
CROSS COUNTRY NEW BRUNSWICK
2023-2024 TEAM TRIP SELECTION
CRITERIA



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CROSS COUNTRY NEW-BRUNSWICK 2023-2024 TEAM TRIP SELECTION CRITERIA

Please be advised that the Trip Selection Criteria will be reviewed by Cross Country New Brunswick's (CCNB) High Performance Committee (HPC) every year.

PHILOSOPHY

The aims of establishing trip selection criteria are to ensure that:

- a) Athletes and teams representing NB in cross-country skiing are credible and competitive.
- b) A successful high performance program is sustained over the mid and long term.
- c) The most deserving athletes are selected for particular teams and trips.
- d) Athletes receive the required information in a complete, accurate and timely manner.
- e) The selection criteria reflect the recommendations made in the Long Term Athlete Development (LTAD) model endorsed by Cross Country NB (CCNB).
- f) Athletes selected must provide proof of being a New-Brunswick resident when requested.
- g) The selected athletes must fill out Appendix A and return to CCNB to confirm their presence as New Brunswick Team Representative.

The criteria are intended to state the requirements and standards – both objective and subjective – which will be applied in the selection process, and how they will be applied.

SELECTION CRITERIA

In general, selection of athletes will be prioritized based on:

- a) measurable objectives – results achieved in specified races.
- b) athlete' commitment assessment– relating to an athlete's commitment, ski technique capabilities and ability to perform and contribute to a team context.
- c) costs to athletes and to CCNB and the availability of funding.
- d) other factors – age, health status, past results and force majeure may be taken in consideration. When such factors are considered in the selection process, the rationale and manner in which these factors have been considered will be provided in writing if requested by an athlete.

GENERAL INFORMATION

Selection Committee

Selection will be done by a selection committee. The Selection Committee is a sub-committee of the High Performance Committee (HPC), a standing committee of the organization.

Each Voting Member must be free from any real or perceived conflict of interest with the athletes seeking to be selected to the team. Voting members must not be related to the athlete's seeking selection and must not be one of the coaches of those athletes.

High Performance Committee

Selection to trips and teams are primarily based on the selection criteria above; recommendations from CCNB's coaches can also be considered and brought to the HPC. CCNB HPC reserves the right to modify the selection criteria in the event of unforeseen circumstances such as a pandemic, cancellation of a scheduled race or weather conditions.

CCNB HPC reserves the right to modify or withdraw from a trip in the event of a shortage of required leadership, coaching, support people or athlete.

Since the selection process for teams and trips is regulated in part by the available funding, CCNB HPC reserves the right to modify or withdraw from trips or tours due to financial shortfalls.

Transportation of athletes in personal vehicle

CCNB highly suggest that any vehicle transporting athletes should have liability insurance of at least \$2,000,000.

TRIP FUNDING

For each trip, there is a maximum budget approved by the HPC. When creating estimates, all coaching and /or wax technician expenses (travel, accommodation, and meals) are included as well as equipment rentals and other necessary expenses.

The wax supplies and application are included only when a wax technician and/or a coach are available.

Athletes will be advised of an estimate of the amount if they will have to pay.

During a trip, if unforeseen circumstances result in additional costs compared to the budget

previously approved by the High Performance Committee, the athletes will be notified of the revision of the amount to be remitted. For more information on travel costs, please contact the Executive Director, nbxcski@gmail.com.

FORCE MAJEURE

From time to time situations arise beyond the control of an athlete that could prevent the athlete from meeting an eligibility standard for a race such as in illness, injury, family misfortune, equipment breakage or transportation breakdown. In these circumstances the High Performance Committee will decide on an appropriate action.

All injuries should be reported as soon as possible to their coach, Provincial Coach, Team Manager and High Performance Committee.

In the event of sickness or illness, the HPC reserves the right to ask an athlete to provide a doctor's note and to add or remove an athlete to/from a trip for these reasons.

An appeal must be brought forward to the HPC within 24 hours from the last selection race for each trip. Athlete or responsible-parent must notify HPC in writing by email at nbxcski@gmail.com

TEAM SIZE RATIONALE

Team size for all trips is dependent on CCNB funding with respect to:

- driving, when trips are made by road
- flying cost
- accommodation and meals
- supervision and care of athletes
- technical support and coaching

This means that not all athletes who meet the minimum criteria for a particular trip may be able to participate in that trip.

