 819-213-0801

### **Skiing ability evaluation.**

- April 12th
- 8:30 – 12:30
- Fortune (Skyline), Meet in main Lodge in the morning.
- SLALOM SKIS ONLY

### **Fitness and General Athletic Ability.**

- April 12th
- Camp Fortune Main Lodge
- 13:30- 15:30

### **Parents Meeting for athletes attending the tests.**

- April 12th
- Camp Fortune Main Lodge
- 8:30- 9:00

### **Results of the qualified athletes**

- Posted on the NCO website
- April 14<sup>th</sup> ,2008

### **Parents Meeting for selected athletes.**

- April 15th
- T3, Bank Street, (Bâton Rouge building)
- 7:30 PM



## **NCO SKI EVALUATION NOTICE**

EVENT	SKI AND PHYSICAL TEST
SITE	SKYLINE AT CAMP FORTUNE, meet in Main Lodge
DATES	April 12th, 2008
ORGANISATION	NCO Ski Team
REGISTRATION	Registration fee: Around 15\$ per person for ski lift tickets. (to be confirmed)
	Coaches are welcome to attend with athletes
SCHEDULE	April 12 <sup>th</sup> , meeting at the Camp Fortune Main Lodge.  8h30-9h            Parents meeting and athletes bios 9h30 -12h30      Skiing evaluations  13h30- 3h30      Physical test and athlete interview
CONTACT NUMBERS	NCO Head Coach: Patrick demers 819 213-0139 NCO K2 Coach: Chris Powers 819-213-0801

