

**Para Nordic Development Camp and Canadian Classification**

**November 18–20, 2022**

**Canmore, Alberta**

This camp targets new and developing athletes, and athletes selected to Nordiq Canada's Prospects Team. The camp will feature:

- 3 days of technique development, equipment set-up, and classification, with Canadian coaches and classifiers,
- support from Nordiq Canada coaches and staff, with provincial coach-led logistics.
- **Canadian Classification (for all new, first-time athletes)**
  - Please complete and return IPC Medical Diagnostics Form (physical or visual) \*NB – these forms must be completed by your physician or ophthalmologist AND completed in ENGLISH.
    - [Physical Impairment Form](#)
    - [Visual Impairment Form](#)
  - Please include any supporting medical documentation that could help the classifiers: medical diagnosis, surgery summaries, medical imaging (X-Ray, MRI, etc.)
  - These documents must be submitted no later than November 5, 2022.

**Registration:**

Please register every athlete, coach and guide, and any other support persons, on [Zone4](#):

**Schedule:**

**Thursday November 18:** Arrive in Canmore

**Friday November 19:**

9:30AM Start at Frozen Thunder, CNC: On snow session. Zone 1 ski with equipment evaluation. Skate technique for standing skiers. (Total time 1.5-2h)

3:30PM Start at Bill Warren Training Centre: Group 1 strength/core session with Anna Aylwin (Lead Strength and Conditioning coach for CSI Calgary)

4:30pm Start: Group 2 strength session, as above

**\*\*Option for a short ski for Group 2 at 3:30pm and Group 1 at 4:30pm.\*\***

5:30pm Finish

**Saturday November 20:**

9:30AM Start: On snow session. Technique with drills and video feedback. Classic technique for standing skiers. (Total time 2h)

11AM to 3PM Classification for athletes who need to be classified. Specific times will be communicated with individuals.

3:30PM Start: On snow session Zone 1 with sprints 10x10sec and some agility drills. Skate technique for standing skiers. (Total time 1.5h)

7:30pm Session for coaches and parents: classification education session with Bjorn Taylor. Location Spray Room (Nordiq Canada offices)

**Sunday November 21:**

8:30AM Start: TBD- Lake Louise 1A. Long ski.

11:30 AM Camp Finished

**Teams are responsible for arranging their own transportation (flights and ground transport), accommodations and meals. Nordiq Canada will reimburse each eligible athlete and coach (one coach per division) up to the amount of \$1000 with submitted receipts. Next Gen and Prospect team members are automatically eligible for this support. Other athletes should contact Kate Boyd ([kboyd@nordiqcanada.ca](mailto:kboyd@nordiqcanada.ca)) to determine their eligibility for funding.**

For those who will be booking on their own accommodations. The Rocky Mountain Ski Lodge are happy to offer 15% discount with a promo code "GOTEAMGO". Booking can be completed through their Call Centre (1-800-563-8764) or website (<https://www.banfflodgingco.com/>). When booking please provide the name of the sport team, which is **Cross Country Canada**, to be eligible for the discount at the time of booking.

**Qualification Time-trials for World Cup Vuokatti, Finland –**

**November 22-23, 2022**

All camp athletes are eligible and encouraged to participate in the time-trials. **Those who wish to qualify to compete in FIS Para Snow Sports World Cup races must meet the minimum eligibility requirements listed below and must meet the selection criteria (to be posted on the Nordiq Canada).**

Nordiq Canada will require a standardized wax for all time-trial participants for the November 22 and 23 time trials to insure fairness. Nordiq Canada will communicate a standard glide wax to participants and will be able to provide a small amount to coaches if needed.

**Minimum Eligibility Requirements:**

- Athletes must be eligible for IPC classification; please refer to the [WPNS Classification Rules & Regulations](#), pages 52-53 for eligible impairments
- Athlete must be a current Nordiq Canada and Provincial member in good standing<sup>1</sup>;
- Athlete must be a Canadian Citizen with a valid Canadian passport or can represent Canada at a Paralympic Games;
- Athlete must hold a current Nordiq Canada racing license;
- Athlete must be a current Nordiq Canada club member;
- Athlete must have a valid FIS Para Nordic license (available through Nordiq Canada);
- Athlete must meet all FIS Para Snow Sport and other event entry standards for the competition(s) for which they qualify;
- Athlete must adhere to all municipal, provincial, federal, and international Covid or other pandemic guidelines;

**Athletes who wish to be considered for nomination to the FIS Para Snow Sports World Cup trip to Vuokatti, Finland must submit the following information to Nordiq Canada by November 5<sup>th</sup>, 2022:**

- Time Trial registration on Zone4; (link available soon)
- FIS Para Snow Sport [Athlete Declaration](#), signed;
- Photos of any adaptive equipment used for skiing (i.e. sit skis, speakers, braces); Five (5) photos are required for sit skis – front face, each side (left and right), back facing and overhead, sit-ski measurements (primarily height of seat)
- Scanned PDF copy of your passport (must be current);
- Passport style head shot/photo on plain background, not smiling.

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<sup>1</sup> Please refer to the [Nordic Canada bylaws](#) for a complete description of members in good standing.

### **Schedule for World Cup qualifying Time Trials:**

**Two middle distance races will be held – one skate, one classic. Distances will be the same for all classes.**

**Monday November 21:** Training on own as per individual plan.

**Tuesday November 22:** Short Distance Race- 5km (Skate for standing athletes)

**Wednesday November 23:** Middle Distance Race- 10km (classic for standing athletes)

**Thursday November 24** Potential travel day

### **World Cup Races:**

Athletes who meet the WC qualification standards will be entered into the WC races, as identified and discussed with the Para-Nordic National Team Head Coach, NextGen Coach and HPD. Field of play and race entry decision fall to the National Team Coach and cannot be appealed.

World Cup trip dates are Dec 5 to Dec 19, 2022. This is a self-funded trip.

### **Important Note about COVID protocols and vaccination:**

To protect the health and safety of staff and athletes and in recognition of the complexity of camp and competition environments, we ask and recommend that all participants (athletes, coaches, support personnel, IST, wax techs) participating in Nordiq Canada led camps or competitions:

- **Are fully vaccinated as defined by the Government of Canada, and**
- **Self-Screen prior to and throughout camp for any symptoms or COVID infections – please DO NOT attend the camp if you are symptomatic or have or have recently had COVID-19.**