EXPECTATIONS OF ATHLETES SELECTED ON TEAM TRIPS

Each selected athlete must apply to be part of the trip by completing the form in Appendix A and sending it to Team Manager and CCNB. Selected athletes must submit their form to the Team Manager no later than 48 hours from the date of decision for each trip.

Barring extenuating circumstances such as illness or injury athletes are expected to:

1. Show progress to maintain team status. Progress will be measured in the following ways: race results, commitment, and athletes training log.
2. Compete in all events on trips that they have been selected to (in agreement with their club coach and/or provincial coach).
3. Familiarize themselves with the selection process. It is the responsibility of everyone including their parents and coaches to be familiar with the processes that could affect them.
4. Possess a valid Nordiq Canada race license and be a member of a CCNB affiliated club. This is necessary to be eligible to compete at the Eastern and the National Championships for U-14 categories and up. Younger athletes may also purchase a Nordiq Canada Development Race License. This is especially recommended for U-14 (2010-2011) athletes.
5. Sign the **Conduct and obligations policy of the provincial team** form before attending a team trip. The form only needs to be signed once during the 2023-2024 season.

TEAM TRIPS – 2023/2024 SEASON -Eastern: Sherbrooke, Québec

Dates: February 2-4, 2024

Travel Dates: to be determined

Goal: To expose our NB skiers to a high level competition in preparation for National Championship.

Eligible age: born 2000 to 2010 (13 ans à 23 ans)

Team Size: possibility 12 athletes (depending on availability of funding)

Selection Races:

- NB Cup 1: January 6, 2024, in Charlo (classic)
- NB Cup 2: January 7, 2024, in Charlo (skate)

If there are athletes who cannot travel for reasons beyond their control (Force Majeure), the NB Cups 3 & 4 could be taken into consideration. The CHP will have the discretion to make this decision.

- NB Cup 3: January 27, 2024, in Fredericton (classic)
- NB Cup 4: January 28, 2024, in Fredericton (skate)

Selection Criteria (for each race mentioned above):

- Each athlete's race time will be converted to the total number of minutes per km.
- A standard by gender and age category will be used depending on the athlete's category for the current season. The standard used for this selection is explained in Appendix B. An average per category of gender and age will be established according to the following formula: (the chosen standard expressed in minutes per kilometer / athlete's time expressed in minutes per kilometer) X 100. The percentage will be rounded to the first decimal place. The standard is provided in Appendix B.

NB Athletes percentage vs Standard					
Race Results (NB athlete)			% calculation		
km	Time of race in minutes (hr :min:sec)	Time of 1km (min/km)	Time/km of the athlete (min/km)	Standard (min/km)	%
7.5	00 :28 :06	00 :03 :45	00 :03 :45	00 :03 :30	93.3%
			$\frac{00:03:30}{00:03:45} \times 100\% = 93.3\%$		

- For each skier, the results of the best two races (best classic and best skating) for each skier will be taken into consideration. An average will then be calculated with the following formula: (Best classic percentage + Best skating percentage) / 2.
- Athletes with an average above and including 80.0% will be eligible for selection. Athletes with higher selection percentage will be favored.
- If any selection race is cancelled under any circumstances, selection criteria can be revised. This is at the discretion of the HP Committee.

Decision date: January 15, 2024, and possibly a second date at the end of January if there are some Force Majeure.

Support Team:

- minimum 3 people, at least one person must be bilingual
- teams or groups of mixed athletes must be accompanied by at least one person in authority of each gender
- Coaches: to be determined
- Team head waxer: to be determined

TEAM TRIPS – 2023-2024 SEASON – NorAm Youth Championship, Joliette, Quebec

Dates: February 24-26, 2024

Travel Dates: to be determined

Eligible age: born 2010 to 2013

Team Size: max 20 athletes

Goal: To expose our NB younger skiers, age 10 to 13, to a higher level of competition in their respective age group and to represent NB in the NorAm Youth Championship in Joliette. This trip will also allow the skiers to bond as a team and encourage them to stay in the sport.

Selection races:

- NB Cup 1: January 6, 2024, in Charlo (classic)
- NB Cup 2: January 7, 2024, in Charlo (skate)
- NB Cup 3: January 27, 2024, in Fredericton (skate)
- NB Cup 4: January 28, 2024, in Fredericton (classic)

Selection Criteria (for each race mentioned above):

- Each athlete's race time will be converted to the total number of minutes per km.
- A standard by gender and age category will be used depending on the athlete's category for the current season. The standard used for this selection is explained in Appendix C. An average per category of gender and age will be established according to the following formula: (the chosen standard expressed in minutes per kilometer / athlete's time expressed in minutes per kilometer) X 100. The percentage will be rounded to the first decimal place. The standard is provided in Appendix C.

