

# Cross Country NB 2019 CWG Able-Bodied Selection Criteria

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# Cross Country NB 2019 CWG Able-Bodied Selection Criteria

## Article I. Purpose

The intent of this document is to inform athletes of the selection process the High Performance Committee of Cross Country NB will follow to select individuals for the 2019 Canada Games. We want to:

1. Choose the best possible team for 2019 that will ensure the long term development of competitive cross country skiing in NB;
2. Identify those athletes that can be developed for the upcoming and future Winter Games Team.

This document is published under authority of CCNB's Chair of High Performance. It is consistent with:

- The 2019 CANADA WINTER GAMES CROSS COUNTRY SKIING & PARA-NORDIC TECHNICAL PACKAGE. **Technical package 2019, version 2.0 (2017.12.01)**
- And CCC Racing Rules for eligibility and selection.

It will form the 2018 CCNB's Policy and Guidelines for the 2019 CWG Team Selection, Nomination, announcement and Support. This document is intended to be used for Able Bodies High Performance Programs.

**All athletes/coaches are expected to become familiar with the selection process. It is the responsibility of each individual to be familiar with and understand the processes that could affect them.**

## Article II. Philosophy

The policy for team selection within CCNB is based on the following principles:

- a) Athletes and teams representing New Brunswick in cross-country skiing must be credible and competitive;
- b) A successful high performance program must be sustained over the mid and long term;
- c) The most deserving athletes must be selected for particular teams;
- d) The long term development of competitive cross country skiing in NB;
- e) Athletes and coaches must receive the required information in a complete, accurate and timely manner.

## Article III. Athlete Eligibility and Selection Process

### Section 3.01 Able Bodied Athletes must:

- Meet all eligibility requirement of amateur sport for Nordic skiing;
- Meet all eligibility requirements of the 2019 CANADA WINTER GAMES CROSS COUNTRY SKIING & PARA-NORDIC TECHNICAL PACKAGE. **Technical package 2019, version 2.0 (2017.12.01)**;
- Hold a valid Cross Country Canada racing license for the season 2018 & 2019;
- Age category per gender:
  - Four (4) competitors 20 years of age and under (born no earlier than 1999), and
  - Maximum of one (1) competitor 23 years of age and under (born 1996 to 1998, inclusive).

### Section 3.02 – 2019 CWG CCNB Team selection criteria

The 2019 CWG CCNB Team selection will be done in a two-step process. First, all skiers who meet the age criteria for the 2019 CWG and who meet all objectives measurements (section 3.02.1) and subjectives assessments (section 3.02.2) as described in this document will be eligible for selection on the 2019 CWG CCNB preliminary Ski Team. Then, only the athlete selected on that preliminary team will be eligible to compete for a spot on the 2019 CWG CCNB Team.

Criteria are intended to state the requirements and standards to be used in the selection process and how they will be applied. In general, selection of athletes and support to selected athletes will be based on a combination of:

- a) Objective measurements – results achieved in specified races, as measured against provincial, national standards through the year; and
- b) Subjective assessments – relating to and athlete’s commitment, assessed potential and ability to perform and contribute in a team context.

#### Section 3.02.1 – CCNB 2019 CWG preliminary Ski Team selection criteria – objectives measurements

The required objectives measurements are the following:

- Athlete in the Train to compete phase that is: Female athlete born in 1996 to 2000 and Male athlete born in 1996 to 2000
  - Must have raced in at least 4 races listed in the 2018-2019 CCNB Team selection document.
- Female athlete born in 2001 to 2004 and Male athlete born in 2001 to 2004
  - Must be selected on the 2018-2019 CCNB Ski Team or the 2018-2019 CCNB Development Team and comply with the provincial athlete code of conduct.

PLEASE NOTE: Athlete is strongly recommended to try out for team trip selection for the 2018 Eastern

Canadian Championship.

