

NCO ALPINE SKI TEAM
FIS Team Selection Guidelines – 2001/2002

1. 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.

2. 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.

3. Athletes to be Considered

- First year J1 and older
- Primary consideration will be given to athletes who have progressed through clubs in the NCO region.

4. 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. 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 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
- competed in all four alpine disciplines
- 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 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.
- 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
 - Technical skills
 - Tactical skill
 - Physical conditioning requirements
 - Mental management skills
 - Equipment requirements
 - Nutritional and health requirements
 - Traveling away from home for extended periods of time
 - Time management and organizational skills
 - 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.

b. Graduating Juveniles

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

- participation at the National Juvenile Championships will normally result in an invitation to join the NCO FIS program for the following season.
- participation at the QC or ON Juvenile Championships is normally a requirement for consideration for selection. Comparative performances at the QC or ON Provincial Juvenile Championships will be considered. Exceptions may include injury situations.
- achievement of all the basic skiing skills required as a foundation
- progress towards achievement of basic competition and racing skills
 - good racing starts
 - proper turn shape
 - a working ski
- 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.

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.

5. 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

6. Process

- The following individuals are responsible for aspects of the selection process:
 - NCO Chair – overall process
 - NCO Juvenile Head Coach – liaison with K2 club coaches and deadlines
 - NCO Junior Head Coach – liaison with club coaches if necessary and NCO Juvenile Head Coach and deadlines
- 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 and process.
- Respective coaches must inform parents **before** nomination of their child is made to the NCO FIS program.
- The NCO Head Coach (Tim) will initiate the process (according to this selection policy) by contacting Club reps and Club Head coaches by March 31.
- Club Coaches will submit athletes to be recommended to the NCO Head Coach no later than April 15 along with accompanying rationale.
- NCO coaches may encourage submissions regarding specific athletes.
- The regional K2 Coaches’ Working Committee will consider all nominations for recommended K2’s. It is the responsibility of club coaches to attend the K2 CWC meetings.
- The NCO Head Junior Coach shall be responsible to make the final recommendations to the NCO Management Committee complete with rationale.
- Club Head Coaches will be contacted **before any athlete is contacted** concerning his/her selection status.
- The NCO Head Coach will make notification of selection or non-selection to the NCO FIS Team to athletes and parents in writing by May 15.

7. 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.

8. Approval

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

Québec Sports Études Program

The Québec Sport Études program is established by the Québec Department of Education to facilitate the development of Québec elite athletes. This program is integrated into the skier development programs of Ski Québec Alpin and the Outaouais Ski Zone. To participate in a Sport Étude, an athlete must meet the following conditions:

- be a Québec resident
- be registered with Ski Québec Alpin
- sit an admittance exam

The course of study and ski training and competition for such a student is as follows:

- Secondaire 3, 4, 5 – training with NCO team (must meet the NCO team selection guidelines)