

National Ski Jump & Nordic Combined  
Training Centre

# PROGRAM HANDBOOK

## 2002 - 2003



### Training Centre Partners



## **Preface**

The staff of the National Ski Jump and Nordic Combined Training Centre (Training Centre) developed the National Ski Jump and Nordic Combined Training Centre Handbook to provide a reference for athletes, parents and coaches of the Training Centre. It is available online at [www.skijumpingcanada.com](http://www.skijumpingcanada.com). Questions about the Training Centre, or the information contained in the Training Centre Handbook can be directed to Dave Lougheed, Manager, Sport Development for CODA. ([dlougheed@codab.ca](mailto:dlougheed@codab.ca) or 403-247-5442).

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# National SJ & NC Training Centre

## Rationale

National Training Centres are recognized as the most effective means for athletes to achieve success in his/her sport. The National Training Centre model brings together Canada's best high performance athletes to train and develop as a team, and introduces young athletes to quality programming and world class coaching from the early stages of development.

Calgary and the Bow Corridor are quickly becoming the location of choice for many National Training Centres. World-class Olympic legacy facilities, exceptional coaches, specialized education resources, and CODA's ongoing commitment to the development of high performance athletes in a variety of winter sports helps to create the optimal opportunity for all athletes.

In addition to establishing National Training Centres at Olympic legacy facilities in the Calgary area, many national sport organizations now call Calgary home. Alpine Canada, the Canadian Hockey Association and Nordic Combined Ski Canada were three of the first winter sports to move their national offices from the centralized Sport Canada Building in Ottawa in order to be closer to their athletes. Since that time, Cross Country Canada, the Canadian Snowboard Federation, Ski Jumping Canada and many other national sport organizations have relocated to Calgary.

Thanks to CODA's support and leadership, National Training Centres have been or are being developed in Calgary/Bow Corridor for the following sports:

Alpine Skiing	Biathlon	Skeleton
Bobsleigh	Curling	Cross Country Skiing
Freestyle Skiing	Hockey	Luge
Nordic Combined	Speed Skating	
Ski Jumping	Figure Skating	Dance Snowboarding

With its five ski jumps, Canada Olympic Park is the perfect location for the National Ski Jumping Training Centre. Add the Canmore Nordic Centre into the equation, and you have a world-class location for the National Nordic Combined Training Centre.

The partner organizations that make up the National Ski Jumping & Nordic Combined Training Centre include (Training Centre)

- Alberta Ski Jumping & Nordic Combined Association
- Altius Nordic Ski Club
- Calgary Olympic Development Association
- National Sport Centre Calgary
- Nordic Combined Ski Canada
- Ski Jumping Canada

## **NTC Executive Committee**

The Training Centre operates under the direction of an Executive Committee (Committee). The committee brings together senior representatives from each partner organization to plan the delivery of programs and services within a common budget. The Committee meets approximately 6-times/year to review and evaluate current programs, establish policies; and discuss options for continual improvement. The members of the Committee include:

### **Committee Chairperson:**

Al Murray, Vice President, Sport – CODA

### **Committee Members:**

Dale Henwood, President – National Sport Centre  
John Heilig, Nordic Sport Coordinator – CODA  
Alf Fischer, President – Nordic Combined Ski Canada  
Roger Baxter, President – Altius Nordic Ski Club  
David Lougheed, Manager Sport Development – CODA  
Greg Poirier, head Coach – National Training Centre  
Ron Read, Chairman – Ski Jumping Canada  
Doug Thompson, President – Alberta Ski Jumping & Nordic Combined

## **Program Information**

### **Overview**

The National Ski Jumping and Nordic Combined Training Centre was established in 1996 to provide sport programming and coaching support to the sports of ski jump and nordic combined. The Training Centre provides a comprehensive development system that enables athletes to progress from introductory programs to Canada's National teams. Training Centre programs are divided into 5 program stages; introductory, domestic development, high performance training, high performance competition and the high performance elite. The first two stages are participation based and are designed to give a positive introduction to ski jumping and nordic combined. The introductory programs provide exposure to all of the nordic ski disciplines and allow athletes to develop a broad skill base. Progression from the introductory to high performance programs is based on the athletes meeting established standards. The standards for selection are outlined on pages 16.

From the introductory programs, athletes progress to the High Performance Training Program. This is a year round program and athletes are required to meet or exceed pre-determined standards of performance and conduct. A key characteristic of the high performance programs is the integration of ski jumping and nordic combined. The emphasis of the high performance training program is on the development of ski jumping technique with a secondary focus on cross country technique, not volume. Both special ski jumpers and nordic combined skiers need to be excellent technical ski jumpers. Athletes are better able to develop their aerobic capacity as they mature and it is important to allow them to develop their ski jumping ability as much as possible before increasing the volume of cross country training. This allows the coaches and athletes to focus on jumping technique during the growth and development phase when it is most appropriate and to concentrate on the aerobic training volume required by nordic combined skiers when athletes decide to become a Nordic Combined athlete.

### **Women's Programming**

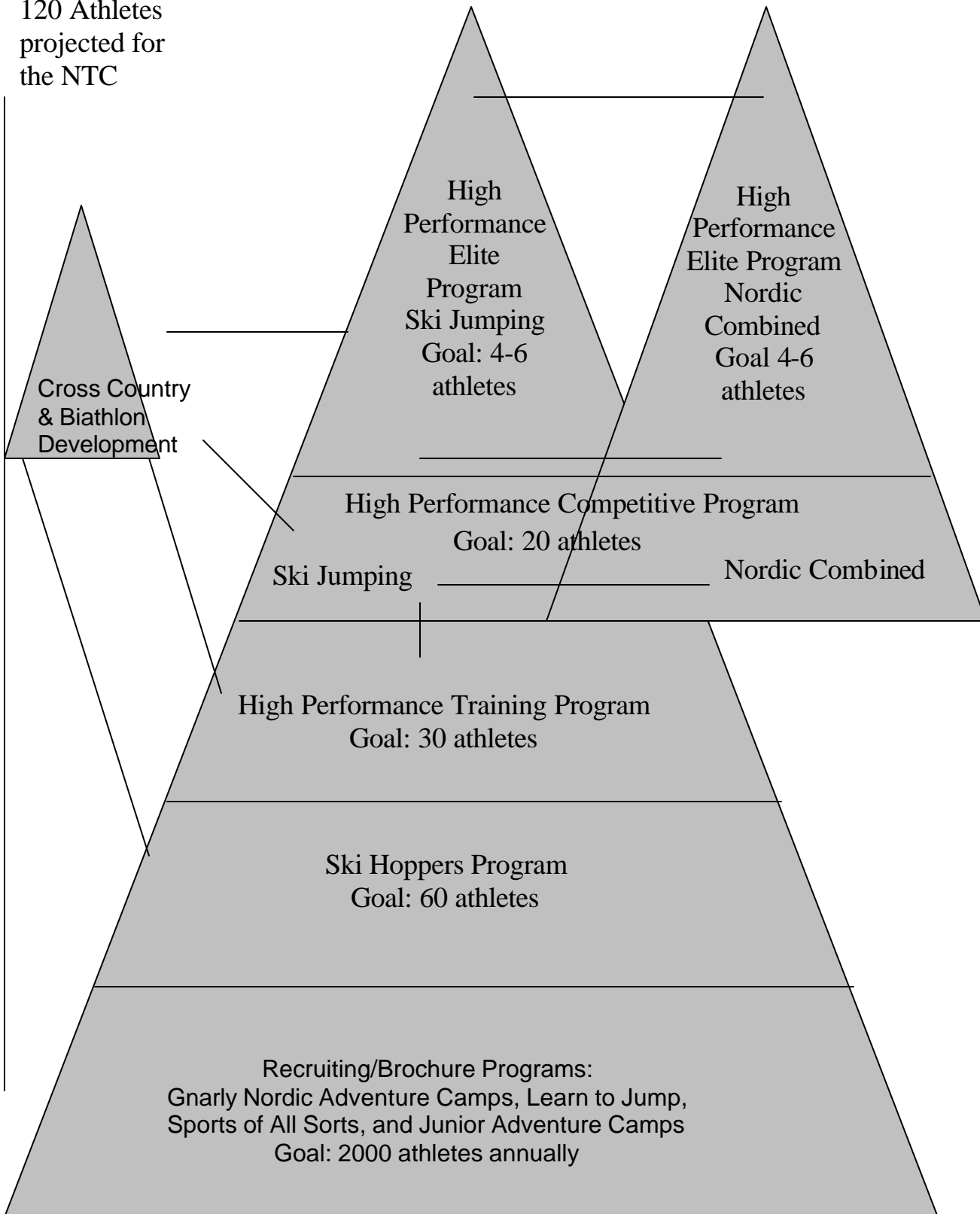
Women's Ski Jumping and Nordic Combined programs (women's programs) are currently integrated into the existing training centre programs. As the size of the women's program grows, and as women athletes are able to meet international benchmarks for their sport, the training centre will provide training and competitive opportunities that are equal to men's programs of the same level.