**\*\*VERY IMPORTANT\*\***

Please refer to the 2018-2019 CCNB Team selection document for more details about the races selected to be eligible for the 2018-2019 CCNB Ski Team and therefore meet one of the criteria to be eligible for the 2019 CWG preliminary Ski Team. The 2018-2019 CCNB Team selection document is attached to this document (Appendix 1).

### Section 3.02.2 – CCNB 2019 CWG preliminary Ski Team selection criteria – subjectives measurements

The required subjectives assessments are the following:

- Must attend a minimum of 2 training camps during the 2017-2018 seasons (from May 1<sup>st</sup>, 2017 to March 31<sup>st</sup>, 2018)

### Section 3.02.3 – CCNB 2019 CWG preliminary Ski Team

- The 2019 CWG preliminary Ski Team will be announced before or on April 30, 2018.
- Barring extenuating circumstances such as illness or injury, athletes who have been selected for the 2019 CWG CCNB preliminary Ski Team are expected to:
  - Show progress to maintain team status. Progress will be measured in the following ways:
    - Every skier on the preliminary ski team **must** submit their training logs to the team manager at least one time per month (every first Monday of each month). **The dates are the following:**
      - June 4, 2018
      - July 2<sup>nd</sup>, 2018
      - August 6, 2018
      - September 3, 2018
      - October 1<sup>st</sup>, 2018
      - November 5, 2018
      - December 3, 2018
      - January 7, 2019
    - Every athlete must submit the same training log format. An example of the training log format is in Appendix 3. Each athlete on the preliminary team will be given a training log. Please contact the team manager for your log.
    - The team manager email is : [marline@nb.sympatico.ca](mailto:marline@nb.sympatico.ca)
    - The team manager will not accept more than 3 late log book submissions from May to **January**.
    - The team manager will not accept more than 2 consecutive delays and expect to receive the delayed log book before or at the same time as the monthly log book.

- Every skier on the preliminary team must attend a minimum of 2 training camps during the 2018-2019 seasons (from May 1st ,2018 to December 31st, 2018).
  - The only acceptable reasons for non-attendance will be family emergency, sickness/injury (accompanied by a doctor’s note), work (for students), university studies or exams period (for students). Please refer to section 3.02.5 – Force Majeure.
- **Please note:** For the 2018-2019 season: Independently from CWG selection criteria and the objectives of every skier, the coaches will guide the athletes according to their level of development (LTAD) in the camps and different training. This applies to all athletes.

### Section 3.02.4 – CCNB 2019 CWG Ski Team

Only the athletes who have been selected on the 2019 CWG preliminary Ski Team and that has maintain status on that preliminary team will be able to take part of the qualification trials.

- Selection to the CWG Team will be at qualification trials held between December 26 to 31, 2018. Dates are weather dependant and may be moved to alternate dates.
- All of the participants' racing skis will be waxed by the 2019 Canada Games Support Team during selection races.
- Selection Races include the following:

Race style	Race value in %	Female	Male
Race 1 – Classic	40%	7.5 km	10 km
Race 2 – Skating	40%	5 km	7.5 km
Race 3 – Sprint	20%	900-1200m	900-1200m

- The top male (1) under 23 (born in 1996 or later), the top four (4) men under 20 years of age (born in 1999 or later), the top (1) woman under 23 years of age (born in 1996 or later) and the top four (4) women under 20 (born in 1999 or later) of the qualification trials will be eligible for selection to be part of the 2019 CWG Team.
- The positions will be determine as follows:
  - Calculation
    - Athlete’s race time will be converted to total number of minute per km and compared to the fastest athlete in their gender. The percentage will be rounded to 1 decimal.
    - The sum of the 3 races value will be the final percentage for the athlete.

