

Kawartha Nordic Ski Club Athlete Development Program (ADP) Parent Information Document

Dear Parents of Kawartha Nordic Athletes,

Thank you for your interest in the Athlete Development Program (ADP) with the Kawartha Nordic Ski Club. This information document will hopefully serve as an information update and as a response to some frequently asked questions. The Athlete Development Program (ADP) offers focused and purposeful training time for athletes interested in cross-country ski racing, considering racing, or seeking a winter-sport-fitness program. ADP is offered at three levels: Learn to Train (L2T), Junior Development (Devo), and Junior Racing. ADP is a training program where skiers aged 10 to 18 train, or learn to train, with purpose for classic and skate ski racing. While there is a racing element to this training program, the ADP mandate is to help youth train, practice, and develop as Nordic skiers. ADP racers may compete at local, regional, provincial, or national races.

2018-19 ADP COACHES:

ADP Coaches are NCCP trained and/ or certified at the *Learn to Train* and *Train to Train* level. Our coaching team is made up of our head coach, lead coaches, and assistant coaches.

Our head coach this season is Jon Grimwood who can be contacted at jongrimwood@gmail.com. Coach Jon will help answer any questions you have or he will put you in contact with the appropriate lead coach.

Learn to Train

Kris Lew, Lead Coach
Kent Todd

Junior Development

Colin Jones, Lead Coach
Anthony Peterson

Junior Racing

Jon Grimwood, Lead Coach
Todd Harris
Tim Hadfield
Junior Racing Team Manager
Aileen Hadfield

FREQUENTLY ASKED QUESTIONS (AND ANSWERS)

FAQ #1: What's the difference between L2T, Devo, and Junior Racing?

Answer:

	L2T	DEVO	RACING
Age group	Grade 5-7 (Peewee & Midget)	Grade 8-12 (Midget, Juvenile, & Junior)	Grade 8-12 (Midget, Juvenile, & Junior)
Schedule	2 practices per week, November to March	2-3 practices per week, October to March	3-4 practices per week, September to March
Type of XC Ski Training	Skate and Classic ski training	Skate and Classic ski training	Skate and Classic ski training
Level of Racing	Local and regional races; provincial youth championship	Local and regional races	Local and regional races, provincial cup races, ski nationals
Dryland Training	Weekly sessions November to mid-December	Fall training camp; weekly sessions October to mid-December	Two summer training camps + Fall Training camp; weekly sessions September to mid-December
On-Snow Training	Weekly sessions mid-December to early March	Weekly sessions mid-December to early March	Weekly sessions mid-December to late March

FAQ #2: When and where are the training sessions?

Answer:

L2T: Wednesday evenings 6:30pm to 7:30pm and Saturdays 1:00pm to 3:00pm

Devo: Thursday evenings 6:00pm to 7:30pm and Sundays 10:00am to 1:00pm, plus Saturdays 10:00am to 12:00pm in Winter

Jr Racing: Tuesday and Thursday evenings 6:00pm to 7:30pm, Sundays 10:00am to 1:00pm, plus Saturdays 10:00am to 12:00pm in Winter

All programs take place at a variety of locations in and around the Peterborough and Kawartha area.



FAQ #3: When does winter on-snow training begin?

Answer:

Mid-December. As soon as the trails at Kawartha Nordic are open we will be skiing.

FAQ #4: What equipment is needed?

Answer:

Skis, ski boots, ski poles, outdoor athletic clothing, insulated water bottle and waist belt.

For Skate skiing: skate skis sized to the skier; ski poles that are between chin and nose high; skate ski boots; layered clothing covered by a wind breaking jacket; toque; ski gloves; neck warmer

For Classic skiing: classic skis sized to the skier; ski poles that are 83% of skier height or approximately shoulder-high; classic ski boots; same clothing as skate skiing

A note on boots: Ideally skiers will have a pair of skate ski boots and classic ski boots but for kids who still have growing feet: Combi-boots offer a compromise between skate and classic boots and save having to purchase two sets of boots.

FAQ #5: How does ski waxing work?

Answer:

Skiers much purchase a team ski waxing kit that will include basic glide and grip wax along with a couple waxing tools. This waxing kit is purchase during registration and will be given to skiers at our first waxing clinic. Skiers are expected to attend training sessions with their skis waxed and ready to use. We will teach all ADP skiers how to wax their skis. Waxing facilities are available at the Kawartha Nordic Ski Club.

ADP will provide ski wax for races and ADP coaches will prepare and wax athletes' skis for races. A \$15.00 fee will be charged per pair of skis waxed at races and skiers will be billed for their waxed skis post-race. It is recommended that all ski racers take advantage of this option as coaches will test and use a variety of ski waxes at races that will ensure skiers are racing on the fastest skis possible.

Skiers may, however, opt-out of having their race skis waxed by the ADP coaches. Skiers can then prepare and manage their race skis using their own wax and equipment.



FAQ #6: How do coaches/ skiers/ and parents communicate?

Answer:

A weekly email is sent out each Monday describing the training plan for the week. The Coach uses an App called Remind to send out additional reminders or notifications. Cell phone numbers may be exchanged on race weekends. An ADP calendar will be designed and distributed. The calendar lists practice dates and locations as well as race/ event dates and locations.

FAQ #7: What if a training session is missed/ not attended?