# Training Centre Programs

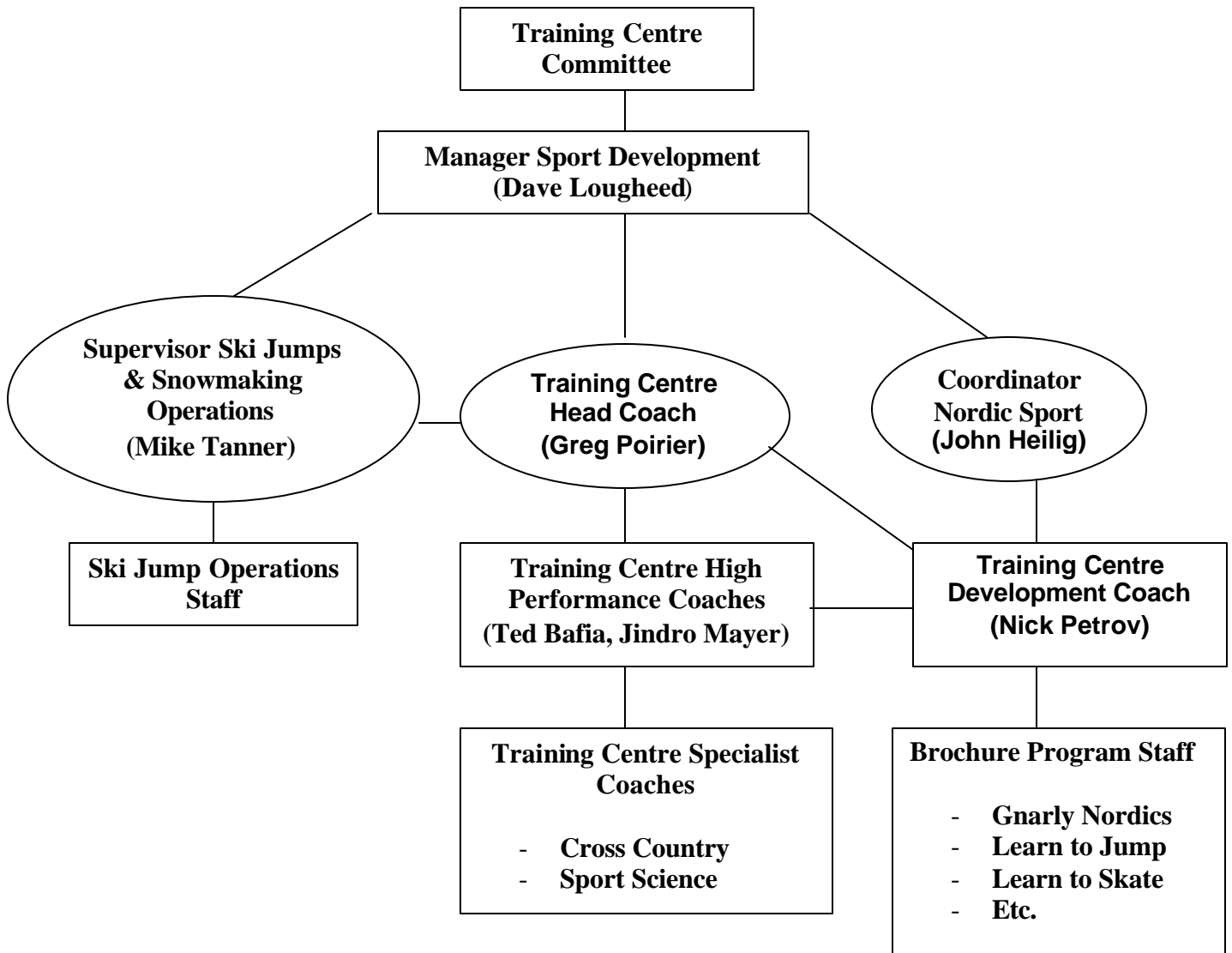
<u>Program</u>	<u>Program Stage and Primary Principals</u>
<p>1. <b>Gnarly Nordic Camps</b>  <b>Learn to jump programs</b>  <b>Brochure programs</b>  <b>Other introductory programs</b></p>	<p><b>Introduction</b></p> <p>Focus on Fun and Fundamentals  Broad based participation</p> <p>Target age: 7-13 years</p>
<p>2. <b>Ski Hoppers</b></p>	<p><b>Domestic Development (Fundamentals)</b></p> <p>Develop agility, balance and  Co-ordination through games and fun activities. Provide  a broad sport/activity skill base including exposure to all  other nordic skiing disciplines. Provide a supportive and  positive environment for ALL participants.  Emphasis on participation not competition</p> <p>Target age: 7-13 years</p>
<p>3. <b>High Performance Training Program</b>      <b>(Train to Train)</b></p>	<p>Learning to be a high performance athlete  Further development of fundamentals.  Focus on technical skill development for ski jumping with  a secondary focus on Cross-Country technical skill  development.  Complimentary sport development  Greater emphasis placed on competition and  performance.</p> <p>Target age: 11-15 years</p>
<p>4. <b>High Performance Competitive Program</b>      <b>(Train to Compete)</b></p>	<p>Greater specificity of sport training. Individualization of  training programs. Coach driven program with some  responsibility transferred to the athlete. Primary  emphasis on competition and performance.</p>
<p>5. <b>High Performance Elite Program</b>      <b>(Train to Win)</b>  <b>National &amp; Junior National Teams</b></p>	<p>Specific and refined sport preparation. Precision and  consistency in technical skill execution. Provision of  additional ancillary services. Coach and athlete driven  program with significant responsibility transferred to the  athlete</p>

# Training Centre Athlete Development Model

120 Athletes projected for the NTC



# Training Centre Organizational Chart



## **Athlete Code of Conduct**

All athletes in programs at the National Training Centre are required to abide by the following code of conduct:

1. All athletes are expected to respect their teammates, other athletes, coaches, staff, volunteers, officials, spectators and parents.
2. All athletes must maintain their equipment within the standards set by the coaching staff. Athletes are forbidden from selling, lending, trading or otherwise claiming NTC equipment as their personal property.
3. All athletes must respect the property of Canada Olympic Park and any other facility traveled to, as well as the property of their teammates. Stealing or vandalizing property will not be tolerated. Athletes are also expected to abide by the rules and regulations of Canada Olympic Park.
4. All athletes will assist in the upkeep and maintenance of the jump centre and will participate in weekly cleaning and maintenance duties assigned by their coach.
5. All athletes will represent the partner organizations of the National Training Centre in a positive professional manner when traveling to and participating at all training sessions, events and competitions.
6. All athletes will be committed to achieving their goals, as determined through consultation with their coach.
7. All athletes will be committed to drug free sport.
8. High performance athletes will maintain training logs that will be made available to their coach, as requested.
9. High performance athletes will be committed to the training and competition program as determined by their coach and agree to participate in all competitions, training, and physical testing sessions set out by their coach unless unusual conditions prevail (i.e.: injury, illness).

### **Athletes in Hoppers and High Performance Programs:**

Athletes in the Hoppers and High Performance Programs will sign an athlete agreement with their National Sport Organization, to cover areas such as, but not limited to:

### **Inclusion in the Canadian Doping Control Pool**

Agree to abide by drug free sport regulations set out by the Canadian Centre for Ethics in Sport (CCES), and agree to regular and random drug testing as required by the CCES, COC, and their NSO.

