

## **Equipe de Ski National Capital Outaouais Ski Team (ESNCOST) FIS Team Selection Guidelines 2018/19**

### **NCOST PHILOSOPHY / OBJECTIVES:**

To provide a high quality inclusive athletic program for the athletes of the National Capital Region designed to promote athletes to the Provincial Ski Team(s) and or Collegiate level of ski racing.

The selection process is comprised of mainly objective criteria in the effort to properly evaluate candidates for the purpose of selection to the NCO FIS team. NCO coaching staff has the responsibility to conduct the evaluations and to submit the final list of athletes to the ESNCOST Board of Directors for final approval of selection to the FIS team.

### **NOMINATION AND SELECTION PROCESS**

NCO FIS Head Coach will initiate the selection process by contacting Club Head Coaches, NCO U16 Head Coach for nominations. This must be done 2 weeks prior to the NCO selection Camp scheduled for the end of each season (April). Coaches will be contacted regarding accepted attendance at the Selection Camp.

All athletes not currently on the NCO FIS team are required to attend the Selection Camp. (April)

Current NCO FIS athletes will be evaluated based on individual performance during the competitive season. Should the Head Coach require an athlete may be asked to attend the NCO selection Camp.

Current NCO athletes will be required to meet minimum objective criteria. (They will automatically be nominated for selection and evaluated).

Evaluation and selection will be based on the criteria outlined below. Final selection will take place no less than two weeks following the selection camp. Final selection will be submitted to the NCO management Comm. for final approval. Following approval, the Head Coach will contact all athletes involved with the process to provide status regarding selection. Final approval from the ESNCOST Board of Directors by May 1.

Parents must indicate acceptance of the selection within one week (7 days) of official posting of the NCO FIS Team selection which will include a financial deposit of \$1,000.

### **SELECTION CRITERIA GRADUATING U16 ATHLETES: Men**

- top 10 in Provincial Championships (GS / SL only)
- Top 20 in Can Am Series event and Final (GS/Sl only)

#### Women

- Top 10 in Provincial Championships (GS/Sl only)
- Top 20 in Can-Am Series event and Final (GS / SL only)

Other considerations for selection will include:

- NCO U16 series results – top 5 – 30%
- NCO selection camp timed results – 20%
- NCO selection camp basic skill evaluation – 30%
- Physical Fitness evaluation – 20%

### **U18 ATHLETES:**

#### Men

Top 15 in one event (tech) National rank by age and younger (NRBAY) **Or** Top 25 in two events (one being Tech) NRBAY.

#### Women

Top 20 in one event (tech) National rank by age and younger (NRBAY) **Or** Top 25 in two events (one being Tech) NRBAY

Other considerations for selection will include:

- Technical evaluation (improvements) during the season and the NCO selection camp
- NCO selection camp time trials
- Physical fitness

Athletes may be considered for selection based on Coaches discretion with supporting documentation by coaches in the areas mentioned above. (This also included FIS point improvement in relation to established criteria)

### **U21 ATHLETES:**

Whereas, the NCO is not inclined to have older athletes it is possible should the athlete demonstrate progression towards the Provincial or Collegiate system. These will be dealt with on individual cases.

### **INJURY STATUS**

Injured athletes will maintain their current status (time of injury). However, should injury occur during the last 25% of the season the NCO reserves the right to evaluate the

individual and their tracking to meet established criteria. Subsequent evaluation may result in the athlete being removed from the Team.

## **APPEAL**

Individuals may appeal selection. Appeals must be submitted in writing to the Chair of the ESNOCOST Board of Directors and FIS Head Coach within one week of notification of Final Team Selections. They must outline rationale supporting the appeal with regards to either hard line criteria or subjective evaluations.

## **TEAM SIZE**

The NCO reserves the right to limit the size of the NCO FIS team based on financial considerations.