



## **Cross Country NWT**

### **2024 Arctic Winter Games**

### **Athlete Selection Policy**

This policy sets out the process used by Cross Country NWT to select athletes for Team NWT at the 2024 Mat-Su Arctic Winter Games (AWG) March 10-16, 2024.

## **1. TEAM COMPOSITION**

To be selected using this document:

1. A maximum team of eighteen (18) athletes to participate at the 2024 Arctic Winter Games in the following categories:
  - U18 - Males born in 2006/2007 - maximum 3
  - U18 - Females born in 2006/2007 - maximum 3
  - U16 - Males born in 2008/2009 - maximum 3
  - U16 - Females born in 2008/2009 - maximum 3
  - U14 - Males born in 2010/2011 - maximum 3
  - U14 - Females born in 2010/2011 - maximum 3

## **2. ELIGIBILITY**

To be eligible for selection, athletes must be:

- Born in an eligible birth year listed under Team Composition.
- A Canadian Citizen, Permanent Resident, or eligible for Canadian Citizenship and able to demonstrate active pursuit of such;
- A continuous resident of the Northwest Territories for at least six months prior to the Arctic Winter Games, and able to meet all other eligibility and residency criteria listed in section 2 of the Sport North 2024 Arctic Winter Games Team NWT Handbook. (Note: Athletes attending a school out-of-territory remain eligible to compete provided their permanent residence remains within the Northwest Territories);
- Members in good standing with Cross Country NWT;
- At least two calendar years removed from competing in a World Youth Championship;
- A signatory to the athlete Code of Conduct agreement provided by Sport North.

Once selected, athletes are expected to follow the training plan established by their coaching team. Athletes may also be expected to attend competitions taking place prior to the Games, as instructed by their coaching team.

### **3. ATHLETE SELECTION PROCESS**

All athletes hoping for selection to Team NWT must participate in Cross Country NWT's Territorial Trials. Exemptions including injury, illness, NWT school program commitments and special family circumstances will only be granted in exceptional circumstances upon review by Sport North's Chef de Mission as outlined in the 2024 Arctic Winter Games Team NT Handbook/Appendix F.

Athletes who participate in Cross Country NWT's Territorial Trials:

- Must be a member in good standing of Cross Country NWT. Membership is obtained by membership in a NWT ski club or a registered community or school program that is registered with CCNWT.
- Must compete in their designated age category.

Cross Country NWT will determine the race distances, techniques and format for Territorial Trials based on the Technical Package supplied by the AWG International Committee and the Territorial Trials host facilities. Territorial Trials ski races are run in accordance with Nordiq Canada (NC) rules and regulations.

Athletes are awarded points for their finishing position in each race:

1 <sup>st</sup>	5 points
2 <sup>nd</sup>	3 points
3 <sup>rd</sup>	2 points
4 <sup>th</sup>	1 point

The top three ranked athletes in each category, based on total points, shall be selected to attend the Arctic Winter Games.

The Cross Country NWT Athlete Selection Committee will designate alternate athletes in each category. The alternate athlete in each category is the next highest-ranked athlete after the selected athletes to meet all other criteria in this document.

#### **Tie-breaking**

In the event that two or more athletes are tied with the same number of points in the athlete selection process, best aggregate race times will be used to break the tie. In the event two or more athletes are tied with the same number of points in a secondary selection process, points will be awarded for each athlete's competitive record to break the tie.

## **Venue**

The host ski club is responsible for reserving facilities for the athlete selection process at its ski club. CCNWT is responsible for reserving facilities for a secondary athlete selection process in the host community.

Territorial Trials shall be held in Yellowknife on December 13-17, 2023.

## **Vacancies**

Where there is a vacancy in a category, the Athlete Selection Committee may, with appropriate consideration for the athlete's maturity, fitness and skill level, select an alternate athlete (including from the immediately preceding age category, at the committee's discretion) to fill the vacancy, provided that the athlete meets all selection criteria for that preceding age category. Vacancies are filled at the time of Territorial Trials.

## **Race Suits**

Once the athletes are selected, the Team Manager will review the race suit policy and the selected athletes will be sized for the race suit/warm up suit by trying on samples and will inform the Team Manager of their decision by Dec 17, 2023.

