



CANSI Interski 2027 Team Composition, Selection Process and Criteria

1. Selection Process and Deadlines

The selection committee will be composed of the coaching team including Head Coach, Cross Country Coaches and Telemark Coaches. The decision of the selection committee is final and without appeal.

Candidates will be evaluated on their teaching, skiing, and communication skills. Further details will be found in section 3 of this document.

Application submission	No later than January 12, 2026 @ 20h EST
Video analysis	From January 13 th to February 10 th 2026. The virtual meetings will be held in the evening.
Team member selection	February 11 th to February 13 th 2026
Team announcement	February 16 th 2026

All active CANSI members with their Level II, III, or IV are encouraged to apply. CANSI Members who are not part of the team are encouraged to attend Interski as public participants. Information on Vail Interski 2027 will be shared with members through the newsletter as it becomes available.

All demonstration team applicants will receive verbal feedback (in person or virtual) on their application, after the selection is announced.

2. Team Composition

As a national organization, CANSI aims to build a team that is representative both geographically and in terms of gender. CANSI would like to form a team composed as follows:

- 6 Telemark Demonstrators
- 6 Cross Country Demonstrators
- At least one member of each gender per discipline
- At least one member from the East and one from the West.

To be eligible to be part of the team, the members must have:

- Legal resident of Canada
- Valid certification from Level II to IV in either CANSI discipline
- Membership fee paid at the time of application
 - Membership fee must be paid the next two seasons if selected as a team member

For those selected, the expectation is that they will:

- Participate in online and on snow team preparation sessions (travel may be required)
- Provide articles, posts, online presentations, regional workshops, etc to share their Interski insights with CANSI members
- Limited funding is available from CANSI towards uniforms, equipment, Interski fees, etc. The team members will need to finance/fundraise the bulk of their congress and travel expenses.

3. Selection Process for both disciplines

The selection committee will be composed of the coaching team including Head Coach, Cross Country Coaches and Telemark Coaches. The decision of the selection committee is final and without appeal.

3.1. Summary

Below are the necessary items to complete your 2027 Vail Interski application. Please read below the selection Process and Selection Criteria for further details

- Teaching - participation in an online analysis session
- Skiing - submission of a personal skiing video¹
- Communication submission of a personal video

Your submission must include the following:

- Cover Letter
- Ski resume with any elements of interest for the committee
- Videos or hyperlinks to access your skiing and communication videos

All applications are to be sent to one of the following coaches, depending on your discipline.

- Telemark : René-Luc Morin – morin.rene.luc@gmail.com
- Cross-Country: John Gallagher - john.gallagher1@me.com

¹ Refer to Annex A “How to make great video”

3.2. Teaching, for both disciplines

For the 2027 Vail Interski, the process will be based on a **video analysis session**. Each candidate will have to conduct a video session within 15 minutes.

The criteria from the level III Course Guide will be used to evaluate the session as listed in the following table.

Technical Assessment (mandatory)	• Uses 3 CANSI pillars of Technical Reference, Biomechanics, and Physics for assessment • Uses cause and effect • Identifies goal based off assessment
Development Strategy (mandatory)	• Link development ideas to assessment & goal • Provide clear explanation of task(s) for development • Task includes context (speed, terrain, conditions, etc)
Positive Communication	• Feedback and comments delivered in educational and positive manner • Uses clear communication • Communication adapted to group or individual feedback
Time Management	• Able to review all videos within given time frame • Minimize breaks or moments of silence • Continual flow to session • Familiar with technology for smooth presentation
Terminology and Explanation	• Uses current terminology from TTG • Adapts explanation to audience comprehension

The results are MC or NI², a result of MC is required in 4/5 categories.

3.3. Ski technique

For the 2027 Vail Interski, the process will be based on **video**. Each candidate will have to submit one or two videos for each manoeuvre.

Following rules to apply:

- Video had to be made in 2024-2025 season or later, if not score=0
- If a manoeuvre is missing, score=0 for that manoeuvre
- If parameters (terrain, speed, corridor) are not respected, score =0 for that manoeuvre

² MC: Meet criteria NI: Need improvement

3.3.1. Telemark

Each score is between 3 and 10 based on the following criteria for each maneuver. The final evaluation for ski technique is the sum of scores for each discipline. The maximum score = Number maneuvers X 10.