Answer:

It is assumed that all ADP skiers will attend practices whenever possible. Practices build upon each other and the skills and fitness that develops at one practice helps future practices. If a practice is missed, that's okay. However, each training session will have a technique and fitness component to it that if missed, may set the skier back a little or result in a missed opportunity to develop as a ski racer.

FAQ #8: What are the age categories for Nordic ski racing?

Answer:

Age categories are based on year of birth but generally are:

Grade 5/6: Peewee

Grade 7/8: Midget

Grade 9/10: Juvenile

Grade 11/12: Junior



FAQ #9: What are the additional costs involved with racing?

Answer:

In addition to program registration and equipment there are some other costs associated with being a Nordic ski racer.

- Race fees vary between \$15 and \$60 depending on if the race is a school race or club race.
- There are transportation costs that can be minimized through carpooling and ride sharing.
- Jr Racing skiers must purchase a race license through Cross Country Canada for approximately \$50 so that they earn racing points that rank them provincially or nationally and help seed them for races.
- Provincial Cups and Championships are full-weekend events that involve two or three races, 2-night accommodation, transportation, and meals. Typically these weekends cost \$200-\$250 per skier but costs can be minimized by sharing in the transportation and accommodation.
- Team racing suits are available for purchase or there are limited suits available to rent. A new racing suit costs approximately \$200. A racing suit rental costs \$50.

FAQ #10: How does one register for a ski race?

Answer:

Most races will involve an online registration process at www.zone4.ca. The Coach will announce and provide access to race registration and parents will register skiers for any/ all races. The Coaches and ADP Team Manager will coordinate and facilitate transportation and accommodation for ski races.

- Junior Racing athletes will race in 2 to 3 regional races, 3 to 4 provincial cup race events, and ski nationals (when possible)
- Junior Development athletes have the option to race in any of the same races that Junior Racing athletes participate in.
- Learn to Train athletes will race at the Ontario Youth Championships and two additional regional or provincial races.



EXPECTATIONS AND RESPONSIBILITIES OF ADP ATHLETES

1. The athletes of Kawartha Nordic's ADP will be committed to the Nordic ski training program by:
 - Being a member in good standing with the Kawartha Nordic Ski Club
 - Showing up on-time and ready for practice
 - Participating with enthusiasm, an open mind, and a positive attitude
 - Recognizing that participation in athletics is a privilege.
 - Setting challenging and realistic goals.
 - Developing a winning attitude
 - Being committed to skill development in skate and classic Nordic skiing
2. The athletes of Kawartha Nordic's ADP will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:
 - Developing a team attitude by building relationships with their fellow athletes.
 - Being coachable and open to constructive feedback.
 - Sharing appropriate individual and team concerns with the coaches.
3. The athletes of Kawartha Nordic's ADP will demonstrate good citizenship and sportsmanship by:
 - Behaving with integrity.
 - Exhibiting pride in their team and club.
 - Competing within the rules.
 - Accepting responsibility as a role model for younger skiers in Jackrabbits and Track Attack.
 - Supporting other sports and teams.
 - Competing with dignity, humility, and grace, regardless of winning or losing.
4. The athletes of Kawartha Nordic's ADP will develop and maintain healthy behaviors by:
 - Being alcohol and drug free.
 - Praising and cheering on their teammate



- Demonstrating good personal health habits with respect to nutrition and rest.
- Dealing with challenges in a positive manner.

EXPECTATIONS AND RESPONSIBILITIES OF ADP PARENTS

1. The parents will communicate with coaches by:

- Communicating openly, honestly, and with respect.
- Communicating issues and concerns in a timely manner including those of physical and emotional well-being on behalf of their son or daughter.
- Attending parent meetings and reading information disseminated by the coaches.

2. The parents will demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials in order to provide a positive, enjoyable experience for all athletes.
- Understanding a race is for the athlete and not for the adults.
- Recognizing that coaches and officials are volunteers.
- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the club.
- Promoting the team by being supportive and helpful of the club program.
- Expecting consistent student attendance at practices

3. The parents will create a positive and supportive environment to promote their child's well-being by:

- Supporting good conditioning and healthy life style habits.
- Placing the emotional and physical well-being of their student ahead of any personal desire to race or compete.
- Expecting their student to ski in a safe and healthy environment.
- Supporting their student in planning how to meet their school, work, or other responsibilities given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.



EXPECTATIONS AND RESPONSIBILITIES OF ADP COACHES

1. The coaches will maintain a professional role as coach and will keep the role of coach in proper perspective by:
 - Developing and communicating clear and specific goals for the team and individual skiers throughout practices and the season.
 - Maintaining open and honest communication with athletes, parents, and other coaches.
 - Developing and demonstrating a good knowledge base and skill set of Nordic ski information and technique.
 - Modeling and teaching skills necessary to succeed.
 - Supporting athlete goals, expectations, responsibilities, and achievements.
 - Representing Kawartha Nordic with integrity.
 - Promoting and encouraging the athlete goals and expectations
2. The coaches will be positive role models in personal management, appearance, ethics, and behavior by:
 - Connecting athletic experiences with life experiences.
 - Providing an atmosphere of teamwork and collaboration among coaches and athletes.
 - Modeling good sportsmanship at all times.
 - Creating and maintaining a safe and healthy environment for athletes.
 - Understanding their leadership style and its impact on athletes.
 - Considering important commitments of student athletes outside their sports.

2018-19 ADP CALENDAR

Our 2018-19 Calendar will be emailed to registered program participants and a Google calendar will be created and linked.

