



**KANATA
NORDIC**

Junior Programs Winter 2025 Update
presented Dec 2024



Our Plan Tonight

1. Who We Are
2. How to Prepare (equipment, clothes, where to go)
3. What Happens during Lessons (arrival, during, after)
4. What Next?
5. Q&A





Our Approach

Fun: Following Nordiq Canada's Long Term Athlete Development plan, this is the **FUNdamentals** stage for these children. The goal is for everyone to enjoy themselves and want to get back on skis.

Skills: Nordiq Canada has outlined the age-appropriate seasonal skill development goals for children. Please see the [Intro to Community Coaching manual](#) for Bunnyrabbits and the [Community Coaching guide](#) for Jackrabbits.



Key Contacts

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Common Ski Equipment Questions

- [How long?](#)
- For Classic, rule of thumb - Skier Height in cm +5 to 20 cm (less for novice skiers, longer for better skiers)
- There's the paper test (see if a pair of skis supports your weight effectively for both gripping on the uphill and gliding on flat terrain or downhill.
Here's how to do it: On a hard floor surface, you should be able to slide a piece of paper under the skis when you stand evenly weighted on both of the ski centers. When all of your weight is applied to one ski at a time, the paper should be unable to slide.)
- Stores can recommend or do a flex test



SKIS		
SKIER HEIGHT	SKIN / CLASSIC SKIS	SKATE SKIS
90 cm	90	90
95 cm	90	90
100 cm	100	100
105 cm	100/110	100
110 cm	110	110
115 cm	120	120
120 cm	120/130	120
125 cm	130/140	130
130 cm	142/152	130
135 cm	142/152	140
140 cm	147/157	142
145 cm	157/167	147
150 cm	167	152/157
155 cm	172	157/167
160 cm	177-187	162-167
165 cm	177-192	167-172
170 cm	187-197	172-177
175 cm	192-202	177-182
180 cm	202-207	182-187
185 cm	202-207	187-192
190 cm	207	187-192
195 cm	207	187-192
200 cm	207	187-192



Common Equipment Questions: Skis

- Used gear (more recent than 3-pin) is a great idea, try looking [here](#) for options. Kanata Nordic members get a discount at Fresh Air Experience & Kunststadt Kanata
- Reminder that **SNS boots go with SNS bindings**; **NNN boots with NNN bindings**, etc. You cannot mix SNS with NNN! NNN is the more modern standard if you have a choice; SNS Pilot is now quite vintage
- No-wax skis are great for kids. Fishscales? Great! Skin skis? Also great!
- If they have wax skis? You need to Grip wax them so the Instructor doesn't have to! Just grip wax the wax pocket! [Waxing tips here](#). Here's [an intro to waxing video](#)
- We will have an introductory waxing clinic soon!
- Think of skis/boots as a seasonal expense and sell next November when your child outgrows. Expect 35%-75% depreciation from MSRP, depending on condition





Common Equipment Questions: Skate Skis

- Kids do not need skate ski equipment until late JR3 and up
 - Even then, you can convert waxable classic to 'good enough' skate skis by glide waxing the wax pocket.
 - We also have some rental skate ski equipment in kids' sizes.
- But 90% of kids I've coached? Try skate skiing and immediately prefer it to classic



Common Equipment Questions: Boots

- Nordic boots have confusing sizes – they’re EU
- Try them on with the same socks that they will ski in!
- Reminder that **SNS boots go with SNS bindings; NNN boots with NNN bindings**, etc. You cannot mix SNS with NNN! NNN is the more modern standard if you have a choice
- If they really like skate skiing, look for a “junior combi” boot that’s going to give a bit more ankle support for skate technique

CANADA / USA	EURO
10.5	27
11	28
11.5	29
12	30
12.5	30
13	31
13.5	31
1	32
1.5	33
2	33
2.5	34
3	34



CANADA / USA	EURO
3.5	35
4	36
4.5	36
5	37
5.5	37
6	38
6.5	38
7	39



Common Equipment Questions: Poles

- Bunny Rabbits & JR1 & most of JR2* (and their parents and the coaches!) don't use poles. *
- Measuring poles!
 - For classic, the strap should be at the midpoint of the shoulder if standing with normal shoes.
 - For skate? Strap should be at the skier's upper lip in shoes. The only kids who even need to ponder whether they should have skate poles are JR4



* Why "No Poles?"