## **4. SECONDARY SELECTION PROCESS**

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

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

### **4.1 FITNESS TESTING**

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

#### **Endurance Test**

Athletes are awarded points for their finishing position in each test:

1 <sup>st</sup>	5 points
2 <sup>nd</sup>	3 points
3 <sup>rd</sup>	2 points
4 <sup>th</sup>	1 point

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**

Athletes are awarded points for their finishing position in each test:

- 1<sup>st</sup> 5 points
- 2<sup>nd</sup> 3 points
- 3<sup>rd</sup> 2 points
- 4<sup>th</sup> 1 point

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 - Fieldhouse

Each category to run separately to completion before starting next category (though U16 and U18 may be run together):

- U14 girls
- U14 boys
- U16 girls & U18 girls
- U16 boys & U18 boys

Strength tests to be conducted at Yellowknife.

## **4.2 SKI TECHNIQUE**

Each of the following criteria will be evaluated using the following point system:

Demonstrates competency beyond Category	5 points
Demonstrates expected competency for Category	3 points
Below expectation for Category	0 point

- Diagonal stride
- Kick double pole
- Double pole

- One skate
- Two skate
- Offset

Technique evaluation to take place at the Yellowknife Ski Club.

### 4.3 COMPETITIVE RECORD

In addition to fitness testing and technique evaluation, performances over the previous 12 months may also be taken into consideration should the secondary selection process be activated. The selection committee may award up to five additional points per athlete.

### 4.4 SCORING TABLE

Athlete Name & Category	Scoring	Rank	Score
Endurance Test	Ranked, 1st - 5, 2nd - 3, 3rd - 2, 4th - 1		
Strength - total of push-ups, sit-ups, box jumps, dips	Ranked, 1st - 5, 2nd - 3, 3rd - 3, 4th - 1		
Classic techniques - Diagonal Stride, Kick Double Pole, Double Pole	Competency Based, 5, 3, 0.		
Skate Techniques - One Skate, Two Skate, Offset	Competency Based, 5, 3, 0.		
Competitive Record* - result within 20% of the winning time in that category  *to be used in the event a tie-breaker is needed	Max 5 points	N/A	
Total Score			

## **5. ATHLETE SELECTION COMMITTEE**

The Athlete Selection Committee consists of the AWG Head Coach, Assistant Coach, Team Manager, and Coach-in-training as appointed by Cross Country NWT. The Athlete Selection Committee names its chairperson from within the group and is responsible for managing the selection of athletes to the Arctic Winter Games team, including monitoring of Territorial Trials and communication with all athletes.

The Athlete Selection Committee must be free from actual and perceived conflict of interest and, where a conflict of interest may exist, committee members must identify the conflict and excuse themselves from selection decisions.

Parents of athletes, or other individuals deemed by Cross Country NWT's board to have special interest in the selection process, are not permitted to be members of the Athlete Selection Committee. Cross Country NWT may appoint another individual to the Athlete Selection Committee to replace any individual with a conflict of interest.

## **6. REMOVAL FROM THE TEAM**

A selected athlete may be removed from the team if the athlete:

- Loses their eligibility as outlined above
- Fails to remain a member in good standing with Cross Country NWT
- Fails to meet performance expectations
- Fails to train toward, or meet the physical standards expected by the Arctic Winter Games in the opinion of the coaching team
- Exhibits misconduct or conduct detrimental to the image of Cross Country NWT
- Is unable to perform due to injury, illness or other medical reasons as determined by Cross Country NWT in consultation with medical professionals
- Fails to meet expectations laid out in the Sport North Federation Event Discipline Procedure

The coaching team and/or Athlete Selection Committee may apply to the Cross Country NWT board to remove any athlete at any stage of the athlete selection process.

A written letter to the athlete from the Cross Country NWT board will communicate the reasons for deselection of an athlete or their removal from an earlier stage of the athlete selection process.

## **7. APPEALS**

Appeals of selection decisions will be heard and decided in accordance with the Cross Country NWT Appeal Policy.

## **8. REPLACEMENT of ATHLETES**

Alternate athletes, as designated under Section 3, should be included in any training and competition(s) taking place prior to the Arctic Winter Games to ensure their preparation if called upon.

Alternate athletes may be selected if one or more of the originally selected athletes are removed prior to the Arctic Winter Games. The Athlete Selection Committee must be satisfied of the alternate athlete's continuing eligibility before naming the athlete to the team.

If the alternate athlete has not kept up their physical fitness, is unavailable or is uninterested, the Athlete Selection Committee may at its discretion approach other athletes who attended Territorial Trials to be named as alternates.