



# Racer Programs 2010-2011

KANATA NORDIC SKI CLUB

## PROGRAM OVERVIEW

**Program Prices:**      *Before October 1st: \$185.00*  
                                 *After October 1st: \$200.00*

Prices include registration fees for three races, race wax support and the use of the Club's roller skis (as available).

### Introduction

The Kanata Nordic Racer program is well suited to motivated youth and their families who want to refine nordic skiing technique and enhance or maintain their fitness level, particularly during winter months, in a small team environment.

### Background

The Kanata Nordic Racer Program is one of several paths offered by the club to help young athletes along the lifelong road to being "Active for Life". "Active for Life" is the ultimate goal of Sport Canada's Long Term Athlete Development Model (LTAD). This concept is actively promoted by the club and is the basis for all of our programs. The Cross Country Canada LTAD model encompasses eight seamless, interconnected stages to understanding and achieving the benefits of physical fitness through nordic skiing. The model promotes physical fitness and the enjoyment of the sport from the early formative years of childhood through to and including adulthood and beyond. Further LTAD information is available from Cross Country Canada at [www.ccski.com](http://www.ccski.com) or [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)

### Racer Programs Outline

Every individual's rate of progress to physical and emotional maturity is unique. This is particularly true during the early pre-teen and teen years. Because boys and girls each mature physically and emotionally at different rates and ages the Club tries to offer a variety of programs to address the following LTAD stages: Learning to Train (L2T) for boys 9-12 and girls 8-11, Training to Train (T2T) for boys 12-16 and girls 11-15, and later, Learning to Compete (L2C) for males 16-20+ and females 15-19+. Where numbers, interest and support warrant, Club programs for this age category include Track Attack and progress to Junior and then Senior Youth Racer programs covering the L2T and T2T LTAD stages. Eventually athletes may choose to continue to the LTC stage. All of these programs fall under the Kanata Nordic Racer umbrella and are designed specifically for individual development stages. As such, there is provision for age overlap as the athletes' transition from one stage to another. The groups will often share training times and venues, and some individuals may have an opportunity to transition to the next development stage when appropriate.

### Racer Program Goal

Our goal is to provide trained coaching support and an enjoyable small team environment for individual athletes to reach their potential through realistic goals, appropriate training programs, and opportunities to compete at the level best suited to their physical and emotional abilities. Opportunities for competition, both within the club and on a local level, are provided as a venue for the athletes to perform to the best of their abilities, to measure the results of their training program, and to reassess their personal goals and training programs.

### Kanata Nordic Racer Parent Expectations

All sports programs require appropriate support to run successfully. The necessary support can be purchased with money or donated through volunteered time and effort. A program based on purchased support relies on participants paying hefty fees. Rather than requiring expensive program fees the Kanata Nordic Racer programs are run by member and parent volunteers. In addition to paying the club membership and racer program fees, parents of an athlete in a Kanata Nordic Racer program will be expected to:

- Assist in some capacity whether it be event and practice organization, logistics, ski waxing, or providing training support as required;
- Provide only positive, constructive encouragement;
- Help to set and reach reasonable achievable goals for their athlete;
- Assist their athlete to ensure they are equipped with appropriate clothing, equipment snacks, water, etc. for each practice session or event;
- Assist with group supervision and activities, such as car pooling etc. Parents are encouraged to ski during training sessions,

## L2T - Learning to Train

**Age Range:** for boys 9-12 and girls 8-11. Advanced 11 and 12 year olds will transition to the T2T stage.

**Program Goals:** To provide an opportunity for young athletes to be introduced to training, setting realistic personal goals, and to competition as a means of reaching their full potential. This age is an optimum age for acquiring motor and sport specific skills and coordination. There will be a significant emphasis on refining technique through practice and games. Games and exercises will also be used to improve speed, flexibility, and aerobic fitness through longer, low intensity exercise. Strength training using own body weight will also be introduced. Athletes will be encouraged to independently track training, establish goals, and prepare themselves and their equipment. Participation in other sports is encouraged, particularly in the off season.