- Technique-wise, novice skiers use poles as outriggers and don't work on their balance on a single ski – which is crucial for technique over time.
- Arming groups of ten kids with pointy spears on slippery skis is a bad call, liability-wise!

More Common Ski Equipment Questions



- Label your equipment! Especially poles and gloves ;)
- Go for a “practice ski” before the first day of lessons! Kids feel better if the terrain and trails are known
 - Ask them about their boots during that ski
 - Show them how to put their boots on the bindings and how to take their skis off their bindings!



Common Clothing Questions

- Layers are good! Especially on upper body (think dryfit tee, dryfit long sleeve, fleece sweater, coat).
- Below -10, exposed skin can be a concern, so think about applying dermatone or Vaseline or K-tape to exposed parts of the face like cheeks
- Buffs/neck warmers are great – if cold, they warm up the neck and head; if hot, they replace a toque. 401 trail head is windier than 411.
- Recommend that parents and coaches always ski with some hotshots for quickly warming up hands and cold feet. There are sock specific hot shots that have a post-it note like adhesive to keep them just over the toe joints.

Common Clothing Questions

- Avoid cotton, especially socks!
- Mittens are warmer than gloves!
- Kids should tell their coaches if they're cold! Or too hot! We encourage that – as we're not in a gym...
- Parents often over-dress their kids (thinking DH ski instead of XC) – and that's okay. It's also okay when the Jackrabbits want to drop a couple layers during practice when they start sweating – just don't forget as we have a lost and found collection every season.
- Unless there's a medical issue, don't bring a ski helmet!



Common Clothing Questions

- Lay out the clothing ahead of time!
- Try the ski boots with wool or merino socks before the first weekend!
- If it's windy or cold, use a buff – they're multi-purpose (face-warmer, neck warmer, head band)

Common Preparation Questions

- Older kids (JR1, JR2, JR3, JR4, DR) can bring a very small backpack or fanny pack with a water bottle, snack and spare gloves/mittens; kids get thirsty as it's very dry air – and if they dehydrate, their mood drops rapidly!
- Good Snacks?
 - Dehydrated fruit like mango or apples; apple slices in a ziplock bag
 - Gummy bears and gummy worms! They stay soft, provide glucose that is very quickly absorbed for energy and warmth
 - Soft granola bars – watch out for the chocolate chips and other things that will freeze solid! This is not the time for a Mars bar (that will be a brick)
- Awkward Snacks?
 - Things that freeze solid
 - Things that have a lot of packaging (cold hands will struggle & will be dropped as litter)

Facilities: Updates

- We will be using both sites this winter for the Rabbit programs.
 - To start? Everyone at the 401 Corkstown site
 - We will switch the sites over time – e.g. once MoL leaves
- We have a large tent at the equestrian site, and should have heating in there for Sat/Sun afternoons as well as tables and chairs (for kids and parents).
- The campground site (411 Corkstown Rd) has a 20x60 wood cabin with heat (wood stove and electric panels) and light
- Rental porta-potties will arrive soon at both sites.

401 Corkstown (Equestrian)

Where classes should meet
their leaders the first week

401 Corkstown Rd
Look for the horse sculpture and KN flag

Wesley Clover Parks

Do not park by the
WCP offices!

