



## Ski NB Role in 2023 Canada Games



Ski NB over the last number of Canada Winter Games has developed a solid selection criterion which has worked in finding the top available athletes that fall into the eligibility category, as stated in the Canada Winter Games Technical Package, produced, and distributed by the Canada Games Council and Alpine Canada.

This selection criteria are designed with Canada Winter Games in mind and what the overall goal is and how the games have evolved. Canada Winter Games is an event where the athletes are not in their normal environment and is a steppingstone to movement along the athlete pathway to advanced racing and competition. We need athletes that can produce their best results on demand in a higher-pressure environment.

The 2023 Canada Winter Games will be held at Crabbe Mountain, a resort, that is home court so to speak, and our athletes will be more comfortable and more stressed at the same time. A selection criterion where Ski NB supports training opportunities as well as a two-day Derby event where the athletes need to be able to ski their best over several runs and create consistency, we will have the strongest team we can field. We use this as a full development plan where we include as many athletes as possible for as long as possible in order to have solid competition.

Ski NB will assist the coaching staff in creating coach development opportunities for whomever wants to advance to the Performance Level of coaching as required for the Head Coach and Development Level which is required for the Assistant coach. At this time, we are working on a creating a group of New Brunswick and other Atlantic coaches who want to follow the Performance Level pathway so we can have the best coaching staff we can offer to our athletes.

The role of the staff, the Head Coach, the Assistant Coach and the Wax Technician will be to create the best environment possible for the athletes to achieve their best results as a team and individually. Our goal is to hire the Head Coach and Assistant Coach by November 2021 and the wax Technician by April 2022.

The selection process for the staff will be like past Canada Winter Games. We will send out a call for coaches who are interested, their present credentials will be assessed as well as their licensing status with NCCP and ACA-CSC. A Background check will be required and then coaches will be interviewed by a committee named by the Ski NB Board of Directors. If at the time of selection, the coaches do not possess the exact required level of coaching it will be planned in such a way that the Head Coach will have completed the training needed to be fulfil the requirements by November 20, 2022, which is 90 days before the Games begin.

The Ski NB Selection Committee role will be to ensure everything is run properly and fairly without bias and without agenda.



# **SKI NB Team NB Selection Criteria**

## **for 2023 Canada Games**



The selection criteria is developed to identify and support New Brunswick athletes as they pursue their goal of competing at the 2023 Canada Winter Games at Crabbe Mountain, New Brunswick. The Games will take place from February 18 - March 5, 2023. Alpine and para-alpine ski athletes will be participating in Slalom, Giant Slalom, Super G and Ski Cross (not a para event) events during week 2 of the Games.

The selection criteria identify events that the able-bodied and para-athletes must participate in, as well as recommended sport science opportunities. The Head Coach will develop a more detailed plan for the summer training. The summer training opportunities, while not mandatory, are highly recommended and will give the attending athletes a competitive edge.

\*Note that “athletes” refers to both able-bodied and para-athletes throughout the document unless stated otherwise.

### **Age Eligibility**

Alpine Canada strongly recommends that able-bodied athletes competing in the Canada Games be in the U16 age category, however, eligibility has been further defined as follows:

AB, BC, ON, QC: U16 Age Category – Athletes born in 2007/2008

MB, NB, NL, NS, PE, SK, NT, NU, YT: U16 Age Category + max two (2) non-FIS U18 athletes per gender – Athletes born in 2007/2008 + max two (2) athletes per gender born in 2005/2006

Para-Alpine: 12 to 30 years old: Athletes born from 1993 to 2011 inclusively\*.

\*In keeping with the objective of targeting athletes within Alpine Canada’s Train to Train phase of their Long Term Athlete Development (LTAD) framework, it is recognized that athletes with acquired injuries may not follow the same LTAD pathway as able-bodied athletes and it is important to provide sporting experiences that fit their development phase. In light of this, the Canada Games Council and Alpine Canada will consider exemptions for athletes who do not currently meet the Para-Alpine age category. Alpine Canada will evaluate these requests on an athlete-by-athlete basis.

### **SECTION 1 – Selection criteria**

Athletes must first meet the eligibility criteria stated in the 2023 Canada Winter Games Technical Package for alpine skiing to be selected.

They must also submit (via their Head coach) the 2023 Canada Games contract by December 31, 2022. (See Appendix 3.) The athletes must then complete the following steps:

### **STEP 1 – 2021-2022 Ski Season**

- a. Able-bodied athletes are highly recommended to attend a Ski Cross race or camp in the 2022 season.
- b. Athletes are highly recommended to attend one New Brunswick Speed race or camp in the 2022 season.

