

KANATA NORDIC TRACK ATTACK PROGRAM 2026-27

New this season!

Track Attack is a program for young skiers who have completed Jackrabbit 3 or 4 (or with similar experience) and are curious about racing and further developing their cross country ski skills (classic and skate). If your young skier would enjoy learning about racing and exploring other trail networks in the Ottawa/Gatineau area, this program will provide a supportive environment with a focus on fun and building skier confidence.

Goals: Kanata Nordic's Track Attack Program aims to keep young skiers engaged in skiing by:

- Introducing seasonal goal planning, training, racing environments, and participation at local events.
- Delivering sessions from early November to the end of March with a variety of activities.
- Skiing at a variety of locations within the Ottawa/Gatineau area.
- Encouraging a team atmosphere and a sense of belonging to Kanata Nordic and broader ski community.

Participants: Track Attack is designed for skiers who are between the ages of 9 and 12, and who are in the "Learning to Train" stage of development. For the 2026-27 season, Kanata Nordic's Track Attack program is currently limited to 8 participants. A waitlist will be created and with committed parental support and/or additional group leaders, this Program could expand to support more participants.

Program Schedule: Kanata Nordic's Track Attack Program starts in early November with dryland training (e.g., hiking, games, some ski drills like striding and hill bounding) and continues into ski season until the end of March.

Fall Session (November and December)

- One session per week on Sundays (1:30 p.m. to 3:00 p.m.) at a local trail system, track and/or field. Locations will likely be Bell High School and/or All Saints High School.
- Sessions will include fun games, hiking, and an introduction to training drills (e.g. ski striding/bounding, plyometrics).

Winter Session (January to March)

- Two sessions per week on snow Tuesday evenings (6:30 p.m. to 7:30 p.m.) and Sunday afternoons (1:30 p.m. to 3:30 p.m.).
- Weeknight sessions will be held at Kanata Nordic.
- Weekend sessions will take place at Kanata Nordic or a trail system in the Ottawa-Gatineau area (e.g. Kichi Sibi Winter Trail). A session in Gatineau Park will also be planned.

Supported Races

- Kanata Nordic's Track Attack Program will attend the following races: Gatineau Loppet 5km, Kanata Nordic's Corkstown Classic and Nakkertok's Cookie Race. Group leaders will fully support any of the program's skiers who wish to participate in any of these events.
- The focus will be on participation and individual goals related to how each skier would like to experience the race (e.g., feeling prepared, using a certain technique, focusing on specific sections of the trail).

PLEASE NOTE

- Ski racing takes many shapes and forms and can be a fun life-long journey. Kanata Nordic's Track Attack Program is meant to introduce skiers and their parents to the different possibilities of racing and the supportive nature of the ski community in the National Capital Region.
- It is NOT required that the program's participants enter races; however, they will be encouraged to come to the race site for at least one event to learn about how races are organized, be part of warm-ups and general race preparation, and cheer on their friends and other racers.
- Parents do not need any experience with racing or training to support their skiers or to help out with this program. Group leaders will provide resources and tips over the season to support parents and their skiers in their skiing journeys.

COST: \$300