BR1
BR2

JR1

JR2

JR3

JR4

DR

Where the
actual practice
are likely to
happen at first

JR4

JR3

BR1

BR2



DR

JR2

JR1

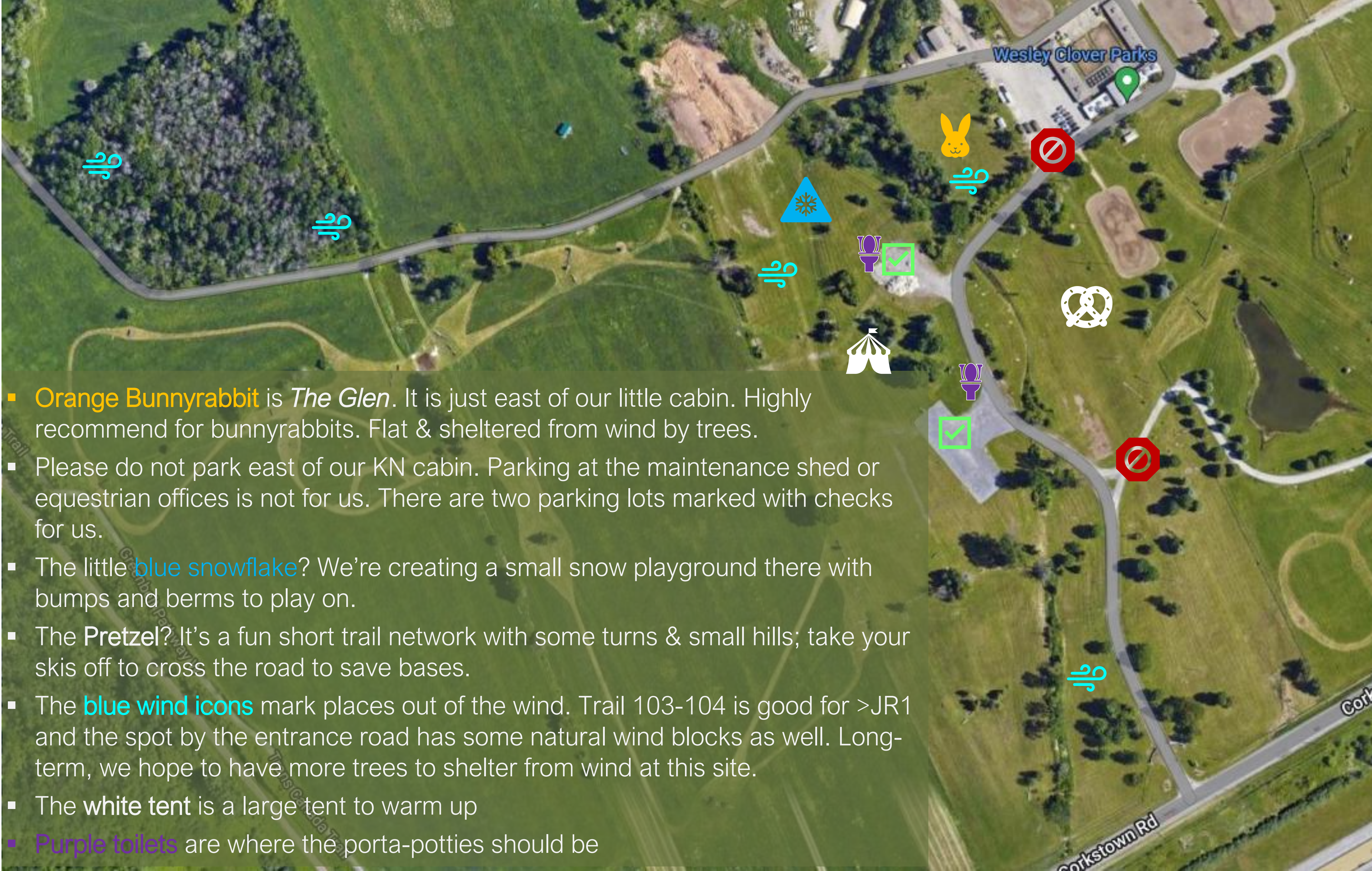


401 Corkstown Rd
Look for the horse sculpture and KN flag








401 Corkstown (Equestrian Fields)

- **Orange Bunnyrabbit** is *The Glen*. It is just east of our little cabin. Highly recommend for bunnyrabbits. Flat & sheltered from wind by trees.
- Please do not park east of our KN cabin. Parking at the maintenance shed or equestrian offices is not for us. There are two parking lots marked with checks for us.
- The little **blue snowflake**? We're creating a small snow playground there with bumps and berms to play on.
- The **Pretzel**? It's a fun short trail network with some turns & small hills; take your skis off to cross the road to save bases.
- The **blue wind icons** mark places out of the wind. Trail 103-104 is good for >JR1 and the spot by the entrance road has some natural wind blocks as well. Long-term, we hope to have more trees to shelter from wind at this site.
- The **white tent** is a large tent to warm up
- **Purple toilets** are where the porta-potties should be



411 Corkstown (Campground): Where to Meet Coaches









-  411 Access
-  Parking
-  No Parking
-  Ski trail from lower lot
-  Cabin



Parking:

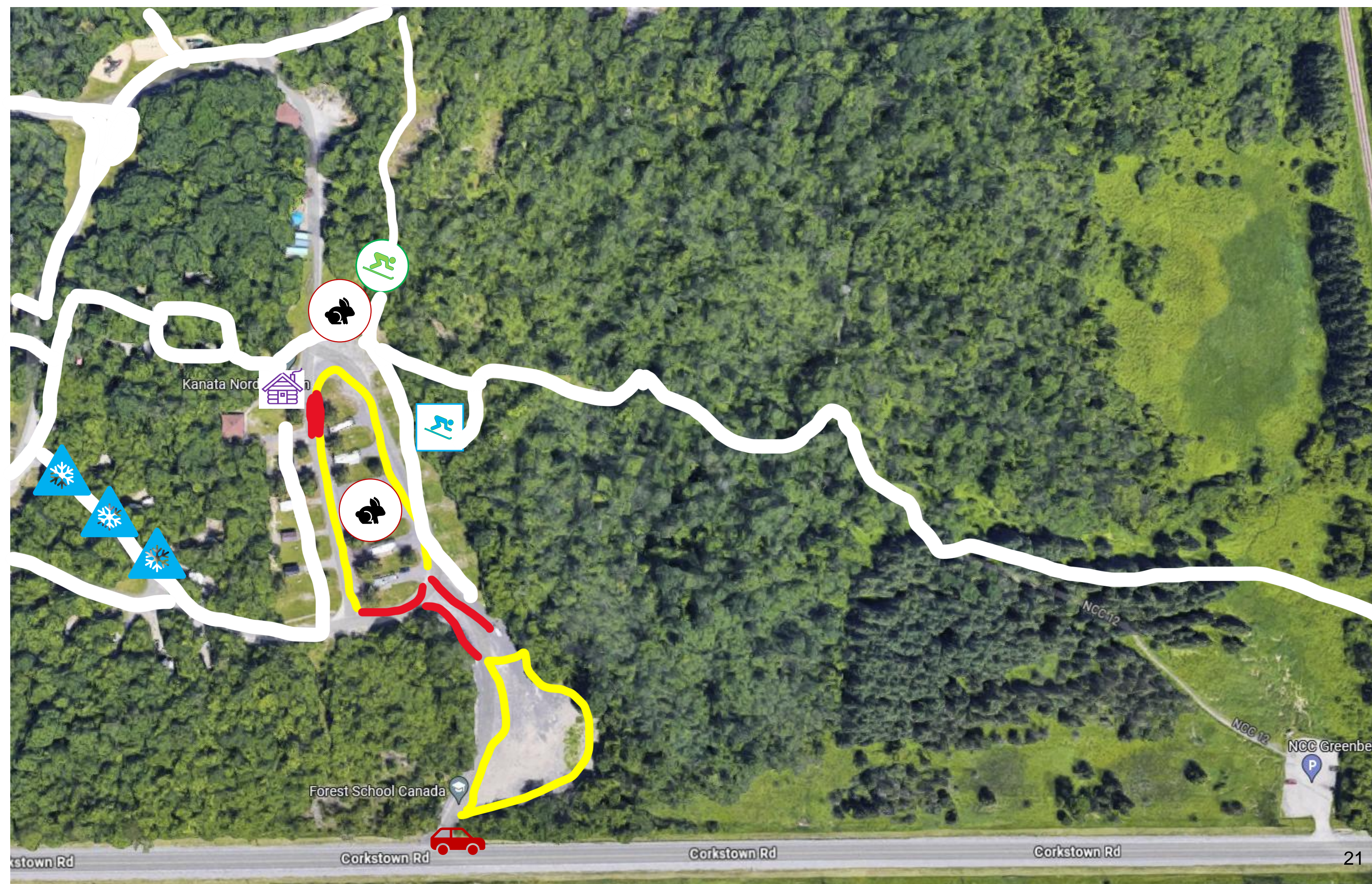
- Please maximise spots; angle park on the upper loop
- Please be safe – kids are hard to see; parking lots are often icy

411 Corkstown (Campground)

-  411 Access
-  Parking
-  No Parking
-  Small Hill
-  More Difficult Hill
-  Playground
-  Bunny Field
-  Cabin

