



Cross Country New Brunswick 2023 Canada Winter Games Selection Criteria

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Cross Country NB 2023 CWG Selection Criteria

Article I. Purpose

The intent of this document is to inform athletes of the selection process that the High Performance Committee (HPC) of Cross Country NB will follow to select individuals for the 2023 Canada Winter Games. HPC wants to:

- Choose the best possible team for 2023 that will ensure the long-term development of competitive cross country skiing in NB.
- Identify those athletes that can be developed for the upcoming 2023 Canada Winter Games Team.

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

- [Nordiq Canada 2023 CANADA WINTER GAMES CROSS COUNTRY SKIING & PARA-NORDIC TECHNICAL PACKAGE.](#)

This document will form the CCNB's policy and guidelines for the 2023 CWG team selection, nomination, announcement, and support. This document will be used for 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:

- Athletes representing New Brunswick in cross country skiing must be credible and competitive.
- A successful high performance program must be sustained over the mid and long term.
- The most deserving athletes must be selected for Team NB.
- The long-term development of competitive cross country skiing in NB.
- 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 Athletes requirements:

- Must meet all eligibility requirements of the [Nordiq Canada 2023 CANADA WINTER GAMES CROSS COUNTRY SKIING & PARA-NORDIC TECHNICAL PACKAGE](#).
- Must hold a valid Nordiq Canada racing license for the season 2022-2023.
- Para athletes must get the medical classification done. Refer to [Nordiq Canada website](#).
- Age category for Para:
 - Two (2) males and two (2) females born 1993 or later*
- Age category for able-bodied:
 - Six (6) males and six (6) females born between 2008 to 2003

****Age exceptions may be approved for Para-Nordic athletes born prior to 1993.***

Section 3.02 – 2023 CWG Able-Bodies CCNB Team Selection Criteria

The 2023 CWG CCNB Team selection will be done in a two-step process. First, all skiers who meet the age criteria for the 2023 CWG and who meet all objectives measurements (section 3.02.1) and athlete's assessments (section 3.02.2) as described in this document will be eligible for selection on the 2023 CWG CCNB preliminary Ski Team. Then, only the athlete selected on that preliminary team will be eligible to compete for a spot on the 2023 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 (3.02.1) – results achieved in specified races, as measured against provincial, national standards through the year; and
- b) Athlete's commitment assessment (3.02.2) – relates to athlete's commitment, assessed potential and ability to perform and contribute to a team context.

Section 3.02.1 – CCNB 2023 CWG Able-Bodied Preliminary Ski Team Selection Criteria – objectives measurements

The required objectives measurements are the following:

- Able-bodied athletes born in 2008 to 2003
 - Must be selected on 2022-2023 CCNB Ski Team or the 2022-2023 CCNB Development Team and comply with [CCNB Conduct and obligations policy of the provincial team](#). Refer [to 2022-2023 Team Selection](#) document for criteria. This document will be available in Fall 2021 on the CCNB website.

Please Note: It is strongly recommended to try-out for the team trip selection for the 2022 Eastern Canadian Championship.

- Able-bodied athletes born in 2003 who are unable to meet the criteria above because they are living outside of NB must meet the following criteria:
 - Attend two (2) Nordiq Canada sanctioned races pre-approved by HPC during season 2021-2022. Proof of the results will need to be submitted to the HPC Chair within 48 hours after the event.

****VERY IMPORTANT****

Please refer to the [2022-2023 CCNB Team Selection](#) document for more details about the races selected to be eligible for the 2022-2023 CCNB Ski Team. This documents will be available on the CCNB website in Fall 2021.

Section 3.02.2 – CCNB 2023 CWG Able-Bodied Preliminary Ski Team Selection Criteria – athlete’s commitment assessment

The required athlete’s commitments are the following:

- Must attend a minimum of 2 training camps between May 1st ,2022 to Dec 31, 2022.
- Submit monthly logs from May 2022 to Jan 2023.
- Attend team meetings, and if you are unable, you will need to have this approved before the date by provincial coach and HPC.