Level		Limited control Uneven performance Below expectations	Partial control Meets level 2 standards	Stable and control Uniform performance Expected competence	Superior control Consistent performance Beyond expectations
Score		3-4	5-6	7-8	9-10
Manoeuvre	Spec	Description			
Parallel telemark	Terrain: Black Speed: Medium Corridor: 8-12 m	Turns are neither symmetrical nor driven. Major technical weaknesses affect demonstration for almost the entire run. Unable to control speed and momentum is not maintained.	The turns are sometimes symmetrical and steered. Some obvious technical weaknesses affect the demonstration on half of the run. Controls speed and maintains momentum most of the time.	Turns are symmetrical and mostly driven. Minor technical weaknesses that do not affect the demonstration. Controls speed and maintains momentum throughout the run.	Symmetrical and driven turns at all times No apparent technical weaknesses Controls speed and maintains momentum throughout the run.
Performance Telemark Carved	Terrain: Blue – Black Speed: Fast Corridor: 10-15 m	Turns are neither symmetrical nor driven. Major technical weaknesses affect demonstration for almost the entire run. Unable to control speed and momentum is not maintained.	The turns are sometimes symmetrical and steered. Some obvious technical weaknesses affect the demonstration on half of the run. Controls speed and maintains momentum most of the time.	Turns are symmetrical and mostly driven. Minor technical weaknesses that do not affect the demonstration. Controls speed and maintains momentum throughout the run.	Symmetrical and driven turns at all times No apparent technical weaknesses Controls speed and maintains momentum throughout the run.
Performance Telemark Short Turn	Terrain: Blue – Black Speed: Fast Corridor:	Turns are neither symmetrical nor driven. Major technical weaknesses affect	The turns are sometimes symmetrical and steered.	Turns are symmetrical and mostly driven. Minor technical weaknesses that	Symmetrical and driven turns at all times

	3 - 5 m	demonstration for almost the entire run. Unable to control speed and momentum is not maintained.	Some obvious technical weaknesses affect the demonstration on half of the run. Controls speed and maintains momentum most of the time.	do not affect the demonstration. Controls speed and maintains momentum throughout the run.	No apparent technical weaknesses Controls speed and maintains momentum throughout the run.
Performance Alpin	Terrain: Blue-Black Speed: Fast Corridor: 10-15 m	Turns are neither symmetrical nor driven. Major technical weaknesses affect demonstration for almost the entire run. Unable to control speed and momentum is not maintained.	The turns are sometimes symmetrical and steered. Some obvious technical weaknesses affect the demonstration on half of the run. Controls speed and maintains momentum most of the time.	Turns are symmetrical and mostly driven. Minor technical weaknesses that do not affect the demonstration. Controls speed and maintains momentum throughout the run.	Symmetrical and driven turns at all times No apparent technical weaknesses Controls speed and maintains momentum throughout the run.

3.3.2. Cross Country

The MC/NI will be used for the ski technique evaluation

	Balance	Coordination	Propulsion
Diagonal Stride (10% grade)	- Recovery foot becomes weighted ahead of the glide foot. - COM is balanced over glide ski.	- Arms and legs move smoothly and opposite. - A higher tempo is used as resistance increases. - Elbow is flexed upon pole plant and arm extension varies with tempo. - Pole assisted glide is visible.	- Forces are generated by using the largest to smallest joints and with the stretch/shorten cycle of arms and legs. - Poling force is applied in the direction of travel.
Double Pole (5 % grade)	COM moves from in front of ankle joint at pole plant, to over heels at completion, depending on resistance.	- Upper body rises before or at the same time as the arms begin reaching forward. - Rear arms extension varies depending on tempo.	- Forces are generated by using the largest to smallest joints and with the stretch/shorten cycle of arms and legs. - Poling force is applied in the direction of travel. - Elbow flex is more pronounced at pole plant when resistance increases.
One Skate (5% Grade)	- COM is over or in front of ankle joint at pole plant. - Balance on a flat ski while gliding until hands pass hips.	- Pole skate pole skate action is used. - Poling action occurs before skate action. - Leg push starts as hands pass hips. Tempo increases as resistance increases.	- Forces are generated by using the largest to smallest joints and with the stretch/shorten cycle of arms and legs. - Poling force is applied in the direction of travel.
Offset Skate (Both sides) (10% grade)	- COM is over ankle at pole plant in the sagittal plane. - Recovery foot returns under body, aligned with shoulders.	- Demonstrates poling on both sides - Pole contacts snow at the same time as ski on poling side. (Three points touch). - Tempo increases as resistance increases.	- Torso braces to ensure poling force is applied in direction of travel. - Both legs contribute to maintaining momentum throughout each cycle. - Stretch/Shorten Cycle of all arm and leg joints is demonstrated.
Transitional Wedge (10% grade)	As pressure builds on the outside ski the COM moves inside the turn to align GRF, BOS and COM	- Skier coordinates the joints of the lower body (flexion, extension, rotation) to create the change of direction. - Upper body faces the line of momentum.	- Turning is lead by the lower body creating separation. - Skier uses wedge to start turn. Inside ski flattens and is steered parallel to the outside ski in the fall line