Parking:

- Please maximise spots; angle park on the upper loop
- Please be safe – kids are hard to see; parking lots are often icy



411 Corkstown (Campground)

 411 Access

 Parking

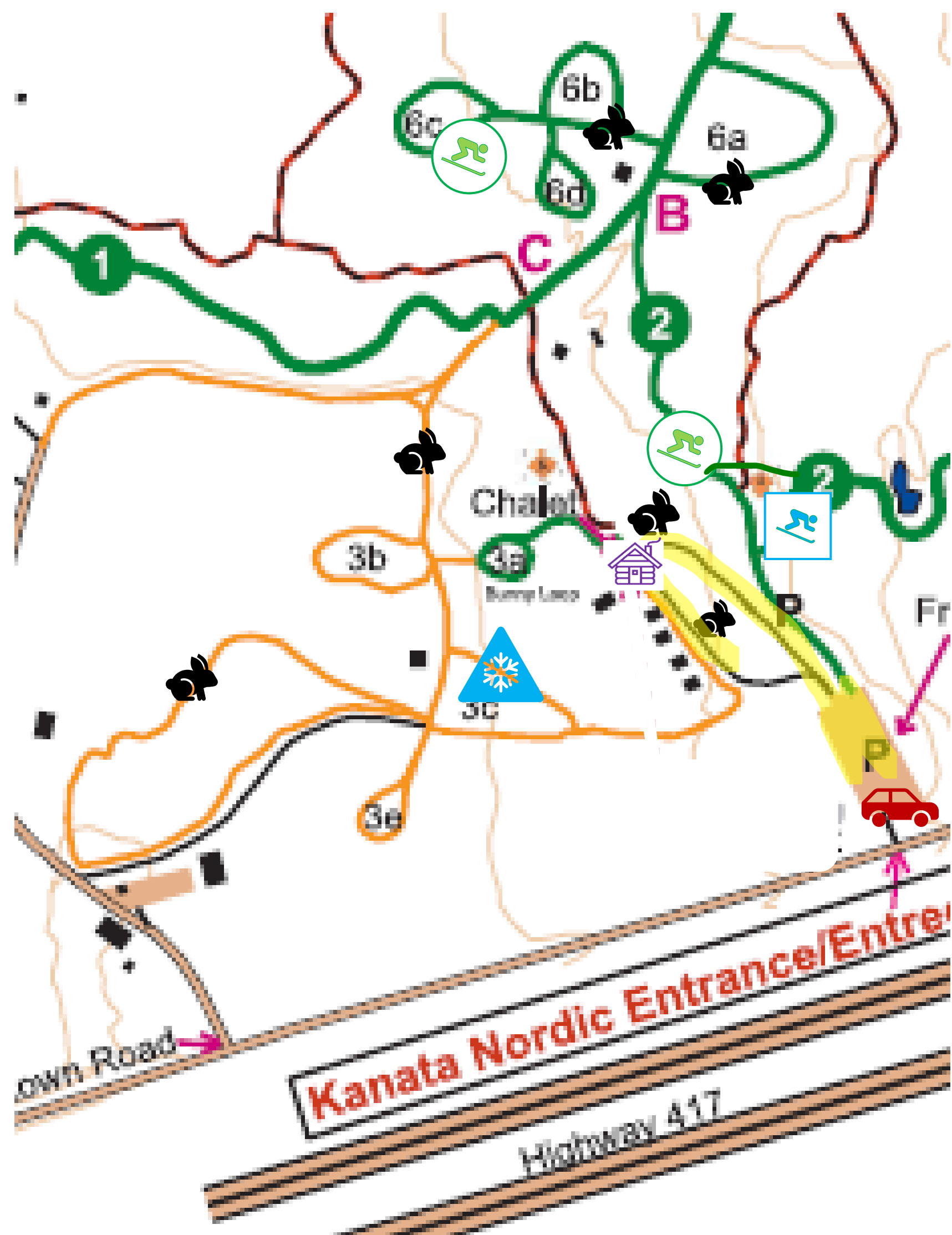
 Small Hill

 Medium Hill

 Playground

