



2020-21
SOD SKI TEAM
SELECTION CRITERIA &
GUIDELINES



Program Outline

The Southern Ontario Division Ski Team (SODST) is a year-round FIS alpine program for committed athletes wishing to pursue the sport of ski racing. Preparing young adults for competition at the FIS level requires a balance of proper preparation, fostering a love of the sport and instilling a strong work ethic.

The SODST is committed to providing its athletes with the right amount of physical and on snow preparation leading into the competitive period of the FIS ski season.

The SODST will abide by the following principles when developing its ski racers:

1) Preparation:

- a) Invite incoming members (either graduating U16s or FIS racers) to a 2-3-day team building camp to ensure all athletes on the team feel welcome and supported.
- b) Following an alpine skiing specific physical training program.
- c) Train at least 30 - 35 days on snow before entering the first race.

2) Love of the sport:

- a) The SODST will provide a fun and safe environment for its participants through positive coaching and engaging training sessions.
- b) The SODST will seek to find rewarding activities outside of regular training sessions to keep its skiers fulfilled.

3) Strong work ethic:

- a) The SODST will use the physical training period to promote hard work and the benefits of working towards a goal.
- b) On a daily basis the SODST athletes and the coaches will work as hard as they can to achieve their goals.
- c) Full effort will be used as a measuring stick when looking at the progress of the SODST skiers.

By applying the above principles, it is the goal of the SODST to provide its skiers with skills that will help them continue to progress as young adults. Through ski racing and sport, the SODST is committed to providing an environment where hard work and enjoyment of the sport can co-exist simultaneously.



Program Offerings

For the 2020-2021 season, the SODST will have two programming options:

1. Performance Level (PL) FIS program:

This program is suited for athletes who have been progressing through the high-performance pathway ([see racing pathway here](#)). They have demonstrated very strong race results at National or the International level events and have a strong understanding of the commitment and dedication to the sport.

2. High Performance Level (HPP) FIS Program:

This program is for those athletes who have been identified for the AOA U19 High Performance Program ([see details and criteria here](#)). This program will include additional training opportunities with the Ontario Ski Team.

1.0 Definitions

1. "Athlete" means a FIS carded athlete that is an Ontario resident.
2. "Appeals Committee" means a committee to be appointed by the Executive Director of AOA and the Program Director of SOD.
3. "OST" means Ontario Ski Team.
4. "SOD" means the Southern Ontario Division.
5. "SOD Alpine Staff" refers to the coaches for the men's and women's teams and the SOD Program Director.
6. "Selection Committee" will be comprised of the AOA Executive Director, AOA High Performance Director and the SOD Program Director.
7. "FIS Rankings" means the rankings for each discipline on the most current FIS Points List published prior to selections.
8. "NRBA" means National Rank by age or younger and can be found on the FIS website www.fis-ski.com.
9. "Objective criteria" refers to rankings and results from various races
10. "Subjective criteria" refers to things like:
 - Technical ability
 - Attitude and Commitment
 - Athleticism and physical maturity level
 - Coachability



2.0 Selection Process

2.1 The selection process will include both objective and subjective criteria to properly assess potential athletes for the SODST. Coaches' discretion may be applied by the SODST staff to those athletes who have demonstrated technical ability and dedication to the sport during the competition season and/or during SOD training sessions. Conversely, an athlete who meets the objective criteria but fails to show qualities that are described by the subjective criteria may be denied acceptance to the team.

2.2 The SODST Head Coaches will initiate the nomination process by contacting Club Head Coaches and U16 Head Coaches for all nominated athletes no later than April 1st, 2020.

2.3 Athletes nominated to the SODST must contact the SOD Program Manager to accept or decline their nomination within fifteen (14) days of notification and should they accept, register for the spring selection camp (to be posted on www.alpineontario.ca)

2.4 Team selections will be made after the mandatory spring selection camp (see details on page 5) and communicated May 1st. All athletes accepting their nominations will be required to sign an athlete agreement in order to be eligible to be named to the Team.

2.4 Team naming will occur after the nominated athletes have signed the SOD athlete agreement.

3.0 Selection Criteria: Performance Level (PL) Program

3.1 Graduating U16 Skiers (YOB 2004)

One of the following must be met:

- Selection to U16 Nationals.
- Top 20 overall at U16 OCup Finals (Eastern Finals qualifying list).
- Top 15 in one event at U16 OCup Finals.