NB Athletes percentage vs Standard					
Race Results (NB athlete)			% calculation		
km	Time of race in minutes (hr :min:sec)	Time of 1km (min/km)	Time/km of the athlete (min/km)	Standard (min/km)	%
4.0	00 :15 :59	00 :04 :00	00 :04 :00	00 :03 :20	83.3%
			$\frac{00:03:20}{00:04:00} \times 100\% = 83.3\%$		

- The results of the best two races (best classic and best skating) for each skier will be taken

into consideration. An average will then be calculated with the following formula: (Best classic percentage + Best skating percentage)/ 2.

- Athletes with an average above and including 80% will be eligible for selection. Athletes with higher selection percentage will be favored.
- If any selection race is cancelled under any circumstances, selection criteria can be revised. This is at the discretion of the High Performance Committee.

Decision date: February 5, 2024

Support team:

- minimum 3 people, at least one person must be bilingual
- teams or groups of mixed athletes must be accompanied by at least one person in authority of each gender
- Coaches: to be determined
- Team head waxer: to be determined dependant on the number of athletes

TEAM TRIPS – 2023-2024 SEASON - National Canadian Championships, Nakkertok Club, Gatineau , Quebec

Dates: March 9-16, 2024

Travel dates: To be determined

Eligible age: born 2001 to 2010

Team Size: 8 athletes maximum

Goal: To expose the best NB skiers to a high level of competition in their respective age group and to represent the NB in the National Championship. Please note that U-14 athlete must race in the U-16 group at the National Championship

Selection races:

- Results of Easterns 2024

Selection Criteria:

- Each athlete’s race time will be converted to the total number of minutes per km.
- A standard by gender and age category will be used depending on the athlete's category for the current season. The standard used for this selection is explained in Appendix B. An average per category of gender and age will be established according to the following formula: (the chosen standard expressed in minutes per kilometer / athlete's time expressed in minutes per kilometer) X 100. The percentage will be rounded to the first decimal place. The standard is provided in Appendix B.

NB Athletes percentage vs Standard					
Race Results (NB athlete)			% calculation		
km	Time of race in minutes (hr :min:sec)	Time of 1km (min/km)	Time/km of the athlete (min/km)	Standard (min/km)	%
7.5	00 :28 :06	00 :03 :45	00 :03 :45	00 :03 :30	93.3%
			$\frac{00:03:30}{00:03:45} \times 100\% = 93.3\%$		

- For each skier, the results of the best two races (best classic and best skating) for each skier will be taken into consideration. An average will then be calculated with the following

formula: (Best classic percentage + Best skating percentage) / 2.

- Athletes in the U-14(2009) categories averaging 85.0% or more will be eligible for selection.
- Athletes in the U-16(2007-2008) categories averaging 80.0% or more will be eligible for selection.
- Athletes in the U-18 and older categories (2006-2000) averaging 75.0% or more will be eligible for selection.
- If any selection race is cancelled under any circumstances, the selection criteria can be revised. This is at the discretion of the HPC committee.

Decision date: February 12, 2024

Support staff:

- minimum 3 people, at least one person must be bilingual.
- teams or groups of mixed athletes must be accompanied by at least one person in authority of each gender.
- Coaches: to be determined
- Team head waxer: to be determined.

Appendix A: Application Form for Competition Travel as member of the provincial team

Note: Only application forms completed by the athlete will be accepted. One form per selected trip is required.