 Bunny Field

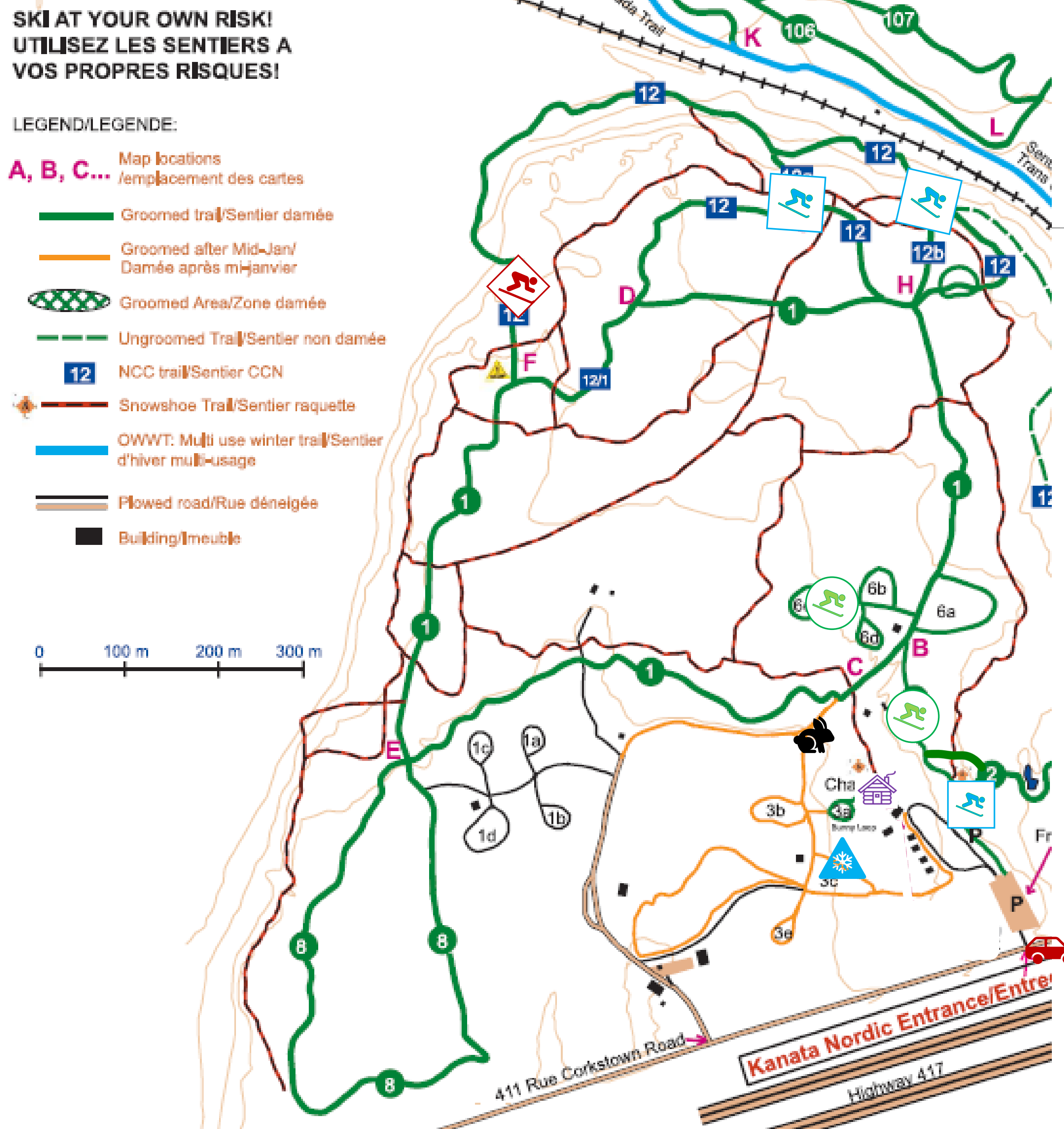
 Cabin



Facilities:



-  411 Access
-  Small Hill
-  Medium Hill
-  Big Hill
-  Playground
-  Bunny Field



Before the Season Starts



Hopefully you will hear from your class leader/coach before the season.

