

YOUTH PROGRAM HANDBOOK 2016–17

KAWARTHA NORDIC

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OVERVIEW

Kawartha Nordic offers a number of exciting programs for those interested in improving their skiing. Our youth programs offer several different options for new and experienced skiers aged 4 through 18.

The Kawartha Nordic youth programs are divided roughly into two streams: a recreational stream and a training/racing stream. Skiers can pick the stream that matches their needs, but are not locked in and depending on age can switch back and forth between the streams as their focus changes over the years.

The programs are designed along the age-specific stages and guidelines outlined in the [Canadian Long-Term Athlete Development](#) (LTAD) model, in order to ensure our programming is age appropriate and fun.

NEW & NOTEWORTHY

We are introducing a new program this year for skiers born in 2007, called Jack Attack. This optional program will run at the same time as Jackrabbits, but will put more emphasis on learning to skate ski one year earlier than the Track Attack program.

SPECIAL EVENTS

YOUTH FESTIVAL

This year's annual celebration of youth skiing will be taking place Saturday 25 Feb 2017. All youth program participants and their families are invited to a day of games, activities and a BBQ lunch.

KAWARTHA CUP

The Kawartha Cup, Saturday 28 Jan 2017, is an exciting day of fun races with teams made up from all program age groups.

ONTARIO MIDGET CHAMPIONSHIPS

Kawartha Nordic is excited to be hosting the 2017 Ontario Midget Championships on the February 4–6 weekend. This three-day event, offers the chance for skiers of all ages to see what Cross-country Ski racing is all about, and we are hoping you and your family will come as spectators, volunteers or racers.

While this is an Ontario Championships, for many of the athletes this will be their first ski race, and as such is structured to be a fun and easy-going event. There will be classic and skate ski races in both individual and team relay formats. For more information watch for the official race notice at <https://kawarthanordic.ca/>

We encourage all male skiers born in 2002–2007, female skiers born in 2003–2007 and paranordic skiers born in 2001–2007 to sign up and race. Registration will be available online through <http://zone4.ca/>

Traini

Bunnyrabbits

The objective of this program is to introduce 4 year-old skiers to cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. The program is 1 hour on Saturdays.

Age: 4

Jackrabbits

The objective of this program is for children ages 5-9 years to learn basic cross-country ski skills (both classic and skating) and to instil a lifelong interest in the sport, thereby enhancing their quality of life and health. The program is scheduled for 2 hours on Saturdays.

Age: 5-9

Track Attack

The focus of the Track Attack program is to help participants aged 9-12 years old become technically competent cross country skiers and use their skills to explore a wide range of ski activities. The program is scheduled for 2 hours on Saturdays.

Age: 10-12

Kawartha Winter Adventure Challenge

The Kawartha Winter Adventure Challenge (KWAC) is a recreational ski program for experienced skiers aged 13 through 15. KWAC skiers should have a base of Nordic ski skills so that they can come together and take part in a weekly ski session that involves a little bit of instruction followed by a social ski tour to various destinations at Kawartha Nordic Ski Club or other Nordic ski sites. The program is scheduled for 2 hours on Saturdays.

Age: 13-15

High School

Local high schools offer Nordic ski racing as a sport option in the winter. Nordic ski teams exist or have existed at Thomas A. Stewart Secondary School, Adam Scott Collegiate, Crestwood Secondary School, Kenner Collegiate, Lakefield College School, Trinity College School, and St. Peter's Secondary

Athlete

ADP offers two training options for four age groups. ADP Racing skiers train 3 times per week in both winter and summer. During the fall, ADP skiers can choose to join training and ski-specific skill development in

Peewee (L2T): Young athletes 10-12 years old use more formalized methods. Emphasis for these athletes is the introduction to racing activities.

Midget (L2T3): Young athletes in the third level are called our Midget racing program. Emphasis is on developing Nordic ski skills with an introduction to, and

Juvenile (T2T): Young athletes in the Juvenile level use advanced plans and methods. These athletes continue to improve their fitness and consolidating their sport-specific

Junior (T2C): Young athletes in the Junior level use advanced plans and methods. These athletes continue to improve their fitness and solidifying their sport-specific skills and their

RECREATIONAL PROGRAM DETAILS

- All recreational youth programs operate for 8 weeks on Saturdays beginning January 7th
 - 07-Jan-2017, 14-Jan-2017, 21-Jan-2017, 28-Jan-2017, 04-Feb-2017, 11-Feb-2017, 18-Feb-2017, 25-Feb-2017
- Registration opens in October and is first come, first served. All youth programs fill very quickly, and online registration will allow you to choose a waiting list option once capacity has been reached.
- Skiers must be members of Kawartha Nordic Ski Club to be enrolled in the club's programs. Membership and all youth program registration take place together online through our partner zone4.ca

BUNNYRABBITS

Bunnyrabbits is a fun, learn-to-ski program for children aged 4 years-old. The program is scheduled on Saturdays through January and February.