Section 3.02.3 – CCNB 2023 CWG Able-Bodied Preliminary Ski Team

- The 2023 CWG able-bodied preliminary ski team will be announced by April 30, 2022.
- The final CCNB 2023 CWG able-bodied preliminary ski team will be able to participate at the selection races. The dates of the selection races will be announced by December 14, 2022. The final CCNB 2023 CWG able-bodied preliminary ski team selection will be approved by the 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 not have any conflict of interest with any athletes trying out for a team. The voting members are non-related to the athlete and must not be an athlete’s coach.
- Barring extenuating circumstances such as illness or injury, athletes who have been selected for the 2023 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 once a month (every first Monday of each month). Refer to Appendix 1 for the dates the logs need to be submitted.
 - Every athlete must submit the same training log format. A copy of the training log format is in Appendix 1.

- The team manager will not accept more than 3 late log submissions from May 2022 to January 2023.
 - The team manager will not accept more than 2 consecutive delays and expect to receive the delayed logs before or at the same time as the monthly log.
- Every able-bodied skier on the preliminary team must attend a minimum of 2 training camps during the 2022-2023 seasons (from May 1st, 2022 to December 31st, 2022).
 - If Covid restriction does not allow all scheduled training camps, HPC will advise athletes of revised minimum requirements.
 - The only acceptable reasons for non-attendance will be family emergency, sickness/injury (accompanied by a doctor's note), university studies or exams. Please refer to section 3.02.5 – Force Majeure.
- **Please note:** 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 training. This applies to all athletes.

Section 3.02.4 – CCNB 2023 CWG Able-Bodied Ski Team

Only the athletes who have been selected on the 2023 CWG able-bodied preliminary ski team and that have maintained status on that preliminary team will be able to take part in the qualification trials.

- Selection to the CWG Team will be at qualification trials held between December 17, 2022, to Jan 8, 2023. Dates are weather dependant and may be moved to alternate dates if needed.
- All the participants' racing skis will be waxed by the 2023 Canada Games Support Team during selection races. The waxing protocol will be communicated to the participants prior to the selection races.
- Able-bodied selection races are the following**:

Race style	Date	Race value in %	Female	Male
Race 1 – Skating	December 27, 2022	40%	7.5 km	10 km
Race 2 – Classic	December 28, 2022	40%	5 km	7.5 km
Race 3 – Sprint Classic	December 30, 2022	20%	900-1200m	900-1200m

**Detailed to be finalized and confirmed at a later date.

- The top six (6) able-bodied men born in 2003 to 2008, and the top six (6) able-bodied women born in 2003 to 2008 of the qualification trials will be eligible for selection to be part of the 2023 CWG Able-Bodied Team.
- The selection will be determined as follows:
 - Athlete's commitment assessment and

- Calculation
 - Athlete's race time will be converted to total number of minutes 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)	%	
1.0	00:03:20	00:03:20	00:03:20	00:03:11	95.5%	Sprint Race = 20% ou 0,20
			$\frac{00:03:11}{00:03:20} \times 100\% = 95.5\%$			95.5% x 0,20 = 19.1
						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 6 skiers can be selected at the discretion of the coaches and the HPC.

PLEASE NOTE: It is strongly recommended that each selected athlete participates at the 2023 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 before the race starts.** In the event of sickness or illness, the athlete 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.
- f. The Selection Committee made a decision that was unreasonable.

Appeals Timelines and Procedures:

The athlete shall be given 48 hours following the official notifications of selections for the final CCNB CWG 2023 Preliminary Team or following the official notifications of selections for the CCNB CWG 2023 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 and HPC Chair and/or members (with no conflict of interest) before deciding whether 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 within 5 days. 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 shall hear from the High Performance Committee (the Chair and available members of the committee).
- e. The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding.
- f. 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.

- g. The Chair of the Appeals Committee will contact the Chair of the Selection Committee and the Chair of the High Performance Committee 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 will be composed of 3 members of Cross Country New Brunswick. It will include the CCNB Chair, a Director/Board member of CCNB and another member of CCNB community. The Chair of the Appeal Committee will decide who the 2 other members will be by following the above mentioned criteria.

These appeal procedures will supersede the CCNB Dispute, Resolution and Appeal policy.

The Selection Committee is a sub-committee of the High Performance Committee (HPC), a standing committee of the organization. Each voting member must not have any conflict of interest with any athlete trying out for a team. The voting members are non-related to the athlete and are not a coach to any of the athletes.