**Prerequisites:** Athletes must have mastered fundamental xc ski skills introduced in the Jackrabbit program. Inexperienced skiers may be considered on an individual basis if they have appropriate emotional development and a demonstrated ability to master movement and sport skills. Athletes and families should be prepared to be committing to regular attendance and on-snow training at least twice per week.

**Schedule/Location:** Dryland training will start in late September, and will include in-line skating, push scooters, ski striding with poles, hiking and various games. Saturday afternoon sessions will be from 1:30 to 3:30 and will generally be conducted in Kanata or surrounding area. Tuesday evening dry land sessions will be combined with the T2T and L2C groups and will be from 6:30 to 7:30 p.m. in the Kanata area.

As soon as there is snow, training sessions on skis will begin in the Kanata area, depending on conditions. Early in the season training will take place in the Gatineau Park on Saturdays if conditions are not suitable locally. Starting in January the program will be based at Riverfront Park from 1:00 to 3:00 p.m. on Saturdays, and 6:30 to 7:30 on Tuesday evenings. The L2T athletes may also join Track Attack sessions on Thursday evenings.

Included in the program fee is registration in the Kanata Pretzel Sprints as well as two other races selected to suit the athlete. Athletes will also be encouraged to participate in other local races appropriate for their level of development.

Three other special ski events are expected to be scheduled and may be combined with T2T and L2C groups. Athletes keen to improve performance and fitness should also ski independently with family and/or friends at least once per week outside of the formal program.

**Equipment:** Both classic and skate ski techniques will be part of the program. The athletes should be equipped with properly fitted waxable skis (proper camber for classic, etc.). One pair of skis could be used for classic and skating provided the grip wax is properly removed and glide wax applied for skating (this is extra work for the parent). Last year's smaller skis that have insufficient camber for classic skiing this year may also be used for skating. Use only Salomon SNS or Alpina/Fischer NNN boots and binding systems. Any skis and boots with three-pin bindings are NOT appropriate. A 'combi' ski boot, for classic and skating, is appropriate if only one pair of ski boots is purchased. Two sets of poles are required; skating poles are longer than classic. If uncertain ask before you buy, and buy from an experienced retail nordic ski outlet (e.g.: Fresh Air Experience, Trailhead, Bushtukah, Mountain Equipment Co-op in Westboro, and Kunstadt in Kanata).

Ski training and racing takes place in a variety of conditions so it is necessary to dress in layers that may be added or removed, using clothing that breathes and wicks moisture (polypropylene, Lifa, etc.). The Club also has skiing and racing outfits available for purchase (see the Club web site).

## T2T - Training to Train

**Age Range:** for boys 12-16 and girls 11-15. Advanced 15 and 16 year olds may transition to the L2C stage. This is the period of physical and mental development that includes significant changes as the athlete grows from adolescence to maturity. Optimum training opportunities for aerobic capacity, speed and strength occur at specific stages of growth and maturation during this stage and may be predicted by monitoring growth and physical development.

**Program Goals:** At this age athletes begin to focus on sport specific development and competition to achieve personal excellence. Athletes develop at different rates and a training program will be designed specifically for the individual in order that training is appropriate for their development stage to assist the athlete to reach their potential. Chronological age based programs often favour early maturers and result in younger athletes leaving sport. Athletes must be encouraged to understand that the rate of athletic development may differ significantly from their age equivalent peers based on differences in size, strength and emotional maturity. Optimum training opportunities for aerobic capacity, strength, and speed may differ by one or two years between individuals, and between males and females.

Considerable emphasis will be placed on low intensity aerobic training for longer periods while continuing to develop skills, speed and flexibility. Strength training will transition from own body weight to using weights during the latter part of this stage.