### **STEP 2 – 2022 Summer**

- a. Athletes are highly recommended to attend NB Canada Games Sport Science Program activities (fitness, nutrition, sport psychology).
- b. Athletes are highly recommended to participate in fitness training and testing. Information will be provided, and monitoring will occur through Ski NB. (See Appendix 2.)

### **STEP 3 - Final Selection Derby**

The World Cup points accumulated at a Derby in December of 2022 (or January 2023, as weather permits), (location TBD) with Slalom and Giant Slalom will be used to identify the Canada Games 2023 Team NB Ski Team. All athletes who have applied to try out for the team will be required to attend this event. The final format of the derby will be made available by October 2022.

The final NB Ski Team will consist of 7 male and 7 female Alpine athletes and up to 2 male and 2 female Para Alpine athletes

The Ski Team and alternates will be named prior to the Team NB Rally. If the Team is not named before the Team NB Rally, all athletes still vying for a spot will be invited to attend. The coaching staff is required to attend the Team NB Rally. This is an event hosted by Team NB that brings together the entire Team NB to better prepare them and simulate the Games experience. Athletes will be required to attend the Rally (usually in December 2022 over the holidays).

### **Step 4 - After Final Selection**

Once final selection is completed, all athletes named to the team will be required to attend any and all events specified by the coaching staff. This may include team building events, Team NB events and any camps or races that the coaching staff deems necessary. Ski NB Speed Camp 2023 is a mandatory event.

## **SECTION 2 – Extenuating Circumstances**

### **Out of Province / New to Province**

Athletes who are training outside of New Brunswick or who have moved to the province during the Selection period (September 2022-January 2023) that are eligible to compete for New Brunswick based on the Technical Package as per Canada Games Council may apply to enter the selection process and participate at the December 2022/January 2023 Derby. These athletes must be members in good standing with a Ski NB club for the 2022 and 2023 season. The athlete must have Ski Cross (not for para athletes) and Speed experience to participate. The athlete is required to submit a written request stating their case and demonstrating their current performance level. Athletes must demonstrate that they have been committed to and involved in ongoing alpine ski training. Applications need to be submitted by December 1, 2022 in order to be considered for entry in the Derby.

## Special Circumstance Appeals

In the event an athlete is prevented from participating in the mandatory selection derby due to injury, they may submit an appeal to Ski NB. All appeals must be submitted prior to the selection derby and shall include a licensed medical doctor's evaluation as well as other supporting documentation. Supporting documentation must clearly demonstrate that the athlete in question consistently outperforms the other athletes vying for spots and would very likely qualify if able to participate in the selection event. Special Circumstances warranting consideration are identified in Illness / Injury Considerations (see Appendix 6). Ski NB will review appeals on a case-by-case basis and may deem it necessary to consult with a non-biased third party in reaching a decision.

## Performance Considerations

If a selected athlete is injured, sick or suffers a noticeable drop in performance level leading up to the Games, the Ski NB Board of Directors and Staff of 2023 Games has the right to ask that athlete to demonstrate their fitness and readiness to compete fully at the Games. If the athlete is unable to demonstrate that their performance level is at least that which they demonstrated during the 2022-2023 season, the Head coach (with Ski NB board approval) may replace that athlete with the next alternate.

All other situations are dealt with in the Technical Package provided to each Province from the Canada Games Council and Alpine Canada.

## Team NB Appeal process

Any athlete who disagrees with the results of the final Derby selections, may submit a request for reconsideration, in writing, to the Ski NB President within 24 hours of the posting of the final selections. The request will be reviewed by a committee, made up of three (3) Ski NB Board Members, not involved in the Canada Winter Games selection process.

### SECTION 3 – World Cup Point Calculations

Place	Points	Place	Points
1	100	16	15
2	80	17	14
3	60	18	13
4	50	19	12
5	45	20	11
6	40	21	10
7	36	22	9
8	32	23	8
9	29	24	7
10	26	25	6
11	24	26	5
12	22	27	4
13	20	28	3
14	18	29	2
15	16	30	1

## **Appendix 1**

### Sport Science and Other Training Opportunities

The athletes are strongly encouraged to participate in a Summer Training Program or other Competitive Sport. Canada Games Team NB Sport Science Events and other training program opportunities are also recommended. Head Coach will develop a guideline for ski specific fitness in the off-season and distribute to all Canada Games eligible NB athletes.

## **Appendix 2**

### Fitness

Fitness is a key performance factor in alpine ski racing. Fitness and conditioning have shown to be helpful in performing at one's best; which is what is being asked of the athletes at the Final Selection Derby and Canada Games.