Bunnyrabbits is the first level in the Kawartha Nordic Youth Program. It is a nation-wide initiative designed and supported by Cross Country Canada, and follows the Active Start stage of the Canadian Long-Term Athlete Development (LTAD) model.

- Cost \$63 for 8 weeks of lessons beginning January 7th
- One hour sessions on Saturdays from 1–2 pm
- Skiers in Bunnyrabbits will be learning the classic ski technique
- Each session is taught by friendly, skilled coaches; and includes a break at the approximate mid-point of the session
- Lessons will vary according to age and skill level with an emphasis on having an enjoyable experience on skis
- All skiers are to provide their own winter wear and ski equipment appropriate for the classic ski technique
- Enrollment is offered in 2017 for children born in 2012

JACKRABBITS

Jackrabbits is a fun, learn-to-ski program for children aged 5 through 9. The program is scheduled on Saturdays through January and February.

Jackrabbits is the second level in the Kawartha Nordic Youth Program. It is a nation-wide initiative designed and supported by Cross Country Canada, and follows the Active Start and FUNdamentals stages of the Canadian Long-Term Athlete Development (LTAD) model.

- Cost \$103 for 8 weeks of lessons beginning January 7th
- Two hour sessions on Saturdays from 1–3 pm
- Skiers in Jackrabbits will be learning the classic ski technique
- Each session is taught by friendly, skilled coaches; and includes a break at the approximate mid-point of the session
- Lessons will vary according to age and skill level with an emphasis on having an enjoyable experience on skis
- All skiers are to provide their own winter wear and ski equipment appropriate for the classic ski technique
- Enrollment is offered in 2017 for children born in 2007–2011

JACK ATTACK

Jack Attack is a fun, learn-to-ski program for children aged 9. The program is scheduled on Saturdays through January and February.

Jack Attack is an optional intermediate step to the third level in the Kawartha Nordic Youth Program, for those skiers focused on learning to skate ski early. It continues with the FUNdamentals from Jackrabbits while incorporating the Learn to Train stages of the Canadian Long-Term Athlete Development (LTAD) model.

- Cost \$103 for 8 weeks of lessons beginning January 7th
- Two hour sessions on Saturdays from 1–3 pm
- Skiers in Jack Attack will be learning to skate ski, but will also spend some lessons on the classic ski technique
- Each session is taught by friendly, skilled coaches; and includes a break at the approximate mid-point of the session
- Lessons will vary according to age and skill level with an emphasis on having an enjoyable experience on skis
- All skiers are to provide their own winter wear and ski equipment appropriate for the skate ski technique
- All skiers will also need either their own classic ski equipment, or ski boots suitable for use with club provided classic skis for days when classic ski technique is being taught — combi boots for Salomon SNS bindings
- Enrollment is offered in 2017 for children born in 2007 and is capped at 10 skiers

TRACK ATTACK

Track Attack is a fun, learn-to-ski program for children aged 10 through 12. The program is scheduled on Saturdays through January and February.

Track Attack is the third level in the Kawartha Nordic Youth Program. It is a nation-wide initiative designed and supported by Cross Country Canada, and continues with the FUNdamentals from Jackrabbits while incorporating the Learn to Train stages of the Canadian Long-Term Athlete Development (LTAD) model.

- Cost \$103 for 8 weeks of lessons beginning January 7th
- Two hour sessions on Saturdays from 12–2 pm
- Skiers in Track Attack will be learning to skate ski, but will also spend some lessons on the classic ski technique
- Each session is taught by friendly, skilled coaches; and includes a break at the approximate mid-point of the session
- Lessons will vary according to age and skill level with an emphasis on having an enjoyable experience on skis
- All skiers are to provide their own winter wear and ski equipment appropriate for the skate ski technique
- All skiers will also need either their own classic ski equipment, or ski boots suitable for use with club provided classic skis for days when classic ski technique is being taught — combi boots for Salomon SNS bindings
- Enrollment is offered in 2017 for children born in 2004–2006

KAWARTHA WINTER ADVENTURE CHALLENGE (KWAC)

Kawartha Winter Adventure Challenge (KWAC) is a recreational ski program for experienced skiers aged 13 through 15. KWAC skiers have a good base of Nordic ski skills that allow them to come together and take part in a weekly ski session that involves a little bit of instruction followed by a social ski tour to various destinations at Kawartha Nordic Ski Club or other Nordic ski sites. The program is scheduled on Saturdays through January and February.

KWAC is a fourth level in the Kawartha Nordic Youth Program, and reflects the Active for Life stage of the Cross Country Canada and Sport Canada Long-Term Athlete Development (LTAD) models.

