



2021/2022 National Capital Outaouais (NCO) U16 Initiative 3nd Communiqué

We were thrilled to see the uptake for our first U16 NCO project that ran last month in Mont Blanc. Of the 34 invited, we had 33 participants representing all 5 clubs. We hope this was a great learning opportunity for those who participated. As has been the mandate of the NCO organization, we will strive to unite the best alpine ski athletes in the National Capital and Outaouais region together in order to create an environment where these athletes can push each other in both training and competition to better results. Please find below details on the future U16 NCO projects for the season, as well as the selection criteria moving forward.

Upcoming Project Dates and Locations:

- February 21-23 (MON- Cascades or Fortune, TUE-WED Mont Saint Marie)
- March (local training opportunities)
- April 6-10 Mont Sainte Anne or Mont Edouard

Selection for Project 2 (Cascades/MSM)

The Cascades/MSM project is targeting 35 athletes. For this project and all future NCO camps this season, selection shall be moving primarily to a selection points model generated from our NCD/OSZ race series. Selection of 70% shall be based purely on selection points. Selection of the remaining 30% shall be chosen at the discretion of the Head Coaches committee. The committee shall use its discretion to appoint deserving athletes based on selection points, any other relevant race or time training data, notwithstanding those, who for extenuating circumstances such as injury, covid confinement, have not met the selection based upon race results. Gender split shall be approximately the same proportion as NCD/OSZ registration, and may be subject to small variances if determined needed by the Club Head Coaches in accordance with the purpose and goals of these NCO projects. The variance is intended to ensure that the most qualified and deserving athletes have the opportunity to attend the event, and that there is homogeneity in terms of skill level.

Races used for selection points

- January 22 GS @ Calabogie
- January 23 SL @ Cascades
- January 28 SL @ Fortune
- February 12 SG @ MSM
- February 13 SG @ MSM

Selection point method

- 500 point scale as is used in NCD/OSZ
- The sum of the race/run points shall result in a ranking of athletes to be used in selection
- Points will be tabulated from the above selection races based on the following:
 - Best 1 of 2 SL races
 - Best 1 or 1 GS races
 - Best 2 of 4 SG races
 - Best 1 of 4 SL runs
 - Best 1 of 2 GS runs

Camp Format

- Until further COVID restrictions are lifted, camps will be operating as on-snow training only, and parents will be responsible for providing transport, and booking their own lodging and meals for themselves and their children during the camps
- Athletes can expect to be on snow for full days of training with the main focus being GS training in gates
- Video will be uploaded nightly for the athletes to review before the next day's training

Code of Conduct and COVID

- Athletes are expected to follow the code of conduct of the NCO organization and the code of conduct of their home club they represent. The NCO code of conduct will be distributed to invited athletes
- Athletes are to follow the COVID policy as set out by the NCO, and to follow all regional and provincial health guidelines relating to COVID

Costing

- Camps are based around a cost recovery model
- The exact camp fees will vary by location and the number of participating athletes, and will be communicated to invited athletes at the time of selection
- Local training opportunities will be billed at a lower rate
- All NCO billing are subject to HST

Questions

Please feel free to reach out to Patrick Biggs or your club head coach if you have any questions regarding the NCO U16 initiative. pat@campfortuneskiclub.org