### **Compliance with Sponsors, Suppliers, and Corporate Partner Agreements**

Agree to abide by the contracts held by their NSO, as they relate to sponsors, suppliers, and corporate partners.

### **Discipline**

Athletes breaching the code of conduct and the athlete agreement will be subject to discipline established by the training centre committee

### **Competitor Licenses**

Any athlete wishing to compete in a ski jumping and/or Nordic combined competition must have a valid competitor license from Nordic Combined Ski Canada or Ski Jumping Canada. Athletes competing at FIS sanctioned events are required to purchase an international competitor card that includes accident insurance coverage. Athletes must be affiliated with an active club in order to be issued a competitor card by a National Sport Organization. Entries to any competition cannot be accepted without a competitor license number – no exceptions. Cards are valid from May 1 through Apr. 30th. License applications will be available at all competitions in Calgary.

**COMPETITOR LICENSES ARE MANDATORY FOR ALL ATHLETES**

## Calgary Competitions

### Schedule of Events 2002 (Dates are subject to change)

August 16, 2002	Summer Extravaganza	Club Level Event
September 21 & 22, 2002	Continental Cup Ski Jumping	International Event
September 26, 2002	Flying Fall Festival	Club Level Event

### Tentative Events 2003

December 7 & 8, 2002	World Cup B Nordic Combined	International Event
January 4, 2003	Altius Open	Club Level Event
January 9-12, 2003	North American Junior Championships Canadian National Championships	
Dates TBD	Wednesday Night Series (SJ)	Club Level Event
March 15, 2003	Nordic Games	Club Level Event
June 7, 2003	Altius AGM Open	Club Level Event
July 11, 2003	5 <sup>th</sup> Annual Springer Tournee	North American Event
July 12, 2003	5 <sup>th</sup> Annual Stampede Invitational	North American Event
August 22, 2003	August Extravaganza	Club Level Event



prior to moving over to the small ski jumps.

2002-2003 Winter Session: Three 2-hour lessons

Times: 1:30-3:30

Dates: Saturdays:  
Session 1 January 11, 18, 25  
Session 2 March 1, 8, 15

Holiday Camp:  
Session 3 December 27, 28, 29  
January 2, 3, 4

Cost: Instruction \$80  
Trail Pass \$21  
Rentals \$21

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### **Ski Hoppers Program**

The Ski Hoppers program is designed for children who have completed an introductory course such as the Gnarly Nordic or Learn to Jump programs and wish to further pursue ski jumping and nordic combined skiing. The program is geared towards “FUN and FUNDAMENTALS”. Participants will be exposed to a broad range of sports and activities including each of the Nordic disciplines. We endeavor to create a supportive and positive environment for all participants. The program emphasizes participation over competitive performances.

**Target Age Group:** 7 – 13 years old

**Pre-requisite:** Completed an introductory course.  
Strong desire to ski jump  
K18 capable

**Commitment:** Two to three hours, three times each week (Spring, Fall, & Winter).  
Five week summer session.

**Coaching Level:** Minimum Level 1 NCCP

**Activities:** K18 & K38 jumping, cross country skiing, gymnastics, general fitness, coordination, and an introduction to sport-specific training. Other activities include biathlon, mountain biking, roller blading, bungee trampoline, running/hiking, camping, and games.

**Ski Hopper Trip:** Annual Park City Camp and Competition in July. All Athletes who are K38 capable will be invited. Parents are encouraged and welcome to attend. Out of country medical coverage is required for all athletes.

**2002 Fall Session:** Six-week Session:  
Times: Mondays & Wednesdays from 6:00-8:00pm & Saturdays 9:00-12:00pm  
**OR**  
Tuesdays and Thursday from 6:00-8:00pm & Saturdays from 9:00-12:00pm  
Dates: September 9-October 19th, 2002

**2002-2003 Winter:** Sixteen-week Session:  
Times: Mondays & Wednesdays from 6:00-8:00pm & Saturdays 9:00-12:00pm  
**OR**  
Tuesdays and Thursday from 6:00-8:00pm & Saturdays from 9:00-12:00pm  
Dates: November 18, 2002 – March 15, 2003

**2003 Spring Session:** Nine-week session:  
Times: Mondays & Wednesdays from 6:00-8:00pm & Saturdays 9:00-12:00pm  
**OR**  
Tuesdays and Thursday from 6:00-8:00pm & Saturdays from 9:00-12:00pm  
Dates: April 28 – June 25<sup>th</sup>, 2003

**2003 Summer Session:** Five-week session  
Times: Monday-Friday from 9:00-3:00pm  
Dates: \*July 2-4<sup>th</sup> (Ski Hoppers Camping Trip)  
July 7-12<sup>th</sup> (\*11<sup>th</sup> – Springer Tournee, 12<sup>th</sup> – Stampede Invitational Competitions)  
\*July 14-21<sup>st</sup> Park City Trip (K38 qualified skiers)  
July 21-25<sup>th</sup>  
August 5-8<sup>th</sup>  
August 18-22<sup>nd</sup>

**Fees:** \$1500/year (July through June)  
September 1, 2002 \$375  
November 18, 2002 \$500  
April 28, 2003 \$250  
July 2, 2003 \$500  
September 1, 2003 \$250

\*Fee for Park City Trip, Camping and Competitions in addition to the regular summer fees.

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## High Performance Training Program

This program is the point of divergence from the participation programs and the high performance system. Participants in the Hoppers program who have the desire to move into the high performance system enter through this program. Athletes must have strong technical skills, physical fitness levels, and be committed to the time demands of the program. This program focuses on technical skill development for ski jumping with a secondary focus on cross-country skill development. Athletes do not specialize in ski jumping or nordic combined but focus on the skills that will prepare them to be successful in both. A greater emphasis is placed on competition and performance than in the hoppers program.

**Target Age Group:** 11 – 15 years old

**Pre-requisites:** Athletes must be recommended by the coaching staff and have a desire to commit to year round programming

**Skill Requirements:** Capable of jumping K38 (avg. jump 30+ meters)  
Capable of jumping K63 (controlled flight)  
Telemark Landing (90% of the time)  
Proficient Skate Ski Tech. (5km. continuous skiing)

**Commitment:** 2-3 hours two times/week, plus one full day each weekend, schedule varies. Attendance must be equal to or greater than 90%. A High Performance Training athlete must have a desire to pursue competitive sport, demonstrate teamwork, have a positive attitude and be receptive to coach's instructions.

**Coaching:** Athletes will train under the direction and supervision of one coach but will be coached by a team of Level 2-4 coaches and sport specialists.

**Competitions:** Domestic, and North American age specific competitions.

**Activities:** K38/K63/K89 ski jumping, general fitness, conditioning, and sport-specific training.

### Evaluation/Report Card:

Athletes will receive evaluation cards twice a year (following winter and summer training). If required, coaches will schedule additional meetings with parents of athletes experiencing difficulty in any of the areas of expectation.

**2002 Fall Session:** Seven-week session:  
Times: Tuesdays & Thursdays from 6:00-8:30pm  
Saturdays from 9:00-3:00pm  
Dates: September 3 –October 22, 2002

**2002-03 Winter Session:** Nineteen-week session:  
Times: Tuesdays & Thursdays from 6:00-8:30pm  
Saturdays from 9:00-3:00pm  
Dates: October 26-March 15, 2003

**Spring Session:** Nine week session:  
Times: Tuesdays & Thursdays from 6:00-8:30pm  
Saturday from 9:00-3:00pm  
Dates: April 20-June 28, 2003

**Summer Session:** Eight-week session (full days)  
Times: Monday to Friday from 9:00-3:00pm  
Dates: July 2-4, 2003 Camping  
July 7-11, 2003  
July 14-July 21, 2003 Park City  
August 12-17, 2003 Park City  
August 20-22, 2003  
August 25-29, 2003

**Fees:** \$1500/year

September 1, 2002	\$375
November 18, 2002	\$375
April 28, 2003	\$375
July 2, 2003	\$375

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### **High Performance Competitive Program**

These athletes have been identified as potential athletes for the High Performance Elite Program. A strict selection criterion applies to this group who are expected to manage academics and high performance training. Athletes in this group are subject to ongoing evaluation to maintain their place within the team. Athletes at this level will specialize in either ski jumping or Nordic combined skiing. The objective of all High Performance Competitive Program athletes must be to earn a position on either the High Performance Elite Ski jumping or High Performance Elite Nordic Combined Program. Athletes in this program train for the purpose of attaining successful international results. Focus is on preparation for World Junior Championships, World Cup 'B', COCJ

and other events as determined by the coaching staff to follow a progressive development plan.

