



National Capital Outaouais Ski Team (NCOST) FIS Team Selection Guidelines – 2011/2012

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

To provide a high quality athletic program designed to move athletes to the Provincial Ski team and College level ski racing.

To continue the athletic and personal 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.
- NCO FIS Head Coach will initiate the process by contacting club head coaches for nominations.
- 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.
- Selection list of athletes will be posted in the spring and athletes will be asked to confirm their status.



Selection Criteria

Graduating 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 and races
- Evaluation of physical capacities during NCOST physical test
- Results within the NCO Race series and NCO Finals
- 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 advantage over those who have not completed their adolescent growth. This should be recognized.

*Athletes 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:

- Sum of GS and SL points
- 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 condition, 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
- Dedication towards training and racing

In addition, J2 athletes will be ranked according to the J1 selection guidelines for athlete comparison.



Attitude

As well as the performance and technical benchmarks outlined above, the athletes nominated to the NCO FIS Team should demonstrate passion for ski racing and dedication towards their athletic goals. The FIS team is a close knit group where respect and hard work are valued.

Commitment

The physical demands imposed on the athletes require 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 and will be expected to maintain their fitness level through the competition period.

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.