



# Racer Programs 2014-2015

## KANATA NORDIC SKI CLUB

### Program Prices

Program	Before 30 September 2014	After 30 September 2014
Racing Rabbits	\$150	\$170
Junior Racer	\$250	\$270
Senior Racer	\$250	\$270

Prices include coaching, Kanata Pretzel Race Fee, race wax support and the Club's roller skis for first year athletes.

### Who

- Self-motivated youth and their families who want to refine Nordic skiing technique and enhance or maintain their fitness level;
- Athletes interested in competitive Nordic skiing at a provincial and national level;
- High school students interested in additional training for NCSSAA, and OFSSA (last year over 12 KN Racers skied for their schools); and
- Fit, athletic youth with a good work ethic and interested in trying a new sport.

### Overview

The Racer Program is one of several paths offered by the club to help young athletes along the road to being "Active for Life" (A4L). As the basis for all of our programs, the Cross Country Canada Long Term Athlete Development (LTAD) model encompasses eight seamless, interconnected stages to understanding and achieving the benefits of physical fitness through Nordic skiing. The LTAD model promotes fitness and the enjoyment of the sport from the early formative years through to adulthood. Further information is available from Cross Country Canada at [www.cccski.com](http://www.cccski.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 offers a variety of programs as outlined in the table below. All of these programs 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 share training times and venues, and some individuals may have an opportunity to transition to the next development stage when appropriate. Senior athletes will have the opportunity to train with our Para-Nordic and A4L Athletes (Masters).



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LTAD Model	Competition Model		Year Born	Age as of 31 Dec 2014	Kanata Nordic Program
Learn to Train (L2T)	Pee-wee	Boys	2005-2002	9 to 12	Racing Rabbits
		Girls	2005-2003	9 to 11	
Train to Train Level 1 (T2T-1)	Midget	Boys	2001-2000	13 to 14	Junior Racers
		Girls	2002-2001	12 to 13	
Train to Train Level 2 (T2T-2)	Juvenile	Boys	1999	15	Senior Racers
		Girls	2000-1999	14 to 15	
Learn to Compete Level 1 (L2C-1)	Junior Boys & Girls		1998-1997	16 to 17	
Learn to Compete Level 2 (L2C-2) to Active for Life (A4L) and Para-Nordic	Junior Male & Female to Masters and Para-Nordic		1998 and later	18 to 99	

### Coached Session Times and Locations

All the racing programs will meet and train at the same location and time. Once at the practice location, athletes join their assigned coach and group. All athletes can attend an optional Sunday practice for Long-Slow-Distance training with minimal coaching. T2T and L2C athletes should commit to at least 2/3 of the coached sessions. Youths in the Racing Rabbits program can attend 2/3 of the coached sessions. For example, they can show up for Tues/Thurs, Thurs/Sat, or Tues/Sat practices. All programs run for 26 weeks, starting from 4 October 2014 to the last practice on 28 March 2015. After the last coached session in March, we offer a weekly Roller-Ski practice until the next season starts. The table below provides an overview of practice times and locations.

	Tuesday	Thursday	Saturday	Sunday (Optional for all)
Times	6:30 to 8:00 PM	6:30 to 8:00 PM	8:45 to 11:30 AM	Afternoon
Locations (Dry Land)	Various locations in Kanata	Various locations in Kanata	Gatineau Park	Kanata or Gatineau Park
Locations (On Snow)	Riverfront or Wesley Clover Park	Riverfront or Wesley Clover Park	Gatineau Park	Gatineau Park



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### Contact Information

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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.*