**Target Age Group:** 13 years and up.

**Skill Requirement:** Athletes must be recommended by coaches, and able to jump on the K89.

Athletes must meet the following sport performance criteria:

- 50% of jumps on K63 must be at least 55 metres.
- 50% of jumps on K89 must be at least 78 metres.

One qualification session will be scheduled each year in May.

**Commitment:** Three to four hours, five days each week, plus some weekend training and competitions. Attendance must be equal to or greater than 90%.

**Coaching Level:** A coaching Team of NCCP Level 3 or 4 coaches instruct the High Performance Competitive Program and provide the crucial link between the High Performance Competitive program and the High performance Elite Program.

**Evaluation/Report Card:**

Athletes will receive evaluation cards twice a year (following winter and summer training). If required, coaches will schedule additional meetings with parents of athletes experiencing difficulty in any of the areas of expectation.

<b>Fees:</b>	\$1500/year	
	September 1, 2002	\$375
	November 18, 2002	\$375
	April 28, 2003	\$375
	July 2, 2003	\$375

**High Performance Elite Program**

The High Performance Elite Program refers to the Junior and Senior National Nordic Combined Team, and the Junior and Senior National Ski Jumping Team. These teams receive added benefits from the NTC that aid in maximizing their performance. Ski Jumping Canada and Nordic Combined Ski Canada reserve the right to establish any, all, or no National Teams, depending on the depth of field and current performance of the high performance athletes within the NTC Athlete Development Model.

Athletes who have been selected to a National team have proven themselves to be capable of competing for Canada at International FIS competitions. A strict selection criterion applies to this group. The group trains full time, year round and is expected to

travel for training and competitions throughout Europe and the U.S.A. NCCP Level 4 or 5 coaches coach National Teams. Athletes in this group are subject to ongoing evaluation to maintain their place within the team. The objective of all the High Performance Elite program athletes is to constantly increase their performance in World Cup, World Junior and Senior Championships, and qualify for the Olympic Winter Games.

**Target Age Group:** 13 years and up.

**Selection Criteria:** Athlete selection criteria will apply.

National Team selection criteria are developed by the national sport organizations (Nordic Combined Ski Canada and Ski Jumping Canada) and the NTC each year and complete written details are provided to athletes and clubs no later than October 1<sup>st</sup> each year.

Generally, selection criteria for this program considers specific results from physical testing at the human performance labs (such as Max VO<sub>2</sub>), ongoing performance and training results, as well as results from specified sanctioned competitions.

Additional athlete selection criteria are developed by the national sport organizations for World Juniors and World Championship. The Canadian Olympic Committee and the National Sports Organizations are supposed to co-operatively create-the selection for Olympic Winter Games Teams.

**Commitment:** Full time, year round.

**Coaching Level:** Minimum NCCP Level 4.

**Evaluation/Report Card:**

Athletes will receive evaluation cards twice a year (following winter and summer training). If required, coaches will schedule additional meetings with parents of athletes experiencing difficulty in any of the areas of expectation.

# Selection Criteria

## Ski Jumping Canada Teams

Ski Jumping Canada and the SJ/NC National Training Centre have created selection criteria, which will serve as a basis on which all Canadian athletes are evaluated for consideration to be selected to the National Teams for each season. All athletes who meet the selection criteria for each season will be evaluated and recommended to the National Teams subject to Ski Jumping Canada and the SJ/NC National Training Centre Budget. The selection criteria are intended as minimum guidelines for use of evaluating athletes for consideration to be selected to the National Teams for each season. Each athlete is evaluated on as objective a basis as is possible while taking into consideration the SJ/NC National Training Centre Staff recommendations. The National Teams are named each year in May and are based on the previous season's results. Criteria used for selection will be based on the following.

### National Team

#### A Team

1. One top 20 finish in world Cup, Grand Prix or World Championships
2. Two top 30 finishes in World Cup, Grand Prix or World Championships
3. One top 10 finish at World Junior Championship
4. Top six overall ranking at COCJ after the end of one period

#### B Team

1. One top 40 finish in a World Cup, Grand Prix or World Championships
2. Two top 50 finishes in world Cup, Grand Prix or World Championships
3. One top six finish in a COCJ where there were at least 20 or more international competitors
4. Top ten overall ranking at COCJ after the end of one period

#### Senior Development Team

1. One top 15 finish in COCJ where there are at least 20 or more international competitors
2. Two top 20 finishes in COCJ where there are at least 20 or more international competitors
3. One top three finish in Canadian National (dependent on field size and strength)
4. One top eight finish in USA National (dependent on field size and strength)

#### Junior National Team

1. One top 30 finish in World Juniors
2. One top 15 finish in COCJ where there are at least 20 or more international competitors
3. Two top 20 finishes in COCJ where there are at least 20 or more international competitors

### **Junior Development Team**

1. One top 50 finish in world Juniors
2. One top 30 finish in COCJ where there are at least 30 or more international competitors
3. Two top 40 finishes in COCJ where there are at least 40 or more international competitors
4. One top six finish at Canadian Nationals (dependent on field size and strength)
5. One top 20 finish in USA Nationals (dependent on field size and strength)

### **(Coaches Discretion)**

1. Illness or injury
2. Attitude and commitment of athletes
3. Physical and Technical level

\* In order to maintain team status, athletes on the Senior Development, Junior National or Junior Development Teams, must show reasonable progress in achieving success internationally as determined by staff

### **Age Limit**

Junior Team: up to 18 years of age

Senior Development Team: Up to 22 years of age

### **Announcement of Teams**

Selections to particular teams shall be announced each year before the 1<sup>st</sup> of May.

### **Nordic Combined Ski Canada Teams**

Nordic Combined Ski Canada and the SJ/NC National Training Centre have created selection criteria, which will serve as a basis on which all Canadian athletes are evaluated for consideration to be selected to the National Teams for each season. All athletes who meet the selection criteria for each season will be evaluated and recommended to the National Teams subject to Nordic Combined Ski Canada and the SJ/NC National Training Centre Budget. The selection criteria are intended as minimum guidelines for use of evaluating athletes for consideration to be selected to the National Teams for each season. Each athlete is evaluated on as objective a basis as is possible while taking into consideration the SJ/NC National Training Centre Staff recommendations. The National Teams are named each year in May and are based on the previous season's results. Criteria used for selection will be based on the following.

### **National Team**

#### **A Team**

1. Athletes who meet FIS World Cup 'A' ranking.
2. One top 20 result at the World Championships.
3. One top 10 result at the World Junior Championships.

4. Top 3 ranking in World Cup 'B'.

### **B Team**

1. Any athlete who has achieved  $\geq$  50 FIS World Ranking Points in the 2002 – 03 season.
2. One top 35 result at the World Championships.
3. One top 20 result at the World Junior Championships.
4. Top 15 ranking in World Cup 'B' after the end of each period.

### **Senior Development Team**

1. Any athlete scoring FIS World Ranking Points in two or more events during the 2002 – 03 season.
2. One top 50 result at the World Championships.
3. Top 30 ranking in the World Cup 'B' after the end of the season.

### **Junior National Team**

1. One top 40 result at the Junior World Championships.
2. Any athlete scoring FIS world ranking points during the 2002 – 03 season.
3. The number one ranked Canadian FIS junior. Must average 90% or better of any National Team athlete.

### **Junior Development Team**

1. Any athlete, who has not met the National Team, Senior Development Team or Junior National Team criteria, may be named to the Junior Development Team. They must possess a high level of commitment, a positive attitude and the physical and technical abilities indicative of future international success as determined by the Nordic Combined Ski Canada High Performance Director and Training Centre coaching staff.
2. Any FIS junior athlete who has not met the above criteria due to injury or force majeure. These athletes shall demonstrate high level of attitude and commitment as well as possess minimum physical and technical standards.