Here is an example of the calculation:

EXAMPLE: SKATING RACE

% calculation of the athlete compared to the fastest skier of the day						Race value
Race results			Calculation of %			
km	Time for race (hr :min:sec)	Time for 1km (min/km)	Time for athlete (min/km)	Time for fastest skier(min/km)	%	Skating Race = 40% or 0,40
5.0	00:17:30	00:03:30	00:03:30	00:03:20	95.2%	95.2% x 0,40 = 38.1
			$\frac{00:03:20}{00:03:30} \times 100\% = 95.2\%$			38.1/40

EXAMPLE: CLASSIC RACE

% calculation of the athlete compared to the fastest skier of the day						Race value
Race results			Calculation of %			
km	Time for race (hr :min:sec)	Time for 1km (min/km)	Time for athlete (min/km)	Time for fastest skier(min/km)	%	Classic Race = 40% ou 0,40
7.5	00:29:52	00:03:59	00:03:59	00:03:50	96.3%	96.3% x 0,40 = 38.5
			$\frac{00:03:50}{00:03:59} \times 100\% = 96.3\%$			38.5/40

EXAMPLE: SPRINT RACE

% calculation of the athlete compared to the fastest skier of the day						Race value
Race results			Calculation of %			
km	Time for race (hr :min:sec)	Time for 1km (min/km)	Time for athlete (min/km)	Time for fastest skier(min/km)	%	Sprint Race = 20% ou 0,20
1.0	00:03:20	00:03:20	00:03:20	00:03:11	95.5%	95.5% x 0,20 = 19.1
			$\frac{00:03:11}{00:03:20} \times 100\% = 95.5\%$			19.1/20

- Calculation according to the example above :

$$(Skating Race Value) + (Classic Race Value) + (Sprint Race Value) =$$

$$Final percent of the athlete$$

$$38.1/40 + 38.5/40 + 19.1/20 = 95.7/100 = 95.7\%$$

- The percentage will be rounded to 1 decimal.

Please note: An athlete with an **average under 85.0%** that is part of the top 5 skiers will be selected at the discretion of the coaches.

**PLEASE NOTE: It is strongly recommended that each selected athlete try out for team trip selection for**

the 2019 Eastern Canadian Championship.

### Section 3.02.5 – Force Majeure

*Def:* Force Majeure – an unexpected event beyond the reasonable control of the athlete that crucially affects an athlete’s ability to compete (e.g. illness, injury, transportation breakdown) and can be put forward as rationale for not having competed in or completed selection races.

- From time to time situations arise beyond the control of an athlete. Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for appeal.
- An appeal must be brought forward the day of the race. In the event of sickness or illness, the athletes must provide a doctor’s note.

### Section 3.02.6 – Appeals against selection decisions

#### *Grounds for Appeals*

Athletes have a right to appeal a selection decision if the criteria were not implemented properly, or were biased in some way. An appeal shall be heard ONLY on the grounds that the selection process and final decision was flawed, not because the athlete did not like the decision. The grounds are as follows:

- a. The Selection Committee made a decision for which it lacked authority;
- b. The Selection Committee failed to follow procedures in the PSO approved selection criteria;
- c. The Selection Committee made a decision which was influenced by bias;
- d. The Selection Committee failed to consider relevant information or took into account irrelevant information in making the decision;
- e. The Selection Committee exercised its discretion for an improper purpose. and/or;
- f. The Selection Committee made a decision that was unreasonable.

#### *Appeals Time Lines and Procedures:*

The athlete shall be given 48 hours following the official notifications of selections for the CCNB CWG 2019 Team to request an appeal. The athlete must present his/her request in writing to the Chair of CCNB Appeals Committee (President of CCNB). The Appeals Committee shall review the presented documentation and information and shall hear from the selection committee (CCNB High performance Committee) before deciding whether or not the request has grounds for a hearing. They shall also review all selection procedure documentation from the Selection Committee that has a bearing on the case in question.

If there are no legitimate grounds for an appeal, the Chair of the Appeals Committee shall telephone or speak in person to the athlete advising her/him of the decision. This will be followed up with a formal letter to the athlete.

