



Cross Country NWT 2020 Arctic Winter Games Secondary Selection Policy FINAL

This policy sets out the process used by Cross Country NWT to select athletes for Team NWT at the 2020 Arctic Winter Games (AWG), should conditions at Territorial Trials preclude the possibility of following the primary procedure outlined in the Athlete and Coach Selection Policy.

1 PROCESS

Section 3 of the Athlete and Coach Selection Policy reads, in part:

In the event that temperatures at Territorial Trials reach -20C or lower, a secondary athlete selection process featuring fitness testing and ski technique evaluation shall be used.

Cross Country NWT's Athlete Selection Committee will select athletes based on the following:

- **Indoor fitness testing** with athletes ranked via a points-based system (1st – 5 points, 2nd – 3 points, 3rd – 2 points, 4th – 1 point) for their performance in a series of tests. The overall fitness test score for each athlete will be the sum of their points earned in each test
- **Ski technique assessment** during which members of the Athlete Selection Committee evaluates each athlete using the same points system as described above. An athlete's final ski technique score will be the average of all scores received from committee members
- Overall fitness test score and ski technique score receive equal weighting in final athlete selection
- The Athlete Selection Committee may also, as part of the secondary selection process, consider the **competitive record** of an athlete during the prior 12 months

This document outlines the nature of the **indoor fitness testing** and **ski technique assessment** to be carried out should the secondary selection process be activated.

2 FITNESS TESTING

The protocols below apply to all Arctic Winter Games categories at Territorial Trials.

Endurance Test

20-minute run, mass start, complete as many laps as possible in gym (where laps are defined by coaches before the session begins).

Strength Tests

Each exercise is performed for 60 seconds, followed by 60 seconds of rest before beginning the next exercise:

- Push-ups, 60 seconds – Stand on hands just outside shoulder width; the upper arm must be parallel to the floor at the lowest point and full extension at the highest point; whole body must remain fairly straight through the test.
- Box jumps, 60 seconds – Feet together, top of box at 16 inches (40 cm) off the ground; more than half of feet length must land on the top of the box so there is some pressure applied on the heels.
- Sit-ups, 60 seconds – Knees bent at 90 degrees and feet anchored; arms crossed in front with hands holding opposite shoulder; elbows must touch knees no further down than 10cm from top of knee to score one rep; lower tip of shoulder blades need to touch ground between each rep.
- Dips, 60 seconds – Grip and arms motion as with push-ups; arms elevated off the floor.

Logistics

Location: Yellowknife TBD

Time: Friday December 13th

Each category to run separately to completion before starting next category (though juvenile and junior categories may be run together):

- Midget boys
- Midget girls
- Juvenile girls & Junior girls
- Juvenile boys & Junior boys

Strength tests to be conducted at Yellowknife TBD on Friday December 13th.

3 SKI TECHNIQUE

Each of the following criteria will be evaluated using the points system outlined in the Athlete and Coach Selection Policy:

- Diagonal stride
- Kick double pole

- Double pole

If temperature allows and at the coaches' discretion, the following may also be evaluated:

- One skate
- Two skate
- Offset

Technique evaluation to take place at the Yellowknife Ski Club on December 14th.

4 **COMPETITIVE RECORD**

In addition to fitness testing and technique evaluation, performances over the previous 12 months will also be taken into consideration should the secondary selection process be activated.