Athletes are asked to demonstrate a commitment to fitness and conditioning. We recommend they undertake a dryland training program and fitness testing is strongly encouraged. Information will be provided to athletes and Ski NB will find a qualified fitness professional in the different regions to conduct this testing at the convenience of the athletes.

### **Appendix 3**

#### **2023 CANADA GAMES CONTRACT**

I, \_\_\_\_\_, am applying to be considered for a position on the New Brunswick Alpine 2023 Canada Games Team.

I have read the 2023 Canada Games selection requirements and criteria and am prepared to commit to them.

By signing below, you agree to the above terms and the Canada Games selection requirements and criteria and fully understand the requirements of being a member of the 2023 Canada Games Team.

Athlete signature: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Coach signature: \_\_\_\_\_

Coach to submit to NB Alpine by December 31, 2022

## **Appendix 4**

### Technical Package

Attached as a separate document and has been prepared by ACA.

## **Appendix 5**

Derby calculation and explanation:

The final selection derby will take place either in late December 2022 or early January 2023. The Derby location will be determined based on snow coverage and terrain availability. This will be either a two or three-day event. All athletes who sign the contract commit to attending the derby for consideration on the team.

A World Cup point system will be used. (See Section 4.) Each athlete will be ranked based on his or her time as compared to all other athletes. Each placing will be given a “point” or points that correspond to the ranking achieved for each run in each discipline. All of these points will be accumulated and added together to give each athlete a total point accumulated. The 7 male and 7 female athletes with the highest accumulated points will be the athletes selected to be the Ski NB Canada Winter Games 2023 Team.

The Derby will include an equal number of Slalom and Giant Slalom runs. Super G runs will be considered based on snow condition, time, and available terrain. Start positions will be randomly assigned and will rotate ensuring that the same athlete does not always have the same start position.

The coaching staff along with the Derby Race Organizing Committee and at least one other Ski NB Board member will be responsible to complete the calculations to ensure accuracy.

## **Appendix 6**

### Illness / Injury Considerations

1. Acute sport related injuries that occurred as a direct result of training or competition will be considered.
2. Acute sport related injuries that prevent an athlete from competing will be considered.
3. Acute trauma injuries resulting from a non-sport related accident (ie. motor vehicle accident) will be considered.
4. Overuse injuries will not be considered.
5. Cold and/or Flu viruses will not be considered.





## Assistant Coach Job Description and Qualifications



The Assistant Coach works closely with the Head coach to plan and implement a series of activities leading to a successful Games performance.

The Assistant Coach must be Developmental level certified and at least 18 years of age. Assistant coach must be a member in good standing with Ski NB and Alpine Canada

### Pre Games

- Communicate athletes schedules, costs, team commitments, etc. to players/parents
- Making arrangements for travel and accommodations when traveling
- Ensure the Selection Criteria is widely distributed and coordinate a parent information session to convey the details in partnership with the Head Coach.
- Oversee the participant registration process.
- Oversee the participant reading, understanding and signing of the Team Agreement that includes the code of conduct.
- Work with the Canada Games Transportation Coordinator to manage team travel arrangements to and from the Games.
- Coordinate team uniform sizing and distribution for both the competitive and walk-out uniforms.
- Support team media personnel through provision of information, setting up interviews, etc.
- Coordinates team participation at the Team NB Rally
- Attends Coach/Manager Seminar/Workshops
- Identify a parent to serve on the Canada Games Team NB parent's committee
- Ensure all Team members have completed the Doping Education On-line program
- Correspond with the Mission Staff assigned to your team regarding the status, needs and progress of the team.
- Coordinate with Para-alpine manager if one is in place. Otherwise manage and integrate Para-alpine athletes into alpine program.

### At Games

- Adhere to the Team NB Code of Conduct
- Deal with issues as they arise (in partnership with the Head Coach)
- Work with Mission Liaison to coordinate team travel, athlete interviews, special awards, pin distribution, etc. and correspond with the Mission Staff assigned to your team regarding the status, needs and progress of the team.
- Ensure the team is effectively managed at their appointed venue sites.

### Post Games

- Provide a written evaluation of the program

Reporting: The Assistant Coach reports to the Head Coach

### Salary

The Assistant Coach will receive an annual honorarium

2022: \$250

2023: \$1750

(Reasonable expenses maybe be invoiced, subject to approval by Ski NB President)

**Closing date for applications – October 31, 2021**



## Wax Technician Job Description and Qualifications



The Wax Technician plays a leadership role in the preparation of the skis for the athletes. He/she will work closely with the Head Coach and athletes in their race preparation.