*\* In order to maintain team status, athletes on the Senior Development, Junior National or Junior Development Teams, must show reasonable progress in achieving success internationally as determined by staff.*

### **Selection for Travel**

The following is general information only concerning the selection criteria for determining which athletes will participate in out of town competitions and training camps. Coach's discretion may be used for final selection of any traveling team.

## **Selection for Out of Town Training**

Selection for out of town training will be based on recommendations by the coaching staff of the training centre. Athletes will be selected for training trips that will contribute to their development as an athlete and the attainment of their competitive goals. Athletes must be in good standing with the training centre to be eligible for travel

## **Ski Jumping Canada – Competition Selection Criteria**

Ski Jumping Canada is responsible for selecting teams to represent Canada in Domestic and International ski jumping events. Teams may consist of zero and will be named based on the athlete's ability to achieve the following selection criteria.

Prerequisite: Athletes must be in good standing with NCSC as well as their provincial sport association. Athletes must pass all doping control tests.

### **COCJ Calgary**

- All athletes that can competently jump the K89 qualify
- Need 3 to 4 fore jumpers (NC athletes, less qualified 2010)

### **COCJ Park City**

- Top 6 athletes from Calgary COCJ competitions
- Coaches choice – zero to 2 athletes

### **North American Juniors**

- All athletes that can competently jump the K89 qualify
- All athletes that can competently jump the K114 qualify

### **World Junior Ski Championships** (competition is on a K107)

- Athletes must be born 1985 or later
- Top 3 athletes from K112, K114 and K120 competitions between Sept '02 and January '03.
- Count best 75% of competitions (eg 3 of 4, 6 of 8), percent back from top Canadian.
- Athletes must score 90% or better.
- Coaches choice zero to 1 athletes to complete team if 3 athletes qualify
- Preference is to send a full team

### **World Ski Championships**

- One top 30 or 2X top 50 finish on World Cup
- Two top 20 finishes on COCJ in Europe
- Two top 10 finishes on COCJ in North America
- Top 10 finish at World Juniors

### **COCJ Europe**

- Top 3 athletes from K90, K120 competitions between Dec '02 and Feb '03
- Count best 75% of competitions, percent back from top Canadian
- Athletes must score 90% or better.
- Coaches choice – zero or 1 athletes
- Must be coordinated with Junior Worlds

### **COCJ Westby & Iron Mountain (K106 & K120)**

- Top 3 athletes from K112, K114 and K120 competitions between Sept '02 and January '03.
- Count best 75% of competitions (eg 3 of 4, 6 of 8), percent back from top Canadian.
- Athletes must score 90% or better.
- Coaches choice – zero or 1 athletes

### **US Junior Olympics**

- Athletes must be born 1987 or later
- Top 6 athletes from K60 competitions between Sept '02 and January '03
- Count best 75% of competitions, percent back from top Canadian (remove COCJ qualifiers).
- Athletes must score 80% or better.
- Coaches choice – zero to 2 athletes

### **US Nationals**

- Top 6 athletes from K90, K120 competitions between Dec '02 and Feb '03
- Count best 75% of competitions, percent back from top Canadian
- Athletes must score 80% or better.
- Coaches choice – zero to 2 athletes
- Must be coordinated with NCSC selection criteria

## **Nordic Combined Ski Canada – Competition Selection Criteria**

Nordic Combined Ski Canada (NCSC) is responsible for selecting teams to represent Canada in Domestic and International Nordic Combined events. Teams may consist of zero to up to four competitors and will be named based on the athlete's ability to achieve the following selection criteria.

Prerequisite: Athletes must be in good standing with NCSC as well as their provincial sport association. Athletes must pass all doping control tests.

### **World Cup 'B' – Calgary**

- All athletes that can competently jump the K89 and ski 10km in less than 33:00
- Open to special jumpers as long as we have a few fore jumpers available

### **World Cup 'B' - USA**

- Any athlete who finishes in the top 2/3 of either event in Calgary
- Coaches discretion for athletes who would benefit from additional 'high level' competition

### **World Cup 'B' – Period II/III**

- Any athlete who has scored World Ranking points in previous period.
- Any athlete who has finished in the top ½ of World Cup 'B' event in the previous period
- Athletes who have qualified for the World Junior Team may be invited to participate in World Cup 'B' events in preparation for the junior championships.

### **North American Juniors**

- All athletes that can competently jump the K89 qualify

### **US Nationals**

- The three highest ranked nordic combined athletes may be selected to the team that competes at the US National Championships.

### **USA Junior Olympics**

- Athletes must be born 1987 or later
- Top 6 athletes from K60 competitions between Sept '02 and January '03
- Count best 75% of competitions, percent back from top Canadian qualifiers. Athletes must score 80% or better.
- Coaches choice – zero to 2 athletes

**Considerations:** NCSC reserves the right to name athletes to the NCSC world team who have not met the selection criteria due to injury or force majeure.

### **Olympic Selection – Canadian Olympic Committee, Ski Jump Canada**

New selection criteria from the COC will be announced in spring 2003.

### **Olympic Selection – Canadian Olympic Committee, Nordic Combined Ski Canada**

New selection criteria from the COC will be announced in spring 2003.

# National Sport School

The National Sport School is located at William Aberhart High School in Calgary. Student-athletes from across the country enroll in the NSS as a way to ensure that their academic pursuits are not compromised by the challenges of high performance sport training and travel schedules. Ski Jumping and Nordic Combined have had several highly successful graduates from the NSS.

## General Guidelines

The National Training Centre-Calgary has developed selection criteria to determine athletic skill levels and physiological characteristics relative to high performance athletes; admittance to the National Sport School. Minimum standards are noted in the selection criteria below. These standards will be used to assess the level of recommendation and to determine the level of financial support from the NTC. Other support funding or bursaries will not be affected by the selection criteria. Athletes will be reviewed biannually, once in the spring and once in the fall and funding support may be modified during the season. Raw criteria are weighted (see bold values on each criteria below). Calculate the level of financial support by simply adding the “weighted” percentage values for each criterion achieved. This level of support is relative to the predetermined amount of financial support available through the National Training Centre.

## Ski Jumping

Vertical jump and long jump values are instrumental in assessing an athlete’s ability to effectively jump on the end of the take off. These two factors become increasingly important as inrun velocities are decreased therefore; staff will utilize the following physical performance criteria as a measurement of development for ski jumping athletes.

### Physical Performance Criteria:

- Vertical Jump: **15%**
- Athletes must meet or exceed % value of body height.

Vertical Jump/Height (cm) $\geq$	0.230 for athletes 141 – 150 cm in height
“	0.235 for athletes 151 – 160 cm in height
“	0.240 for athletes 161 – 170 cm in height
“	0.265 for athletes 171 – 180 cm in height
“	0.265 for athletes 181 – 190 cm in height

- Long Jump: **15%**
- Athletes must meet or exceed point values using the formula below:  
$$\text{Weight (Kg)} \times 100 / \text{Height (cm)} + \text{Height (cm)} \times \text{Long Jump} / \text{Weight (Kg)} + \text{Height (cm)}^2 / \text{Weight (Kg)}$$

- ≥ 1365 for athletes 141 – 150 cm in height
- ≥ 1365 for athletes 151 – 160 cm in height
- ≥ 1240 for athletes 161 – 170 cm in height
- ≥ 1230 for athletes 171 – 180 cm in height
- ≥ 1230 for athletes 181 – 190 cm in height

**Sport Performance Criteria:** K63 – 35% / K89 – 35%

*Technical characteristics include body position, biomechanical movement, kinesthetic awareness and the ability to coordinate a multitude of movement transitions from one segment of a ski jump to another. It is most easily measured by an athlete's ability to execute adequate lengths of jumps in training and competitions as determined below.*

- 50% of training/competition jumps on K63 must be 57 metres or 90% of the K point.
- 50% of training/completion jumps on K89 must be 80 metres or 90% of the K point.

