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## 2020 U16 Nationals

### **Ski Nova Scotia Athlete Selection Criteria**

The top seven female and seven male Ski Nova Scotia Alpine Athletes will be selected to represent Nova Scotia at the 2020 U16 Nationals in Sun Peaks, British Columbia on March 9th until March 15th, 2020.

U16 Age Category Alpine athletes (athletes born in 2004-2005) are eligible for Alpine team selection *provided* their lowest cumulative National points place them in the top seven male or female athletes.

- Ski NS athletes shall be chosen based on lowest cumulative National Points in the following three disciplines: Slalom, Giant Slalom, and Super G
- Athletes must be active racing members of Ski NS for the 2019-20 calendar year to be eligible for team selection
- The cut-off date for race results will be February 2nd, 2020 (Crabbe SG & GS results will be included). The Team Selection will be announced on Wednesday, February 5th, 2020.
- In the event of a declined spot, Ski NS reserves the right to decide whether to fill quota or not.

### **U16 Nationals Alpine events:**

It is the intent of the Ski Nova Scotia Board that the U16 Nationals Ski NS team members shall participate in all four Alpine events: Slalom, Giant Slalom, Super G and Ski Cross.

Ski Nova Scotia strongly encourages clubs to include all four disciplines as part of their training plans, and the expectation is that athletes will include each of the above disciplines in their preparation for the U16 Nationals. Athletes who have no prior Ski Cross experience and who wish to qualify for the 2020 Ski NS U16 Nationals Team are expected to participate in the Ben Eoin SX Camp & Race on February 6th-8th, 2020.

Athletes selected for the team must pay their own way (travel, food, accommodations & all race expenses) plus the shared coaching expenses & fees.

### **2020/21 Team Selection for U16 Nationals and/or the Ski NS Canada Winter Games Team**

During the 2020/21 Ski Race Season, for U16 Nationals & the Canada Winter Games, only the Alpine Events included in race notice of the U16 Nationals and the Canada Winter Games will be factored into the Selection Criteria. For instance, in the event that Super G is not an Alpine event at a National Level event, SG points will not be tallied for the selection criteria. Where Ski Cross is an Alpine event, as early as the 2020/21 Ski Race Season, Ski Cross results will also be taken into consideration for the team selection. Ski Nova aims to develop a SX scoring system which is both fair and compatible with the Alpine Canada National Points system. A Ski NS Ski Cross Subcommittee will gather & analyse recent/current results in order to tally a points system which generates accurate performance outcomes. Please stay tuned on the progress of the integration of Ski Cross points system and ensure athletes are gaining experience in the Ski Cross event.

It is recommended that athletes wishing to qualify for Ski NS or Atlantic Teams ensure they are:

- Committed to a year-round Strength & Conditioning program,
- Performing fitness test results twice yearly which follow Alpine Canada Fitness Testing Protocol
- Meeting Alpine Canada's LTSD recommendations on pre-season on-snow days
- Training and racing in all four Alpine Events (SG, GS, SL & SX)