- Trip (check one):
- Eastern's, Bishop, Sherbrooke (February 2-4, 2024)
 - NorAm Youth Championship, Joliette, Quebec (February 24-26, 2024)
 - National Canadian, Nakkertok, Gatineau, Quebec (March 9-16, 2024)

Athlete's Information

Name : _____
Club : _____
Address : _____
Phone # : _____

My goals for this competition trip are the following:

1. _____
2. _____
3. _____

What will I do to attain those goals:

- I commit myself to pay the expenses incurred for the trip except in case of force majeure.
- I commit myself to participate in the NB Cup circuit races (as per appendix D)

Athlete's signature: _____

Parent's signature (if under 18): _____

Club coach signature: _____

Date: _____

Appendix B: Standard (by category, gender and age) selection for the Eastern Championship and the Canadian National Championship (Updated, January 2023)

***Each standard was calculated using the average of the top three finishes, by age from the Eastern Canada Championship races. Race times for the last three years available are also compared to the latest standards used by Cross Country New Brunswick. If the average of a year is higher or lower by more than 10% to the other comparative years, this average will be eliminated for the calculation.*

Standard – boys

Category	Age as of Decembre 2024 (year born)	Standard – free style (min/km)	Standard – classic style (min/km)
U-18 U-20 U-23	18 à 23 (2006 à 2001)	00:02:41	00:02:49
U-18	17 (2007)	00:02:44	00:02:52
U-16	16 (2008)	00:02:44	00:02:55
U-16	15 (2009)	00:02:48	00:02:59
U-14	14 (2010)	00:02:54	00:03:07
U-14	13 (2011)	00:03:08	00:03:14
U-12	12 (2012)	00:03:35	00:03:32

Standard – girls

Category	Age as of Decembre 2024 (year born)	Standard – style libre (min/km)	Standard – style classique (min/km)
U-18 U-20 U-23	18 à 23 (2006 à 2001)	00:03:17	00:03:18
U-18	17 (2007)	00:03:15	00:03:25
U-16	16 (2008)	00:03:19	00:03:30
U-16	15 (2009)	00:03:08	00:03:30
U-14	14 (2010)	00:03:19	00:03:33
U-14	13 (2011)	00:03:28	00:03:39
U-12	12 (2012)	00:03:41	00:03:50

Appendix C: Standard (by category, gender and age) of selection for the NorAm Youth Championship, which will take place in Joliette, Quebec, (Updated, January 2023)

*** Each standard was calculated using the average of the first three places, by age, for the last three years available, at the NorAm Youth Championship, in Joliette. The race times are also compared to the latest standards used by Cross Country New Brunswick. If the average of a year is higher or lower by more than 10% to the other comparative years, this average will be eliminated for the calculation.*

Standard – boys

Category	Age as of Decembre 2024 (year born)	Standard – free style (min/km)	Standard – classic style (min/km)
U-14	2010	00:02:56	00:03:31
U-14	2011	00:03:09	00:03:42
U-12	2012	00:03:22	00:03:45
U-12	2013	00:03:47	00:04:03

Standard – girls

Category	Age as of Decembre 2023 (year born)	Standard – free style (min/km)	Standard – classic style (min/km)
U-14	2010	00:03:17	00:03:38
U-14	2011	00:03:28	00:03:56
U-12	2012	00:03:45	00:04:03
U-12	2013	00:03:58	00:04:20

Commented [CK1]: Tableau a besoin d'être refaite

Appendix D: Provincial team athletes must attend a minimum of NB Cups as indicated in this table.

If there are 2 NB Cups held during the season (December to April)	Minimum mandatory attendance is 1 NB Cup
If there are 3 NB Cups held during the season (December to April)	Minimum mandatory attendance is 2 NB Cup
If there are 4 NB Cups held during the season (December to April)	Minimum mandatory attendance is 3 NB Cup
If there are 5 NB Cups held during the season (December to April)	Minimum mandatory attendance is 3 NB Cup
If there are 6 NB Cups held during the season (December to April)	Minimum mandatory attendance is 4 NB Cup
If there are 7 NB Cups held during the season (December to April)	Minimum mandatory attendance is 4 NB Cup
If there are 8 NB Cups or more held during the season (December to April)	Minimum mandatory attendance is 5 NB Cup

Appendix E : Interest to participate in a trip for a competition as member of the CCNB Provincial Team

Please indicate which competition you would like to participate in if you qualify and you are chosen.

Eastern's, Sherbrooke (February 2-4, 2024)

Minimum age is 13 years old (born 2011 à 2001)

Trip:

NorAm Youth Championship, Joliette, Quebec (February 24-26, 2024)

Only open to those that are 10 to 13 years old (born 2014 à 2011)

National Canadian Championships, Nakkertok, Gatineau (March 9-16, 2024)

Minimum age is 14 years old (born 2010 to 2001)

Athlete's information :

Nom : _____

Club : _____

Adresse : _____

Telephone : _____

Athlete signature : _____

Parents's signature (if athlete is less then 18 years old) : _____

Date : _____