If the Appeals Committee feels there are grounds for an appeal hearing, the following procedures will take place:



- a. The Chair of the Appeals Committee shall select a designated place, date and time to hear the appeal. This will be done no later than 48 hours from receipt of the appeal request;
- b. The Appeals Committee shall hear the athlete's complaint. She/He may be accompanied by one advocate (parent or guardian or legal advisor, etc.);
- c. The Appeals Committee shall hear from the Selection Committee representative (the Chair and available members of the committee);
- d. The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding;
- e. The Chair of the Appeals Committee will contact the athlete no later than 72 hours after the hearing by phone to advise her/him of the outcome and this will be followed up by a formal letter and copy of the appeal findings and recommendations;
- f. The Chair of the Appeals Committee will contact the Selection Committee Chair by phone to advise her/him of the outcome. This will be followed up by a copy of the formal letter to the athlete and copy of the appeal findings and recommendations.

The Appeal committee President and members are the President and the Executive of CCNB.

The Selection committee President and members are CCNB High Performance Committee.

## Article IV. CCNB 2019 CWG Coaching Staff and Manager

The coaching staff and manager has been selected, they are as follows:

Title	Name	NCCP Coaching Level
Head Coach	<i>Manon Losier</i>	Competition coaching: Development (CCD) (Trained – certification in process)
Assistant Coach	<i>Gilles Landry</i>	Competition coaching: Development (CCD) (trained)
Paranordic Coach	<i>Suzanne Landry</i>	Competition coaching – Introduction (CC-I)(trained)
Waxing Technician	<i>Marc Leclair</i>	Competition coaching – Introduction (CC-I)(trained)
Team Manager	<i>Linda Bérubé-Leclair</i>	
Apprentice Coach	<i>Sandrine Caron</i>	Competition coaching – Introduction (CC-I)(trained)

The head coach on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least “Learn to compete” Level (Certified status). These coaches must be so certified not later than 90 days before the opening of the Games (November 15, 2018).

Assistant coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least “Learn to compete” Level (Trained status). These coaches must be certified / trained not later than 90 days before the opening of the Games (November 15, 2018).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team’s coaches must be competition development certified, while the others must be competition development trained.

### **Article V. 2019 CWG Trip Planning**

Travel to the 2019 Canada Winter Games will be by ways and means determined by Team New Brunswick and Sports NB. CCNB mandatory preparatory events, training camps, time trials and or races shall be by athlete’s own means or as stated by CCNB trip selection criteria.

### **Article VI. 2019 CWG Team Race Uniforms**

New racing suits will be purchased to compliment the 2019 NB CWG Official Team Uniform. Athletes selected for the CWG Team will be required to disburse 50% of the race uniform’s cost. The remaining 50% of the uniform shall be financed by CCNB.

## Appendix 1: 2018-2019 CCNB Team Selection Criteria (please see CCNB website for the document)

## Appendix 2: Cross Country New Brunswick 2018 Trip Selection Criteria (please see CCNB website for the document)

## Appendix 3: Training log format

- Every skier on the preliminary ski team must submit their training logs to the team manager at least one time per month (every first Monday of each month). The dates are the following:
  - June 4, 2018
  - July 2<sup>nd</sup>, 2018
  - August 6, 2018
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- The team manager will not accept more than 2 consecutive delays and expect to receive the delayed log book before or at the same time as the monthly log book.

**EXAMPLE OF ONE WEEK:**

Nom de l'athlète / Name of athlete: \_\_\_\_\_

Club: \_\_\_\_\_

Semaine / Week : 7 au 13 mai 2018

Jour / Day	SPORT	Durée/Time	Distance:	Intensité/y:	Notes: (ex : BPM moyen, BPM max, Comment te sens-tu? How do you feel?)
L / M					
M / Tu					
M/ W					
J / Th					
V / F					
S / Sa					
D / Su					
<b>Heures totales de la semaine / Week total hours</b>			<i>SVP envoyer votre plan à Linda Bérubé-Leclair : <a href="mailto:marline@nb.sympatico.ca">marline@nb.sympatico.ca</a> Date limite = 4 juin 2018</i>		
<i>Commentaires généraux de la semaine (nutrition, sommeil/sleep, énergie/energy):</i>					