3.2 Second year FIS athletes and older (YOB 2003-1999)

One of the following must be met:

- 2 top 30 NRBA rankings in technical disciplines.
- 1 top 15 NRBA ranking in technical disciplines.

**Please note that speed disciplines will not be considered in hard criteria but may be considered in coaches' discretion.*



3.3 The following components are mandatory for the PL program:

- Completion of spring dryland testing at the CSIO (Canadian Sports Institute Ontario) in Scarborough in **May (16-17) * (date TBC)**.
- Participation in the Team Building/dryland weekend June **(date TBD)**.
- Commitment to a summer dryland program designed by the CSIO & monitored by the SODST coaching staff.

3.4 Pre-season Camps:

- Spring/ Selection Camp (location TBD) ...current date **April 25-29 *** (Mandatory)
- Summer ski camp (location TBD) – **June/July** (Optional)
- Summer ski camp Chile – **Aug. 22 - Sept. 6 *** (Mandatory)
- Fall camp (Location TBD) – **October/** 10 days on snow (Optional)
- Pre-season training camp in Panorama BC – **(Nov. 13 - 25) *** (Mandatory)

*Dates TBC

4.0 Selection Criteria: High Performance (HP) Program

These athletes are identified as being on an AOA High Performance Pathway.

4.1 Graduating U16 Skiers (YOB 2004)

One of the following must be met:

- Top 10 at U16 Nationals (top 5 in one top 10 in 2 disciplines).
- Top 10 at U16 Eastern Can-Am (top 5 in one top 10 in 2 disciplines).
- Outstanding performance(s) at Whistler Cup or Val D'Isere, France.

4.2 Second year FIS Athletes and third year FIS athletes (Born 2002-2003):

- Average of top 20 in two disciplines by FIS National Rank by Age (one discipline must be technical), or
- Top 12 in one discipline.
- Athletes that do not meet criteria but are close can apply in writing to AOA High Performance director, Kip Harrington with a rationale for acceptance.
- U21 racers can apply and will be accepted on a case by case basis.



4.3 The following components are mandatory for the HP Program:

- Completion of the Ontario Ski Team (OST) Fitness Testing weekends at Canadian Sports Institution of Ontario (CSIO) Pan Am Center (Dates TBD throughout Spring/Summer/Fall).
 - Commitment to a summer dryland program monitored by SODST and OST coaching staff.
 - Commitment to four training camps prior to the competitive season:
 - Spring Camp (Mandatory/ location TBD) – Apr. 25 - 29*
 - August – Chile (Mandatory) – **Aug. 22 - Sept. 6 ***
 - October - Europe (Mandatory, AOA operated with Ontario Ski Team)
 - November - Panorama, BC (Mandatory) – **Nov 13 - 25 ***
- *dates TBC

5.0 Coaches Discretion

Coaches' discretion may be applied by the SODST staff to those athletes who have demonstrated technical ability and dedication to the sport during the competition season and/or during SOD training sessions. The same discretion may be applied by the SODST staff to second and third year FIS athletes who demonstrate ability, dedication and a commitment to move forward to the Ontario Ski Team

6.0 Appeals Process

6.1 Appeals may be made for those athletes who did not make the hard criteria. Written appeals are to be submitted and endorsed by an athletes' coach and head coach with reasonable cause as to why an athlete failed to meet hard criteria.

6.2 SOD will conduct an appeals process to resolve any disputes arising from the selection process.

6.3 The Appeals Committee will be appointed by the AOA Executive Director and the SOD Program Director.

6.4 The Athlete's Club Program Director or coach and the Athlete's parents (if the athlete is under 18 years of age) must endorse the appeal.

6.5 The Appeals Committee will meet as soon as is reasonable following the receipt of



the notice of appeal. The appeals committee shall establish its own rules including rules as to the ability of an Athlete to make an oral presentation.

6.6 Following the appeals meeting, the committee will advise the SOD Staff and the Athlete of its decision within five business days of hearing the appeal. All decisions of the Appeals Committee shall be final.

Good luck to all athletes and thank you for your interest in the SODST.

If you have any questions, please feel free to contact these people:

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