If you haven't had an email by Dec. 28, please reach out to kanatanordicjackrabbit@gmail.com

[illegible]

At the Lessons

- Please **arrive early or at least on-time** (remember the tent/cabin is available).
 - It's too cold for your instructors and the other kids to stand around waiting for you. If you will be late, please contact the instructor as soon as you're aware of that.
 - If you're going to miss the lesson? Give them a heads-up so they're not standing around.
- At least one parent must accompany the **Bunnyrabbits** on their own skis. We do this for a couple of reasons 1) comfort levels of kids vary at that level; 2) temperature – kids will tell their parents whether they're too hot or cold, but don't tell "strangers" (e.g. instructors); 3) the Portapotty w/ a snowsuit issue...
- Parents can accompany the JR lessons – but please respect the instructors. If leaders ask adults to participate in games/drills as well, or ask for no-poles, then respect that.
- We request that at least one responsible adult stay on site during the lesson – whether go for a ski, snowshoe, in the cabin, or in your own car.
- Feel free to bring your own thermos of hot chocolate/coffee or eat in the cabins – just please clean-up after yourself and take garbage with you.
- Ask your coach where their lesson will end so you can more easily find your kid!

Weather Policy



- Kanata Nordic has a "cold weather policy". Lesson cancellations happen due to extreme weather or unsafe ski conditions (e.g. freezing rain or icy conditions). We follow XC Ski Ontario guidelines for cancellation - for JRs: if the temperature without wind chill is below -18°C
- Lesson cancellations are determined by noon on Saturday/Sunday mornings and sent by email. Cancellation will also be posted on www.kantanordic.ca and social media.
- In colder temperatures, we ask leaders to adjust lesson plans so skiers aren't standing around.
- We respect parents' decision to determine what is best for their children and in what condition they should be skiing. Parents are ultimately responsible to determine if their child should participate even if the instructors advise that classes will be held.
- If there's not enough snow (please keep up your snow dances), then we will choose alternate activities like a hike / games / scavenger hunt / orienteering through the forest instead. Please consider attending these as well – they're often quite fun!

What to expect in the Lesson

We aim to instruct through some games and lots of play time. The types of play varies by age and interest

Week One Bunny Rabbit	
Warm Up 5 min	Spell out BUNNY RABBIT with actions: "B" is for bouncing; "U" is for up and downs; "N" is for nodding; "N" is for nine jumps; "Y" is for making the letter Y with arms; "R" is for reaching as far forward as possible; "A" is for arm swing circles; "B" is for bending down low; "B" is for balancing on one foot; "I" is for itching; "T" is for tickling your parents!
Skill 5 min	Learning to Fall / Learning to Stand Back Up Leader falls over by sitting down to the left. Land on side of the thighs or bum as it's softer and safer than using hands and arms (which can be hurt on impact)... <i>Common error? Falling forward or falling onto back</i> Then demonstrate how to get up – tuck skis close to bum, lean forward with hands on skis, crawl forward and stand up. Skiers practice with help –helpers put skier in the correct position and let the skier stand up <i>Common errors: standing before skis are parallel; standing when hips aren't over skis</i>
Skill 10 min	Movement on skis -have skiers start with small steps, try walking, encourage sliding, encourage bent knees and a forward leaning stance, arms swing at side Pick Up -mark an area with cones, place easy to pick up objects at one side of area and skiers at the other side. Have skiers walk to pick up an object and bring it back (stuffy, balls, <u>snow ball</u> , etc.)
Free Play 5-10 minutes	Catch the bubbles -Blow bubbles and have the skiers try to catch them <i>(pre-COVID suggestion or within family bubble)</i>
Game 5-10 minutes	Follow the leader- leader leads the group around an area, skiing in a crouched position, little steps, big steps, in a curvy line, around objects etc.
Game 5-10 min	What time is it Mr. Wolf? Make sure all who want to get a chance to be the wolf, two wolves at a time works well
Game 5-10 min	Red Light / Green Light. On Red Light, try standing on one ski only

