

**Équipe de Ski National Capital Outaouais Ski Team (ESNCOST) U16**  
**TEAM SELECTION GUIDELINES 2018/19**  
**SELECTION PROCESS & ATHLETE ELIGIBILITY**

Head Coaches of each club will be contacted, directly by the NCO U16 Head Coach, with the list of athletes eligible for the NCO U16 selection camp. The NCO U16 selection camp will be held following the 2018 U16 and U14 Can-Am events.

**Athlete Eligibility for NCO U16 selection camp is as follows:**

Top 5 females & 5 males in overall standings born in 2003

- *This is determined by the athlete's best 3/8 SL runs, best 2/6 GS runs, best 1/2SG runs & 3 best race results involving two run races.*

Top 5 females & 5 males in overall standings born in 2004

- *This is determined by the athlete's best 2 SL runs, best 2 GS runs, best PSL run & best 2 race results involving two run races.*

Additionally:

- *A top 10 result in a GS or SL provincial event will immediately qualify a graduating U14, or remaining U16 athlete, for the NCO U16 selection camp.*
- *A top 20 result in a GS or SL Can-Am event will immediately qualify a graduating U14, or remaining U16 athlete, for the NCO U16 selection camp.*

Within a week of being contacted, Club Head Coaches may nominate athletes that fall outside the athlete eligibility standards. Nominations must be submitted, in writing, to the Chair of the ESNCOST Board of Directors, the ESNCOST Program Director, and the NCO U16 Head Coach. Athletes nominated in this manner will be recommended to the ESNCOST Board of Directors by the NCO U16 Head Coach by way of a final list of athletes invited to attend the selection camp.

All athletes are required to participate in the NCO selection camp in order to be eligible for team selection, including existing NCO U16 members, unless there are exigent circumstances in which exceptions will be determined by the NCO Management Committee. Final team evaluation and selection will be based on the criteria outlined below.

Final selections will take place no later than two weeks following the selection camp. Final selections will then be submitted to the ESNCOST Board of Directors for approval. Following board approval, the NCO U16 Head coach will contact successful athletes. Parents of the athletes selected for the 2018/19 NCO U16 team must indicate acceptance of the selection within one week of the official posting. At this point, and following acceptance, a \$1,000.00 deposit will be requested.

## FINAL SELECTION CRITERIA

A score out of 100, comprised of 4 categories, will be determined for each athlete:

- NCO U14 and U16 Series Race Results 30%
- Timed runs at NCO Selection Camp 30%
- Fitness, Coordination and Athletics 20%
- Basic Ski Skills (determined at selection camp) 20%
- TOTAL 100%

The scores from the above noted categories will determine 85% of the 2018/19 NCO U16 team. The ESNOCOST Board of Directors and the NCO U16 Head Coach reserve up to 2 spots, 15%, of the 2018/19 NCO U16 team for selection based on other considerations. These may include, but are not limited to:

- **Injury Status** - Injured athletes will maintain their status. The Head Coach of the NCO U16 team will exhaust all options including: previous race results; prior fitness assessments; or Club Head coach recommendation regarding an athlete that wishes to be selected for the 2018/19 NCO U16 team.
- **Appeal** - Appeals to the final selection of the NCO U16 team must be submitted, in writing, to the Chair of the ESNOCOST Board of Directors, the ESNOCOST Program Director and the NCO U16 Head Coach within one week of the final posting.
- **Team Size** - The ESNOCOST Board of Directors reserves the right to limit the size of the NCO U16 team based on financial considerations.