**Attitude:**

- Physical and technical attributes are critical to sport performance however; athletic attitude is the standard that demonstrates an athlete's ability to achieve success in sport. Coaches will continually monitor athletic attitude and use that as a tool to help determine the level of recommendation included on the Sport Approval Forms submitted by the National Training Centre Staff.

**Coaches Recommendation:**

- Athletes who have demonstrated exceptional results in any of the above criteria and do not meet the other criteria may be recommended for acceptance to the NSS by coaching staff. These athletes will receive tuition support from the National Training Centre based on criteria met at the time of acceptance.

**Nordic Combined**

Nordic combined skiing requires high performances in both ski jumping and cross country skiing. The standards that have been described for ski jumping above are minimum levels and will be used to determine Nordic combined selection as well (weighted less).

**Physical Performance Criteria:**

- Vertical Jump: **10%**
- Athletes must meet or exceed % value of body height.

Vertical Jump/Height (cm) ≥	0.230 for athletes 141 – 150 cm in height
“	0.235 for athletes 151 – 160 cm in height
“	0.240 for athletes 161 – 170 cm in height
“	0.265 for athletes 171 – 180 cm in height
“	0.265 for athletes 181 – 190 cm in height

#### Long Jump: **10%**

- Athletes must meet or exceed minimum points. Use scale below.

Weight (Kg) x 100 / Height (cm) + Height (cm) x Long Jump / Weight (Kg) + Height (cm)<sup>2</sup> / Weight (Kg)

- ≥ 1365 for athletes 141 – 150 cm in height
- ≥ 1365 for athletes 151 – 160 cm in height
- ≥ 1240 for athletes 161 – 170 cm in height
- ≥ 1230 for athletes 171 – 180 cm in height
- ≥ 1230 for athletes 181 – 190 cm in height

#### **Sport performance Criteria: Ski Jumping**

*Technical characteristics include body position, biomechanical movement, kinesthetic awareness and the ability to coordinate a multitude of movement transitions from one segment of a ski jump to another. It is most easily measured by an athlete's ability to execute adequate lengths of jumps in training and competition as determined below.*

- 50% of jumps on K63 must be at least 53 metres or 85% of K. **20%**
- 50% of jumps on K89 must be at least 75 metres or 85% of K. **20%**

*Physiological and technical characteristics are combined to determine a Nordic Combined skier's level of cross-country performance. The standards set below serve only as a minimum guideline for acceptance and financial support.*

#### **Sport Performance Criteria: Cross Country**

- Athletes must be able to run 3000 metres in less than 11:45. **20%**
- Athletes must be able to x-c 5km in less than 16:00. **20%**

OR

- Athletes must be able to x-c ski 10km in less than 33:00. **20%**

#### **Attitude:**

- Physical and technical attributes are critical to sport performance; however, athletic attitude is the standard that demonstrates an athlete's ability to achieve success in sport. Coaches will continually monitor athletic attitude and use that

as a tool to help determine the level of recommendation included on the Sport Approval Forms submitted by the National Training Centre Staff.

**Coaches Recommendation:**

- Athletes who demonstrate exceptional results in any of the above criteria and do not meet other criteria may be recommended for acceptance to the NSS by coaching staff. These athletes will receive tuition support from the National Training Centre based on criteria met at time of acceptance.

**National Sport School Program Fee**

The annual program fee for the NSS is \$4000 for Alberta residents. A base amount of \$1000 per year will be granted to each NSS athlete based on the recommendation of the National SJ/NC Training Centre coaching staff, and acceptance in to the NSS. In addition to the \$1000 base amount, the Training Centre will offer NSS scholarships of up to \$2000. The amount granted to each NSS athlete will be based on the percentage of the subsidy criteria, achieved by the athlete. For example, an athlete that achieves 75% of the subsidy criteria would receive a grant of \$1500, that is, 75% of the maximum (\$2000). Scholarships will be awarded following the spring testing sessions and reevaluated after the fall testing session.

# Training Centre Policies & Fees

## Equipment Policy

All ski jumping and Nordic combined equipment is on loan to those athletes in good standing and remains the property of the National Training Centre. In order to be eligible to access equipment, athletes must abide by the following rules:

1. All athletes must respect their equipment and return it to their coach at the end of each season in a condition similar to when it was received.
2. All equipment must be maintained within the high standards of the coaching staff.
3. Athletes are forbidden from selling, trading, lending or otherwise claiming NTC equipment as their personal property.
4. If any equipment is damaged or not working properly, it is the athlete's responsibility to bring the deficiency to the coach's immediate attention.
5. If equipment is abused or misused at any time throughout the season, the coaching staff reserves the rights to revoke access to equipment without refund or replacement, and/or replace the equipment with lesser quality equipment.
6. All equipment must be immediately returned to the National Training Centre upon request of the coaching staff.
7. Athletes are responsible for purchasing their own wax and waxing supplies.
8. For all other activities (i.e.: mountain biking, inline skating etc), athletes are responsible to arrange for their own equipment needs, including a helmet, which is mandatory for most activities.
9. Returning Ski Hoppers must supply their own cross-country ski equipment.
10. When retiring, equipment must be returned.
11. For equipment purchased or supplied through the training centre, equipment fees will be collected to offset a portion of the cost of the equipment. Coaches will inform parents of the amount to be collected as well as the code under which the payment is made to guest services.

## Travel Policy & Fees

As a ski jumper or Nordic combined skier at the National Training Centre, you will have many opportunities to travel throughout your athletic career. This travel could include anything from a day trip to Canmore or to several weeks in Europe, depending on your age and performance. As a National Training Centre athlete, you are representing many sport partners and you must abide by the following regulations:

1. You are expected to be responsible and respectful of other individuals property, equipment, and individuals that you encounter along the way and when you arrive at your destination.
2. When you are traveling in a vehicle, you must wear your seatbelt and respect the other passengers (i.e.: no yelling, fighting, and throwing garbage on the floor).
3. Athletes should arrive fully prepared at least 15 minutes prior to the scheduled departure time for ground transportation and 1 ½ hours prior to the scheduled departure time for air transportation.
4. All equipment and clothing should be properly packed for each trip and each athlete is responsible for loading their bags and equipment on all occasions.
5. When traveling for more than a day trip, you should ensure that the coach has all your necessary documentation, such as a permission slip, insurance, health care card, identification, and so forth.
6. All school assignments must be arranged between the school, parents, and athletes. Study times will be assigned daily.
7. Athletes will be responsible for their own spending money, at their own risk.
8. Alcohol (underage athletes), drugs, and tobacco products are prohibited (zero tolerance).
9. Stealing and any other illegal activities are prohibited (zero tolerance).
10. For training and competition travel, trip fees will be collected to offset a portion of the cost of the trip. Coaches will inform parents of the amount to be collected as well as the code under which the payment is made to guest services.

**If there are serious disciplinary issues during a trip, athletes will be sent home immediately at their parent's expense, regardless of the distance or location.**

## Appeal Process

In the event that an athlete wishes to file an appeal regarding a selection, or disciplinary action, he/she may do so by:

- 1.) Within 24 hours of the selection or disciplinary action being announced, the athlete will advise the Manager of Sport Development (Dave Lougheed 403-247-5442) she/he intends to bring an appeal forward.
  
- 2.) Within 48 hours of the selection decision being announced, the athlete will provide formal notice, which must be in writing with the basis of the appeal clearly outlined, to the Chair of the Training Centre Committee (Al Murray, 85 Canada Olympic Road SW. T3B 5R5 fax number 403-286-7213).

NCSC will strike an Appeals Committee to review and rule on all appeals

## Training Centre Staff

### **Dave Lougheed – Manager Sport Development, CODA**

Manager, Training Centre Programs

Qualifications: MBA University of Calgary 2002  
MA Queen's University 1993  
B.ED University of Western Ontario 1992  
BPHE Queen's University 1990

Background: Born in Toronto, Ontario  
Teacher Upper Canada College 1993-1998

- Physical and Health Education, Geography, Outdoor Education

Athlete Experience: Member of Canada's National Rugby Team from 1990-2002

Coaching Experience: University of Calgary Rugby Club 2001-2002  
Upper Canada College 1993 - 1998  
Queen's University Rugby Team 1992-1993

### **Greg Poirier - Head Coach, Training Centre**

Head Coach, High Performance Elite Program

Certification: USSCA Master Coach Ski Jumping/Nordic Combined  
USA Olympic Level Coach, Ski Jumping & Nordic Combined

Background: Born in Rumford, Maine USA  
B.A., Physical Education and Marketing 1982

- (New England College, New Hampshire).

