



## KANATA NORDIC SKI CLUB

### PROGRAM OVERVIEW

- Program Dates:** Saturday, October 18th, 2014 until snow melts (or mid March)
- Program Times:** Thursday evenings 6.:30 – 8 (once we have snow) and Saturday afternoons (1:30-3:30).
- Location:** Bonnenfant YMCA-YWCA Outdoor Centre at 1620 Sixth Line Road, Kanata, with some Saturday sessions in Gatineau Park. Fall dryland sessions will be 90 minutes and may also be in Kanata Lakes or other interesting spots in the region Saturday afternoons. For Saturdays on snow, training will be 2 hours, often at the Y camp but also in Gatineau Park and other local trails. We know this requires extra travel time and will try to give ample notice and arrange car pools. Parents are welcome to join in on Saturdays, and are encouraged to sign up as volunteers.
- Program Prices:** *Before October 7th: \$110.00*  
*After October 7th: \$125.00*
- Prices includes Kanata Pretzel Race entry fee.
- Skiers must also purchase a club membership, either as an individual (\$45) or as a family (\$70).
- Ages:** 10-13 yrs – Track Attack, 14-17 yrs Teen Ski Fit

### Background

Track Attack fits into Cross Country Canada's 'Learning to Train' level of athlete development, which is the third level after Bunnyrabbits and Jackrabbits. It's designed for skiers ages 10-13 who've completed Jackrabbit Level 4 or have equivalent experience.

Our Teen Ski Fit program is intended for 14-17 year olds with several years of ski experience who want to continue working on their technique, improve their fitness, participate in a couple local races and have the opportunity to ski with friends. Some ski experience is needed.

Track Attack / Teen Ski Fit is an alternative to the racing program, the emphasis is on a fun, social environment with the opportunity to develop ski skills, physical literacy (agility, balance, coordination), and speed. The registration to each program is separate but training and on snow sessions will be combined. Participants may be placed into training groups based on skill and fitness. However many activities allow for friends of different skills and fitness levels to participate together.

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 five months of instruction, trail grooming, as well as the Kanata Nordic Sprint Race (The Pretzel). Many participants will choose to enter local races including the Gatineau Loppet, Canadian Ski Marathon, Forest Lea Race, Nakkertok Cookie Race and their own high school team races (OFSAA).

# TRACK ATTACK / TEEN SKI FIT

**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. 700 points is platinum club, 600 points gold club, 500 points silver club, 400 points bronze club. Athletes accumulate points from Nov 1 to March 31. In addition regular awards plaques are awarded at the end of the season for their achievements. Good luck!

**Equipment:** One pair of waxable skis for skating, only SNS Profil, Pilot or NNN system are permitted (75mm norm are not suitable for the skate technique). One sets of poles for skating. Combi boots are fine, though skate ones are always preferred. Club members receive a 10% discount on equipment at Fresh Air Experience, Trailhead and Bushtukah 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 added or removed and carried with as well as hat, mitts, scarf, snack and liquid etc. in a knapsack.

We encourage Track Attack / Teen Ski Fit participants to purchase a Kanata Nordic jersey or tights. See the [Club Clothing page](#) for more details.

## Parent and Skier Commitment

Other than a part-time coach we contract from October through March, all ski programs are completely volunteer driven. In order to make this a success, skiers are expected to attend no less than 75% of the sessions. If too many sessions are missed the skier falls behind and the risk is that other skiers are then held back as a result. In addition, parents and skiers will be expected to provide a certain level of volunteer support. Club subsidized training for volunteers is available, including as ski leaders and in first aid.

## Contact Information

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