The score for Ski technique is the sum of MC for each discipline and each skill for a maximum of 15

3.4. Communication

CANSI has chosen to emphasize the communication aspect for Interski 2027. To this end, the participants will have to demonstrate their ability as communicators but also an ease in handling contemporary technological tools.

In this context, in order to allow the selection committee to properly evaluate the communication portion, each participant must respond and elaborate on the following question:

"How would your participation on the Interski Team contribute to CANSI and its members, and how would you share your learnings with the broader community?"

The response must be submitted in the form of a video.

The following criteria will be used to evaluate the session the Communication portion as listed in the following table.

Communication

- | |
|---|
| <ul style="list-style-type: none">• The video should not take more than 3 minutes per participant• The conversational flow must be constant and dynamic.• Presenters should keep the audience engaged throughout the presentation• Communication skills: good projection, tone of voice, etc...• Support the presentation by visual content.• The participant should be able to manipulate any software needed |
|---|
-

The results are MC or NI.

3.5. Final score, for both disciplines

The final score is a combination of Ski Technique & Teaching & Communication. The minimum score to get for a member to be eligible for the team is the following.

Section	Score
Teaching	Meet Criteria (MC)
Ski technique	Calculated
Communication	Meet Criteria (MC)

Teaching and Communication are mandatory.

4. Annex A - How to make great video

The following parameters help make great video for analysis.

- **What devices:** Think of using a device that simplifies any manipulation you will need to do to show or share videos with participants. A phone or a tablet easily connected to the Internet or a laptop is a good choice. Check the battery level and clean the lens. Video can be used indoor or on the snow.
- **Zoom:** This function is very interesting getting good material from a long ski demo with sufficient details. However, when used incorrectly, it can create more distraction. Try not to use zoom in or zoom out function all the way through. Start with zoom in when the participant starts his demo, zoom out when he passes by and then zoom in when he goes away.
- **Students position (XC):** If possible, when doing a video session with multiple skiers, position skiers at each end of the trail to avoid having a lot of back and forth (zooming in/out) with camera. This way you always have someone in your view.
- Depending on your end goal, you may want to make one clip with everyone in it (easier to review in larger groups) instead of individual clips.
- **Planes:** a good video shows a skier in different planes from frontal (coming to you) to sagittal (pass beside you) back to frontal (skiing away from you).
- **What:** You should always see the skis AND the skier in the viewscreen of the device you are using to get the maximum information in order to make accurate analysis.
- **How:** The best videos come from a stable device. Try not to move while shooting video and not to follow the skier from left to right. Watch the skier through the device NOT looking at him directly.
- **Quality:** The video quality can go from 720p HD to 4K on most devices. The more quality you get, the bigger the file will be lengthening any other operations (copying, sharing). Make some trials with your devices to get the best value with the smallest file.
- **Lightning:** Avoid having the sun light directly into the device to avoid glaring.
- **Traffic:** Try to avoid traffic. It is much easier to film and even more importantly, it facilitates safety.
- **Horizontal vs Vertical:** Horizontal creates much better video for the purpose of analysis. It gets wider view helping not to move with the device and it is easier to hold stable.
- **Run:** (telemark) No problem if the skier starts a little bit high in the trail. Most of the time the first two turns aren't great. (XC) Try to get at least 10 strides.