Athlete Experience: Competed as a four-way (alpine, cross country, nordic combined, ski jumping) skier since the age of 10.

Coaching Experience: Nordic Program Director 1984-1988

- Winter Park Ski Resort, Winter Park, Colorado

USA National Ski Jumping Team Coach 1988-1992  
USA National Nordic Combined Coach 1993-1997  
Head Coach, National Training Centre 1998-  
Head Coach, Nordic Combined Ski Canada 1998-

Olympic Games Experience: USA Olympic Ski Jump Team Coach (Albertville)

USA Olympic Nordic Combined Team (Lillehammer)  
Jumping Coach

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**Jindrich (Jindro) Mayer - National Training Centre Coach**

Head Coach, High Performance Training Program

Certification: NCCP Level 4 (in progress), Ski Jumping  
NCCP Level 4 (in progress), Nordic Combined

Background: Born in Liberec, Czech Republic  
B.A., Physical Education and Sport Science 1991  
• Comenius University, Bratislava Czechoslovakia

Athlete Experience: Ski Jumping National Team, Czechoslovakia

Coaching Experience: CZE National Ski Jumping B Team Coach 1988-1990  
CZE National Ski Jumping A Team Coach 1990-1992  
Ski Jumping Canada National Team Coach 1993-1998  
National Training Centre Coach 1999-

Olympic Games Experience: CZE Assistant Ski Jumping Coach (Albertville)

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**Tadeusz (Ted) Bafia - National Training Centre Coach**

Head Coach, High Performance Competitive Program

Certification: NCCP Level 4 (in progress), Nordic Combined  
NCCP Level 4 (in progress), Ski Jumping

Background: Born in Zakopane, Poland

Athlete Experience: Competed as a special jumper and Nordic combined skier.  
Polish National Ski Jumping Team 1981-82  
Polish National Nordic Combined team 1982-88

Coaching Experience: Altius Nordic Ski Club Coach 1991-1998  
National Training Centre Coach (SJ Development) 1998-

Olympic Games Experience: Athlete representing Poland in Nordic Combined 1988

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**John Heilig – Nordic Coordinator**

Certification: NCCP Level 5 (in progress), Nordic Combined  
NCCP Level 4, Ski Jumping

Background: Born in Toronto, Ontario  
BA / HBOR Lakehead University 1992  
• Outdoor Recreation and Geography Degree

Athlete Experience: National Nordic Combined Team member 1979-87

Coaching Experience: Provincial Coach, Alberta SJ & NC Association 1987-91  
Head Coach, Nordic Combined Ski Canada 1991-97

Sport Involvement: FIS TD Candidate, Nordic Combined  
National Teams Director, Nordic Combined Ski Canada

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### **Nikolai (Nick) Petrov - National Training Centre Coach**

Head Coach, Domestic Development Programs

Certification: Lesgaft State Academy of Physical Training (St. Petersburg, Russia)

Degree: Teach/Coach Physical Training, specializing in teaching/coaching ski jumping & cross country skiing.

Background: Born in Kirovsk, Russia  
Worked as a ski instructor in Smithers, BC 2000-2001  
Worked with the Special Olympic Reserve Juvenile & Adolescent Sports School (Russia) 1994-2000

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### **Allison Carroll - National Training Centre Assistant Coach**

Assistant Coach – Introductory and Domestic Development Programs

Certification: NCCP Level 2, Nordic Combined  
NCCP Level 2, Ski Jumping

Background: Born in Sault Ste. Marie, Ontario  
Currently attending Lakehead University, Thunder Bay, Ontario)  
Honours Bachelor of Science, Nursing

Coaching Experience: Thunder Bay Ski Jumping Club (ski jumping, 1999-2000  
Nordic combined, cross-country skiing)

	National Training Centre Coach	2000-present
Athlete Experience:	Competed in Ski Jumping	1985-1996
	Competed in Nordic Combined	1987-1996
	Ontario Ski Jumping Team	1987-1990
	Women's World Ski Jumping Champion, World Nordic Ski Championships, Thunder Bay, (FIS International Demonstration Event)	1995
	Canadian National Women's Ski Jumping and Nordic Combined Champion	1989-1996

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### **Joel Knopff**

National Training Centre Coach (Cross Country & Brochure Programs)  
Seasonal Part Time

Certification:	NCCP Level 1 Cross Country Skiing	
Background:	Born in Calgary, Alberta	
Coaching Experience:	Foothills Nordic Ski Club (cross country)	1999-present
	National Training Centre Coach	2001-present
Athlete Experience:	Competed in Cross Country Skiing	1991-2000
	National Development Cross Country Team	1998-2000
	2 <sup>nd</sup> Place Canadian National Cross Country Ski Championships	1998
	2 <sup>nd</sup> Place Canadian National Cross Country Ski Championships	1997
	3 <sup>rd</sup> Place Canadian National Cross Country Ski Championships	1996

### **Colin Bell**

National Training Centre Coach (Biathlon Bears & Brochure Programs)  
Seasonal Part Time

Certification:	NCCP Level 1 Biathlon Coach	
Background:	Born in Charlottetown, PEI Marketing Director for Biathlon Alberta Currently attending Mount Royal College TV Production	
Coaching Experience:	National Training Centre Coach	2001-present
Athlete Experience:	Canadian National Biathlon Team 19 <sup>th</sup> at the Junior World Championships	1998-present

## **National Training Centre Partner Organizations**

### **Alberta Ski Jumping & Nordic Combined**

Alberta Ski Jumping & Nordic Combined Association is the provincial sport governing body for the ski disciplines of ski jumping and Nordic combined skiing. Alberta SJ & NC receives an annual grant from, and is accountable to, the Alberta Sport Recreation Parks and Wildlife Foundation in Edmonton. Additional funding comes from revenues earned at charity casinos held every 20 months.

#### **The primary objectives of Alberta SJ & NC are:**

1. Provide educational scholarships for Alberta's high performance athletes who are based at the National Training Centre, including assistance with National Sport School tuition and university tuition.
2. Provide carding assistance for Alberta's high performance athletes who are based at the National Training Centre, through a program jointly administered by Alberta SJ & NC and the coaching staff at the National Training Centre. Athletes must be 16 years of age and older
3. Provide financial support for the development of clubs and facilities within Alberta (but outside of the Calgary area).
4. Secure provincial grants that support national and international level competitions in Alberta.
5. Coordinate non-competitor and general membership programs for Nordic Combined Ski Canada and Ski Jumping Canada (Alberta residents only).

The Alberta Ski Jumping & Nordic Combined Association recently transferred all responsibility for the programming of Alberta's Provincial Ski Jumping & Nordic Combined Teams to the National Training Centre.

An elected Board of Directors made up of a president, past president and four directors, governs the Alberta Ski Jumping & Nordic Combined Association. The Association shares office space with Nordic Combined Ski Canada and Ski Jumping Canada.

### **Altius Nordic Ski Club**

The Altius Nordic Ski Club was incorporated as a non-profit association in March 1985, as a member club of the Alberta Ski Jumping & Nordic Combined Association. The main purpose of the club in those early days was to assist in the preparation of officials

and athletes for the 1988 Olympic Winter Games in Calgary. The name “Altius” was fittingly chosen from the familiar Olympic games motto:

Citius, Altius, Fortius (Faster, Higher, Stronger).

Over the years, the club’s athlete numbers dropped to the 20-25 mark and Altius struggled with recruiting the large number of athletes that would be required to build a broad based grassroots program. In June 1998, Altius signed an agreement with CODA for the purpose of transferring the responsibilities of athlete recruitment and grassroots programming to the National Training Centre. Altius donated their 15-passenger van to the ski jumping and Nordic combined programs, along with the club trailer, and thousands of dollars in equipment. In addition, Altius agreed to contribute approximately \$24,000 each year for the next four years to help fund these new initiatives at the National Training Centre.

