



Track Attack Program 2010-2011

KANATA NORDIC SKI CLUB

Come ski with us this winter!

PROGRAM INFORMATION

- Session Dates:** Saturday October 16th 2010 to Saturday March 27th 2011. Thursday evening skis too - regular emails will be sent with details
- Program Times:** Saturday afternoons from 1:30 to 3:30 p.m.
- Location:** Bonnenfant YMCA-YWCA Outdoor Centre at 1620 Sixth Line Road, Kanata. There will be other outings to the Kanata Lakes golf course and Gatineau Park
- Program Prices:** *Before October 1st:* \$95.00
After October 1st: \$110.00
- Ages:** 10 to 15 year olds (dates as of December 31st 2011)

PROGRAM DESCRIPTION

This is a program from Cross Country Canada that is meant for kids who have completed the Cross Country Canada Jackrabbit Program. Participants may be between ages 10-15. We welcome young teenagers who have not skied, but have with downhill skied and can skate. They can learn to ski quickly. The program follows the Sport Canada Active for Life model (see www.canadiansportforlife.ca or the [CCC site](#)). In the early stages of this age category there is an optimum period to develop skills and as the youths develop mentally and physically there is an optimum period for long term aerobic fitness. This of course does not preclude development of flexibility, balance and basic motor skills.

The program is focused on a combination of participatory and competitive elements. There is technique work, touring, fitness activities and a few races that are included as part of the program. Your registration in the program includes 5 months of instruction, trail grooming, the Gatineau Loppet XC ski race as well as the Kanata Nordic Sprint Race (The Pretzel) event.

Track Attack 400 Kilometer Club

Over the course of the season, the kids in the program will accumulate mileage in and outside the program. Mileage can be from skiing, walking, hiking and running. One point per kilometer covered. 500 points is platinum club, 400 points gold club, 350 points silver club, 300 points bronze club. Kids accumulate points from Nov 1 to March 31. In addition to the regular awards book plaques are awarded at the end of the season for their achievements. Good luck!

Track Attack Focus

Classic Skills: Ski Walking w/o Poles / Diagonal Stride / Uphill Diagonal Stride / Double Pole / One Step Double Pole / Classical Endurance

Skating Skills: Free Skate / Half Skate (Marathon) / Diagonal Skate / Uphill Two Skate (Offset) / One Skate / Two Skate / Skating Endurance

Downhill Skills: Straight Running / Braking Snow Plow / Braking 1/2 Snow Plow / Step Turns / Parallel Side Step

Racing Elements: Racing Classic / Racing Skate / Racing Sprints / Time Trials / Ski Tournament / Ski Touring

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TRACK ATTACK EVENTS CALENDAR

Dates are subject to change - please refer to e-mails for up-to-date information

- Dec 26** Boxing Day Burnoff at Nakkertok ski club
- Jan 1:** New Year's Day Champlain Lookout ski outing 1:30 p.m. P10 Gatineau Park.
- Jan 17:** Gatineau Park Track Attack Sunday Tour to Champlain Lookout , 13:30 to 15:30
- February 6:** Track Attack Saturday trip to the Gatineau Park. Give yourself a little extra time to allow for about a 40 minute drive. This is a world class cross country skiing facility and well worth the trip. Note that there is an additional cost at the trails for adults (\$10.00 ea.) . More details to follow.
- mid_February:** Gatineau Loppet in Gatineau Park. In addition to the 25 and 50K distances there is the 5k classic on Saturday and 10K skate on Sunday. Entry to one event is included with the Track Attack program fee.
- Feb 6:** Kanata Nordic Ski Club Pretzel Sprints
- Feb :** Track Attack Sunday ski to Champlain Lookout or Nakkertok Cookie Race
- March 12:** Jackrabbit and Track Attack Fun Day; Various activities and games will be organized.
- Thursday Evening skis:** At Kanata Lakes Golf Course from 6:30 to 7:30 p.m. or at Y Camp. (More information on email)

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.

CLOTHING & EQUIPMENT

Equipment: Skis, poles and boots. Only SNS Profil, Pilot or NNN system are permitted. Ideally you will have a set of skate and classic skis and combi boots, although one pair will suffice for both techniques. Club members receive a 10% discount on equipment at Fresh Air Experience, Trailhead and Bushtuakh stores (except for sales items and packages). Our fall Ski Swap is another chance to pick up decent equipment at a lower cost.

Clothing: Dress appropriately for the temperature and conditions. Snowsuits are not appropriate. Please layer clothing using breathable fabrics that wick moisture away. Fleece tops, polypropylene or Lifa© underwear, Thinsulate© and Gortex© are recommended apparel items. If possible avoid cotton which does not wick moisture away from the body. Don't forget an outer windproof layer. Hands and feet should be kept warm and dry and the head covered. Avoid cotton socks. An extra layer may be

CONTACT INFORMATION

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