



Canada Winter Games 2023 – Selection and Training Document

This selection criteria are designed with Canada Winter Games (CWG) in mind. CWG is an event where the athletes are not in their normal environment and is a steppingstone to movement along the athlete pathway to advanced racing and competition. We need athletes that can produce their best results on demand in a high-pressure environment.

The selection criteria are developed to identify and support Saskatchewan athletes as they pursue their goal of competing at the 2023 Canada Winter Games at Crabbe Mountain, New Brunswick. The Alpine events will take place from February 27 – March 5, 2023. Alpine and Para-Alpine athletes will be participating in Slalom, Giant Slalom, Super G and Ski Cross (not a para event) events.

Age Eligibility

Alpine Canada strongly recommends that able-bodied athletes competing in the Canada Games be in the U16 age category:

U16 Age Category – Athletes Born in 2007/2008

U16 Age Category + max two (2) non-FIS U18 (Born 2005/2006) athletes per gender. **This exception can be used should there not be enough U16 applicants to fill the available slots.**

Para-Alpine: 12 to 30 years old: Athletes born from 1993 to 2011 inclusively*.

*Canada Games Council and Alpine Canada will consider exemptions for athletes who do not currently meet the Para-Alpine age category. Alpine Canada will evaluate these requests on an athlete-by-athlete basis

SECTION 1 – Important

Athletes must first meet the eligibility criteria stated in the 2023 Canada Winter Games Technical Package for alpine skiing to be selected.

They must also submit an application form and letter of recommendation from their Head Coach by March 15, 2022. Athletes must then complete the following steps:

- Step 1:** 2021/2022 Ski Season
Mandatory - Attend CWG ID Camp in March/April 2022.
- Step 2:** 2022 Summer
Athletes should maintain fitness with a regular Dryland training program.
Attend an optional summer ski camp.
- Step 3:** **Mandatory** - Attend three Fitness Tests in the spring, summer, and fall.
- Step 4:** **Mandatory** – Attend Pre-Season Training Camp in November 2022.
Time Trials for Slalom and GS at this camp
- Step 5:** **Mandatory** – Compete in Selection race held at Norquay, AB in January 2023.
Final Team Selections at this event.
- Step 6:** After Final Selection:
Mandatory – Speed Camp/SG Race in Lake Louise in February 2023
(No Para for this event)

SECTION 2 – Extenuating Circumstances

Out of Province / New to Province

Athletes who are training outside of Saskatchewan or who have moved to the province during the Selection period or live in Saskatchewan but have trained out of province (September 2022-March 2022) that are eligible to compete for Saskatchewan based on the Technical Package as per Canada Games Council may apply to enter the selection process and participate in selection events. These athletes must be members in good standing with a Sask. Alpine club for the 2022 and 2023 season. The athlete must have Ski Cross (not for para-athletes) and Speed experience to participate. The athlete is required to submit a written request stating their case and demonstrating their current performance level. Athletes must demonstrate that they have been committed to and involved in ongoing alpine ski training. Applications need to be submitted by March 15, 2022, to be considered.

Exemption Appeals

In the event an athlete is prevented from participating in the mandatory selection events due to injury, they may submit an appeal to Sask. Alpine. All appeals must be submitted prior to the selection event and shall include a licensed medical doctor's evaluation as well as other supporting documentation. Supporting documentation must clearly demonstrate that the athlete in question consistently outperforms the other athletes vying for spots and would very likely qualify if able to participate in the selection event. Special Circumstances warranting consideration are identified in Illness / Injury Considerations (see below). Sask. Alpine will review appeals on a case-by-case basis and may deem it necessary to consult with a non-biased third party in reaching a decision.

Illness / Injury Considerations

- Acute sport related injuries that occurred as a direct result of training or competition will be considered.
- Acute sport related injuries that prevent an athlete from competing will be considered.
- Acute trauma injuries resulting from a non-sport related accident (ie. motor vehicle accident) will be considered.
- Overuse injuries will not be considered.
- Cold and/or Flu viruses will not be considered.

Performance Considerations

If a selected athlete is injured, sick or suffers a noticeable drop in performance level leading up to the Games, the Sask. Alpine Board of Directors and Staff of 2023 Games has the right to ask that athlete to demonstrate their fitness and readiness to compete fully at the Games. If the athlete is unable to demonstrate that their performance level is at least that which they demonstrated during the 2022-2023 season, the Head coach (with Sask. Alpine board approval) may replace that athlete with the next alternate.

All other situations are dealt with in the Technical Package provided to each Province from the Canada Games Council and Alpine Canada.

SECTION 3 – Selection Criteria

Attendance is mandatory unless an exception is granted prior to the event.

Missing an event without an exemption means dismissal from the team selection process.

1. 20% - Fitness (Fitness test results, progress over the off season)
2. 20% - Coachability/Attitude (Good attitude, shows full effort)
3. 60% - Skills/ability (Based on results of time trials, Selection race in January)
4. Coaches Discretion

A selection Criteria where Sask. Alpine supports training opportunities as well as time trials, and selection race where athletes need to be able to ski their best over several runs and create consistency, we will have the strongest team we can field. We use this as a full development plan where we include as many athletes as possible for as long as possible to have solid competition.

Final team selection will be made by a committee made up of Sask. Alpine executives, Program Director and the coaching team selected for the CWG. Our goal is to represent Saskatchewan at the CWG not only as participants but as competitors.