The program will place increased emphasis on the athlete understanding the mechanics and physiology of skiing in order that they can improve technique, endurance and efficiency. The importance of nutrition, rest and monitoring health and well being will also be introduced, along with understanding how training affects performance and development. In this regard athletes will be expected to maintain a training log for skiing and other physical activities in order that training levels are reasonable and appropriate.

Various local competitions will be selected to suit the athlete. Some competitions will be used as training opportunities and others for personal excellence. Registration includes Kanata Pretzel Sprints, and two other local races selected to suit the athlete.

**Requirements:** Athletes must have refined xc ski skills and have a reasonable level of fitness. Inexperienced skiers with a good fitness level and a demonstrated ability to master new skills may be considered on an individual basis following prior assessment. A commitment to the sport, establishing goals, following a training plan and measuring performance are necessary. Athletes and families should be prepared to commit to regular attendance two times per week from September to March. Weekly sport related training through the summer months is also encouraged.

**Schedule/Location:** Organized dryland training starts in September, and includes roller skiing, ski striding, hiking, strength, speed and flexibility. Saturday morning sessions will be from 9:00 to 11:00 and will generally be conducted in Kanata and the surrounding area as well as Gatineau Park. Tuesday evening dryland sessions will be combined with the L2T and L2C groups and will be from 6:30 to 7:30 in the Kanata area.

The Gatineau Park is the primary training venue on Saturdays as soon as snow conditions permit. Tuesday evening on-snow sessions will be in Gatineau Park until conditions in the Kanata area permit. Starting in about January the Tuesday evening program will be based at Riverfront Park from 6:30 to 7:30 and will focus on technique, speed, and race preparation. Athletes will also be encouraged to work independently on low intensity aerobic training at least once per week. The Thursday evening Track Attack program is also available for additional training opportunities.

Other special events will be scheduled periodically and may be combined with L2T and L2C groups. Opportunities to train with other Clubs may also be available.

## T2T - Training to Train

**Equipment/Clothing:** Athletes must be equipped with properly fitted skis specific to classic and skate technique and specialized classic and skate boots are also recommended. A combi ski boot, for classic and skating, is appropriate if only one pair of ski boots is purchased. Two sets of poles are required; skating poles are longer than classic. If uncertain about sizing ask before you buy, and buy from an experienced retail outlet. The program includes dryland roller skiing for which skate or combi boots are a necessity. A limited number of roller skis will be available from the Club for first time T2T athletes. Second season T2T athletes are expected to supply their own roller skis. For roller skiing bike helmets, gloves and carbide ski pole ferrules (tips) are mandatory and knee and elbow pads recommended. For early and late season skiing an older used set of skis is recommended when the risk of damage due to rocks, etc., is greater due to limited snow cover. Ski striding/hiking poles chest high, are needed; however, old poles or a younger siblings poles can be used.

Ski training and racing occurs in a variety of conditions and wax selection and application will become more important particularly as athletes refine their technique. Essential waxing equipment will include basic waxes, a waxing iron, scrapers and brushes. Additional information will be provided.

## CONTACT INFORMATION

Racing Coordinator, Harris Kirby  
[racing@kanatanordic.ca](mailto:racing@kanatanordic.ca)  
613-599-5306

Michael Duivenvoorden (L2T and T2T programs)  
[president@kanatanordic.ca](mailto:president@kanatanordic.ca)  
613-256-7663

Volunteers welcome. Club subsidized training for volunteers available.

Kanata Nordic programs are subject to the will of Mother Nature. We generally follow Cross Country Canada's guidelines in terms of program cancellation. This means programs will be cancelled if conditions are unsafe (for example, very icy) or temperatures are below acceptable limits. We attempt to reschedule cancelled events but this is at the discretion of group leaders and subject to their availability. In addition, during the 2010-2011 season there may be construction at the Y Bonnenfant Outdoor Centre that, for safety reasons, will result in the relocation of some programs to other suitable venues. The Club will attempt to give its members as much notice as possible for program changes caused by weather or construction and we thank you for your understanding.