

NAKKERTOK RACING PROGRAM-
2015-2016 NATIONALS OUTLINE

In order to reduce our overall costs for Nationals, the lead coaches, Nationals lead organizer with the Race Director, will make early recommendations and flight arrangements for all Year Round L2C and NJDT for the Nationals of the current season. This group of athletes, along with selected, experienced and suitable support staff will book their travels as arranged and directed by the lead organizer, with purchase of mandatory cancellation insurance, by the end of the summer.

A large team will participate as the racing program has the appropriate organization and management of support and coaching staff in order to undertake this. The numbers of athletes attending Nationals is strictly based on the number of appropriate support staff, as we adhere to a predetermined ratio.

This does not include stage 3 T2T athletes.

The coaching staff and race committee reached a decision after a careful review of athletic development, past Nationals experiences, and principles plus the demands placed on the support staff, and concluded that this level of racing experience for stage 3 T2Ts at Nakkertok is not appropriate.

As a result, the stage 3 T2T athletes will not be invited to join the National's team. Suitable, shorter races closer to home and more in line with the LTAD will be recommend as an end of season race-objective.

SELECTION CRITERIA 2015-2016

In addition the following criteria will be used to determine the National team.

WE want to ensure the athletes qualified and chosen to attend Nationals are dedicated to the program, have put time and effort into it and will not detract from the other participants.

Selection Priorities for 42 athletes

Selection Period: Tuesday, September 8th, 2015 to December 2015

- ***Compulsory attendance at monitored workouts***
- ***Recording training consistently via Sport Log entries: must have $\frac{3}{4}$ of summer training logged, as well as weekly Sportlog updates during Fall Season***
- ***Consistent and recorded email communication with coaching staff regarding absence from organized practice***
- ***Nakkertok Year-Round Program participant *****
- ***Time Trial participation in Fall Season (2 of 3):***
- ***Skate RS Interval Start Oct. 17 and Sprint weekend of Nov.8/9 ******
- ***Show improvement on fitness evaluation metrics (strength evaluations, zone 3 monitored workouts, 3000m run, Skate TT)***
- ***Force Majeure: sickness, accident, injury, etc. submitted with a physio/doctor approved plan of rehabilitation to competition readiness that the athlete is completing***
- ***Prior results and experience may be taken into account for final decisions.?***

- ****= Could include an enhanced program participant if: #1 - have been participating in another high performance program during the spring and summer; and, #2 - have been communicating with the coach and have been providing consistent sport log entries during the spring and summer**

*****Unless communicated via email with the head coach one week (7 days) in advance, and alternate arrangements are made to complete the workout and provide the coach with information.**