The Wax Technician must be an entry level coach, must be at least 18 years of age and a member in good standing with Ski NB and Alpine Canada. They must demonstrate proven experience with alpine ski racing tuning/waxing and 5 years' experience in waxing skis.

### Pre Games:

- Purchase of ski tuning equipment (from Team budget)
- Purchase of the wax (from Team budget)
- Post Derby: Determine Athlete specific needs and clarify his/her role with respect to ski preparation while at Games

### At Games:

- Provide support / oversight to Athletes in the preparation of competition skis
- Research snow conditions and temperature as pertaining to wax selection

### Post Games:

- Provide a written evaluation of the program

**Reporting:** The Wax Technician reports to the Head Coach

### Salary:

2023: \$1000

**Application Deadline: April 20, 2022**



## Canada Games Para Coach Job Description and Qualifications



The Head Para Coach of the Canada Games Team should play the leadership role in the preparation of the team and the coaching of the team at the Canada Games. He or she should work closely with the assistant coach and will liaise with the Canada Games Committee/Board Liaison.

The Head Coach must be The Head Para must be registered in the Canada Games electronic registration system must be Alpine Canada NCCP Para Alpine Development Level Certified. This certification must be achieved no later than 90 days before the opening of the Games by November 20, 2022. Head Para Coach must be a member in good standing with Ski NB and Alpine Canada

### Pre Games

- Review of the Selection Criteria with parents and players
- Development of an athlete development plan including a budget for board approval (by September 2017)
- Lead the implementation of the athlete development plan
- Explanation and implementation of the Code of Conduct
- Identification and participation of activities to improve own coaching
- Communication with athletes and parents
- Sport Science program (in partnership with the Canadian Sport Centre Atlantic)
- Attend Team NB coach/manager workshops/seminars
- Provide regular updates on the progress and activities (camps, sport science, etc.) of the team to the Technical Director and Ski NB President.
- Coordinate and integrate training opportunities with Para-alpine coach

### At Games

- Coaching of the team
- Competition preparations
- Ensure team adheres to the Code of Conduct
- Responsible for the conduct of the team and managing discipline

### Post Games

- Provide a written evaluation of the program

The Head Para Coach shall play a supportive role in:

- team administration

### Salary

The Para Head Coach will receive an annual honorarium

2022: \$500

2023: \$2500

(Reasonable expenses maybe be invoiced, subject to approval by Ski NB President)

**Closing date for applications – October 31, 2021**

Ski NB CWG Budget (2023) Proposed /Projected

	Budget 2019	Actual 2019	Budget 2023
<b>Revenue</b>			
Ski NB Games budget	18,000.00	14,675.64	18,000.00
High Performance funding	2,500.00	0.00	0.00
Fundraising	0.00	3,440.00	0.00
Training Camp PEI Contribution	1,500.00	1,955.40	0.00
<b>Total Revenue</b>	<b>22,000.00</b>	<b>20,071.04</b>	<b>18,000.00</b>
<b>Expenses</b>			
<b>Salaries + Expenses</b>			
Head Coach	4,500.00	3979.73	4,500.00
Assistant Coach	2,500.00	2123.39	2,500.00
Wax tech	1,000.00	1309.33	1,000.00
Para Coach	2,250.00	2731.48	0.00
<b>Total salaries</b>	<b>10,250.00</b>	<b>10143.93</b>	<b>8,000.00</b>
<b>Team NB Expenses</b>			
Race Suits	5,822.00	5592.04	6,000.00
Final Derby	0.00	1,617.50	0.00
Wax	700.00	0.00	700.00
CWG Expenses	500.00	963.15	500.00
<b>Total Team NB Expenses</b>	<b>7,022.00</b>	<b>8,172.69</b>	<b>7,200.00</b>
<b>Pre-Games Camp</b>			
Crabbe Mountain Inn	3,616.00	3,915.38	3,500.00
3 days lane spacing	1,200.00	1,679.00	1,200.00
2 days lane spacing for PEI	800.00	800.00	800.00
3 days lift tickets: 17 x \$25x3 days	1,275.00	1,907.60	1,275.00
Head Coach mileage and lunches	250.00	0.00	250.00
Cost of Groomer use	1,400.00	1,679.00	1,400.00
<b>Total Pre-Games Camp</b>	<b>8,541.00</b>	<b>9,980.98</b>	<b>8,425.00</b>
<b>Total Expenses</b>	<b>25,813.00</b>	<b>28,297.60</b>	<b>23,625.00</b>
<b>Total</b>	<b>-3,813.00</b>	<b>-8,226.56</b>	<b>-5,625.00</b>