Article IV. CCNB 2023 CWG Support Staffs

Title	Name	Effective date
Head Coach	Manon Losier	November 2022
Assistant Coach	Eric Luiker	November 2022
Paranordic Coach	Not determined yet	
Waxing Technician	Andrew McNair	November 2022
Team Manager	Arthur Austin	November 2022
Apprentice Coach	Not determined yet	

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 (November 20, 2022) before the opening of the Games.

Assistant coaches on the official registration form must be at least Trained “Learn to compete”(theory, technical and practical) under the National Coaching Certification Program (NCCP). These coaches must be certified / trained not later than 90 days (November 20, 2022) before the opening of the Games.

Article V. 2023 CWG Trip Planning

Travel to the 2023 Canada Winter Games will be by ways and means determined by Team New Brunswick. CCNB mandatory preparatory events, training camps, time trials and races shall be by athlete’s own means or as stated by CCNB trip selection criteria.

Article VI. 2023 CWG Team Race Uniforms

New racing suits will be purchased to compliment the 2023 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.

CCNB will cover 100% of cost of the race uniform for the CWG 2023 support team.

Team NB (Province of NB) will supply a non-competition ceremonial uniform (jacket, shirt, etc.) at no cost to athletes and the approved support staffs.

Article VII. Documents of reference:

Section 7.01 – 2022-2023 CCNB Team Selection Criteria

2022-2023 CCNB Team Selection Criteria (please see [CCNB website](#) for the document, available in the fall of 2021).

Section 7.02 – 2022-2023 CCNB Trip Selection Criteria

Cross Country New Brunswick 2021-2022 Trip Selection Criteria(please see [CCNB website](#) for the document, available in the fall of 2021).

Cross Country New Brunswick 2022-2023 Trip Selection Criteria (please see [CCNB website](#) for the document, available in the fall of 2022).

Appendix 1: Training log format

- Every skier on the preliminary ski team must submit their training logs(included on next page) to the team manager once a month (every first Monday). The dates are the following:
 - June 6, 2022
 - July 4, 2022
 - August 1, 2022
 - September 5, 2022
 - October 3, 2022
 - November 7, 2022
 - December 5, 2022
 - January 2, 2023
- Every athlete must submit the same training log format. An example of the training log format is included in this document. Each athlete on the preliminary team will be given a binder with printed monthly training logs.
- The team manager will not accept more than 3 late log submissions from May to January.
- The team manager will not accept more than 2 consecutive delays and expect to receive the delayed log before or at the same time as the next monthly log.

EXAMPLE OF ONE WEEK:

Nom de l'athlète / Name of athlete: _____

Club: _____

Semaine / Week : 6 au 12 juin 2022

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					

Heures totales de la semaine :
Week total hours :

*Svp envoyer votre journal d'activités par courriel au gérant de l'équipe
Please send you log by email to the Team Manager*

Commentaires généraux de la semaine (nutrition, sommeil, énergie):

General comments on the week (nutrition, energy and sleep):

Appendix 2: Consent form for the 2023 Canada Winter Games (The Preliminary Team)

Consent form to the 2023 Canada Winter Games selection criteria

-I have read and understood the "New Brunswick Cross-Country Ski Team Selection Criteria for the 2023 Canada Winter Games".

-I have read and understood Section 3.02.3 - CWG 2023 preliminary team for the CWG 2023.

-I have read and understood Section 3.02.4 - CCNB Team 2023.

-I recognize that if I do not meet the commitments set out in these documents, the privilege of participating in the selection races may be taken away from me.

-It is my responsibility to submit all documentation to the coach and HPC (training logs, required signed documents, ...)

-It is my responsibility to advise the coach and the HPC if I am unable to attend, for any reason, camps, races, virtual meetings, ...

-It is my responsibility keep up to date of any changes made to CCNB CWG 2023 Selection Criteria, which can be found on [CCNB website](#).

Athlete's name: _____

Athlete's signature: _____

Date: _____

Parent's name or legal guardian (if under the age of 18): _____

Signature of parent or legal guardian (if under 18 years of age): _____

Date: _____

Please note: This form must be sent by May 15, 2022, to CCNB by email to nbxcski@gmail.com