Week Two Bunny Rabbit	
Warm Up 5 min	Spell out BUNNY RABBIT with actions: "B" is for bouncing; "U" is for up and downs; "N" is for nodding; "N" is for nine jumps; "Y" is for making the letter Y with arms; "R" is for reaching as far forward as possible; "A" is for arm swing circles; "B" is for bending down low; "B" is for balancing on one foot; "I" is for itching; "T" is for tickling your parents!
Review Skill 5 min	Learning to Fall / Learning to Stand Back Up As in last week's lesson, but add complication – cross skis, and then have them untangle the skis. Roll on back to untangle skis, put both skis to one side and close to bum, put hands on skis, crawl forward to stand up
Review Skill 5 min	Movement on skis As last <u>week</u> , but change directions frequently. Try staying low, then staying high
New Skill – 5 Min	Star Turn- demonstrate first -arms out for balance -stepping in one direction -tips apart and tails together
Pick one of the following 5-10 minutes	Parent / Kid Tag
Game 5-10 minutes	Follow the leader- leader leads the group around an area, skiing in a crouched position, little steps, big steps, in a curvy line, around objects etc.
Game 5-10 min	What time is it Mr. Wolf? Make sure all who want to get a chance to be the wolf, two wolves at a time works well
Game 5-10 min	Red Light / Green Light. On Red Light, try standing on one ski only
Ski	Go for a trail <u>ski</u> , but keep it short and close to cabin/parking lot. Look at snowflakes, etc...





What to expect in the Lesson

Have Fun! Make Friends! Get Accustomed to a Sport for Life

Age-Appropriate Games: <https://nordicskilab.com/cross-country-ski-games-for-kids/>

Some trail skis; some games

What to expect in the Lesson

- Expected end of season skills by level:
- [Bunnies](#)
- [Jackrabbit #1](#)
- [Jackrabbit #2](#)
- [Jackrabbit #3](#)
- [Jackrabbit #4](#)
- A video library of what skills should look like by age group (<https://nordiqcanada.ca/coaches-and-wax-techs/coaches/coaching-resources-for-athlete-development/athlete-development-matrix-technique-videos>).
- This is super-helpful for me as an adult skier to work out what I do wrong as well.



What to expect in the Lesson

- If you feel like your child is in the wrong group – e.g. the expected skill is too easy or too hard – please speak (respectfully) to the instructor and then email Ardeth (Jackrabbit Coordinator)
- You can do this most easily in the first two weeks of on-snow lessons.
- If you feel like you would like to more formally help – we would usually love to have more assistants. Please talk to the instructor and Ardeth

What Comes After Lessons?

Just an Entry Point:

- Please take your kids skiing after school and on weekends. Kanata Nordic and OWWT trails are open 24-7*
- Parking lot gates are locked from 10 pm till 7 am, but there's access from NCC P3 or the OWWT.
- They can have friends (kids <12 do not need a day pass to ski) or ski on the Ottawa West Winter Trail anytime.
- The big white tent is unlocked. Interior lights and maybe heaters will be installed.
- The heated and lit campground cabin should be open every night after MOL; bring your own hot chocolate or meal, and have a night ski followed by a meal onsite (just clean up afterwards and ensure the door is closed)
- We're hoping to light 1-2 km of trails this winter for night skiing



411 Corkstown Cabin – After Magic of Lights Departs



The Snow Playground



Snow Playground



Hunt for Pokemon / Paw Patrol



What Comes After Lessons?

- **Racing or Teen Skate:**
 - Once your kids hit JR4, then they can keep on skiing with Kanata Nordic programs.
 - We have an active racing program for kids aged 10-18 as well as our Teen Skate program which is less intensive, but still super-fun.

Teen Skate



Racing



Special Events

- We're going to host an Ottawa district classic race February 16th (Corkstown Classic); we have a free KNSC-only categories as well for adults, teens and kids
- We're hoping to host free club-only races Jan 12th depending on the snow. We will have suitable distances for the kids and adults! Come out in the morning to try in, and then have some hot chocolate





Emergency Action Plan (EAP)

- The plan would be to have each leader have the little first aid package and wear their "Safety Vest" to identify themselves as a safe person.
- Each leader and assistant will have all the leaders and assistants cell phone numbers on them in hard copy or on their cell phone (keeping the information confidential) to contact each other if needed.
- In the event of a possible injury, where the person should not be moved, the first call would be 911.
- Then the leader could contact others for help/support* and then in all cases the parent would be contacted. * *for instance, we might use the ATV/snowmobile to assist First Aid rather than trying to get an ambulance down trail 12.*
- The leader and assistants should also have the name of all students and the parent contact with them as well.

Q&A

Open Questions