**The VISION of the Altius Nordic Ski Club is:**

- To be the premier ski jumping and Nordic combined ski club in North America.

**The MISSION of the Altius Nordic Ski Club is:**

- To provide enjoyable opportunities for athletes and officials to participate in and gain knowledge of the disciplines of ski jumping and Nordic combined skiing.
- To provide exceptional athlete programming focused on achieving peak performances through training and healthy lifestyles.
- To encourage youth to carry on the Olympic ideals.

As the “home club” at Canada Olympic Park, the Altius Nordic Ski Club is the backbone of the National Training Centre. The club trains and provides an excellent base of volunteers for competitions and events held at the National Training Centre.

To help keep a low fee structure for the grassroots programs, the club fundraises by staffing Bingos. And every twenty months or so, Altius takes responsibility for a charity casino in order to continue funding the National Training Centre recruiting initiatives.

An elected Board of Directors consisting of a president, past president and five directors, governs the operations of Altius. Volunteers are elected to these board positions for two-year terms. Altius also looks to standing committees for ongoing operations.

This is YOUR club – everyone is encouraged to get involved!

Annual membership in the Altius Nordic Ski Club is:

Family - \$10.00

Individual competitor -\$10

Individual and family non-competitor - \$1

## **Nordic Combined Ski Canada**

Nordic Combined Ski Canada is the national sport governing body for Nordic combined skiing in Canada. Nordic Combined Ski Canada represents Nordic combined skiing at the Canadian Ski & Snowboard Association and the Canadian Olympic Committee. Nordic Combined Ski Canada is also responsible to the International Ski Federation (FIS) for the proper entry of all Canadian Skiers at international FIS competitions such as World Cups, World Championships, and World Junior Championships and the hosting of any Nordic combined FIS events in Canada.

### **Event sanctions:**

Nordic Combined Ski Canada, through the Canadian Ski & Snowboard Association, provides competition sanctions for all competitions held at the National Training Centre.

### **Competitor Cards:**

Nordic Combined Ski Canada issues competitor cards for all registered Canadian Nordic combined skiers and FIS licenses for Canada's international skiers. All athletes must hold a valid competitor card number in order to compete in any competition.

### **Selection to National Teams:**

Nordic Combined Ski Canada is responsible for the selection of athletes to National Teams, such as: Canada's National Nordic Combined Ski Team, the National Nordic Combined Development Team, and the Nordic Combined World Junior Team.

### **Coaching Programs:**

In cooperation with the Coaches Association of Canada's 3M National Coaching Certification Program, Nordic Combined Ski Canada is responsible for the development, delivery, and certification of NCCP Level One, Two, and Three Nordic combined ski coaches programs, as well as the coordination and approval of tasks applied toward all Level Four and Level Five certificates.

### **Officials Certification:**

Nordic Combined Ski Canada is responsible for the development and certification of technical delegates and competition officials for the sport of Nordic combined skiing, from the beginner/club level right up to international FIS level.

### **Nordic Combined National Training Centre:**

In 1995, Nordic Combined Ski Canada relocated their National office to Calgary and began to set up what would soon be known as the Nordic Combined National Training Centre in partnership with CODA.

## **Ski Jumping Canada**

Ski Jumping Canada (SJC) is the national sport governing body for ski jumping in Canada. Its various functions include:

- Promoting ski jumping Canada.
- Governing the conduct of ski jumping competitions in Canada.
- Selecting and training members to the ski jumping national teams.
- Developing programs to train athletes, coaches, judges, and officials.
- Representing ski jumping in the Canadian Ski and Snowboarding Association.
- Representing ski jumping in the Canadian Olympic Committee.
- Representing ski jumping in Canada to FIS.
- Ensuring proper entry of ski jumpers to FIS level competitions.

Canada Olympic Park is the only site in Canada that can serve the needs of a Ski Jumping National Training Centre. SJC works directly with CODA to ensure the best possible high performance program for ski jumpers in Canada.

Most active ski jumpers are Altius members, but there are developing clubs in Ontario who hold competitor cards with SJC. The board of directors is working very hard to ensure equal access by all athletes to the training centre programs available at the National Training Centre here in Calgary.

Having relocated our offices to Calgary in June 1999, we have reduced costs and are more able to focus on the needs of our developing and high performance athletes. We remain in a developing mode, anticipating a strong cadre of ski jumpers within the next 5 years. To this end, the SJC board is committed to working with all partners to provide an effective and supportive program of training, coaching, travel and competitions.

## **CODA**

Calgary Olympic Development Association (CODA)

### **VISION STATEMENT**

CODA's visionary goals are both clear and aggressive:

CODA will be an internationally recognized leader in the development of Olympic Winter sport athletes – a key partner enhancing Canada's best ever performances at the games.

Our sport training opportunities and competition venues will be world class in perpetuity.

### **MISSION STATEMENT**

Committing the legacy of the 1988 Calgary Olympic Winter Games to the complete development of Canadian Olympic Winter sport athletes.

### **PRIORITY STAKE HOLDERS**

Our first priority is to the development of Canadian Olympic Winter sport athletes and the organizations that serve them. Our emphasis is both on developmental programs for the committed athlete and support for the international, high-level performer. CODA facilities and training opportunities are also available to Canadian athletes involved in Olympic summer sports. We acknowledge the importance of our facilities and services to the foreign athlete, to local recreational sport participants, and to the Calgary tourist or visitor.

### **ATHLETE DEVELOPMENT**

CODA continues to strengthen its association with key stakeholders, namely the thirteen Olympic Winter Sports. Through this partnership, CODA will support Canada's high performance athletes and coaches in the goal of reaching the highest possible standards at future Olympic Winter Games, World Cups and World Championships. CODA will uphold athlete development through, or in partnership with, National Sport Organizations largely, but not exclusively, in the Calgary/Bow Corridor area.

### **LEADERSHIP**

By becoming one of the premiere sport development organizations in the World, CODA can assist Canadian athletes in excelling at world-class competitions. The Board fully understands that its goals will require significant commitment and is willing to apply its financial legacy to both athletes and facility development. CODA has no intention of replacing or competing with provincial, federal and COC funding programs. Indeed, CODA hopes to encourage increased investment by others in sport development. CODA will look for other complementary sources that share the vision of the Calgary/Bow Corridor as a home for international sport.

For more information, please visit the CODA website at [www.coda.ab.ca](http://www.coda.ab.ca)

## Athlete Agreement

I \_\_\_\_\_ have read and understand the rules and regulations as outline in the following document and as reviewed verbally by my coach and agree by the way of a signature to abide by these rules and regulations.

Athlete:

1. I am committed to achieving the goals I set for myself with the assistance of the NTC coaching staff/CODA/NCSC/SJC.
2. I am committed to following a training and competition program as designed by my coach.
3. I agree to participate in all of the competitions and physical testing sessions under the direction of my coach unless certain conditions prevail (i.e.: injury/illness).
4. I will maintain a training log that will be made available to my coach at their discretion.
5. I will represent Canada, CODA, and the Altius Nordic Ski Club in a positive and professional manner at all training session, events, and competitions.
6. I will assist with the upkeep and maintenance of the NTC. I agree to complete weekly maintenance duties that are assigned to me by my coach.
7. I will show respect for the property of COP and other facilities I may travel to.
8. I will respect teammates, other athletes, coaches, staff, officials, volunteers, parents and spectators.
9. I will refrain from the use of banned substances.
10. I will abide by the Canadian Olympic Committee rules and regulations for Canadian doping control.

Athlete/Parent:

11. I agree to fully participate fully in all fundraising events as scheduled by my coach, Altius Nordic Ski Club, NCSC, SJC, and CODA.
12. I agree to meet all financial obligations and registration/administration deadlines.
13. I agree to maintain a membership with NCSC/SJC.

I understand that failure to abide by any or all of these rules, regulations and responsibilities could result in disciplinary action being taken by the Training Centre or dismissal from the Ski jumping/Nordic Combined Training Centre Program.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (if under 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness: Coach

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness: Parent

\_\_\_\_\_  
Date