- Cost \$103 for 8 weeks of sessions beginning January 7th
- Two hour sessions on Saturdays from 1–3pm
- Each session is taught by friendly, skilled coaches; and includes a break at the approximate mid-point of the session
- Lessons will vary according to age and skill level with an emphasis on having an enjoyable experience on skis
- All skiers are to provide their own ski equipment and winter wear
- Enrollment is capped at 15 skiers, and is offered in 2017 for youth born in 2001–2003

TRAINING PROGRAM DETAILS

All of the Kawartha Nordic Youth Training programs are for athletes aged 12 through 18, and reflect the Learn to Train, Train to Train, and Learn to Compete stages of the Cross Country Canada and Sport Canada Long-Term Athlete Development (LTAD) models.

- Enrollment is capped at 30 skiers, and is offered in 2016–2017 for athletes born in 1998–2004
- Registration opens in October and is first come, first served. All youth programs fill very quickly, and online registration will allow you to choose a waiting list option once capacity has been reached.
- Skiers must be members of Kawartha Nordic Ski Club to be enrolled in the club's programs. Membership and all youth program registration take place together online through our partner zone4.ca
- For more details please visit the [KN ADP Website](#).

DRYLAND TRAINING

The Dryland Training program is for youth skiers that wish to jump start their racing season with fun, regular workouts and instruction before the snow comes.

- \$67 for a 16-week program beginning in mid-September
- Sessions are typically Tuesdays 6:30-8:30, Wednesdays 6:30-8:30 and Sundays 10am-12:15pm in Peterborough or Lakefield
- Each session is taught by friendly, skilled and certified ski coaches, and may involve training in a large group or smaller groups by age or experience
- Sessions will involve trail running, roller skiing, strength training and ski-specific development
- All skiers are to provide their own bicycle helmets and athletic wear. Rollerskis are provided.

ATHLETE DEVELOPMENT PROGRAM

The Athlete Development Program (ADP) is a training program where youth skiers train together for classic and/or skate ski racing. There is a racing element to this training program, but the primary purpose is to train, practice, and develop as Nordic skiers. The ADP winter program is offered in two levels: ADP Racing and ADP Devo.

- A 12-week program beginning in mid-December
- ADP Racing (\$266) meets 3 times per week and is a race training program, focusing on both Classic and Freestyle (Skate) skiing.
- ADP Devo (\$222) is an introduction to racing. Devo skiers can attend any 2 of the 3 weekly practices, and is suitable for skiers that wish to focus on only one technique.
- Sessions are typically Wednesdays 6-8pm, Saturdays 10-12pm and Sundays 1-3pm at Kawartha Nordic, but may periodically move to other ski areas.

- Each session is taught by friendly, skilled and certified ski coaches, and may involve training in a large group or smaller groups by age or experience
- Typically, ADP Racing skiers will compete in 6–8 races through the season, while ADP Devo skiers may participate in 3–4 races.
- All skiers are to provide their own winter wear and ski equipment.

FAQ

HOW DO I HELP?

We are always looking for new and experienced volunteer coaches for our youth programs. We offer basic training and can arrange for coaching certification, if there is enough interest.

We also ask that all parents, that aren't coaching, volunteer on at least one weekend during their child's class time to help with a group or with snack.

WHO ARE THE COACHES FOR THE RECREATIONAL PROGRAMS?

Each group will have 2 or 3 volunteer coaches. Typically one coach will be more experienced and one may be learning the ropes. Many of our coaches are older youth from our Athlete Development Program, and parents of current or past Youth Program participants.

All coaches over 18 years of age must provide a vulnerable sector criminal reference check.

WHAT EQUIPMENT DOES MY CHILD NEED?

All skiers will need their own cross-country skis, boots and poles.

Bunnyrabbit and Jackrabbit skiers will need ski equipment designed for the classic technique.

Jack Attack and Track Attack skiers will need ski equipment designed for the skate ski technique, but as there will be sessions on the classic ski technique, it is recommended that skiers use boots that work both for their own skate skis and for the club's classic skis. Skiers could provide their own classic ski equipment as well, but by using combi boots that fit Salomon SNS bindings, they will be able to borrow the club's classic skis.

The club does have a few pairs of skate ski equipment that can be leant to Jack Attack and Track Attack skiers when learning specific skate ski techniques, if a skier would rather use classic ski equipment most of the time.

KWAC skiers can use either classic or skate ski equipment.

ADP Devo skiers need either skate or classic ski equipment, while ADP Racing skiers will need both skate and classic ski equipment. All ADP skiers taking part in the Dryland Training program also need a bicycle helmet for rollerskiing and a hydration belt.

WHAT CLOTHING SHOULD MY CHILD WEAR?

Your child needs to be dressed in a manner that finds a balance between the weather and their level of exercise. Many children do not need any special clothing to participate in our Youth Programs, but it is often easiest to dress them in warm layers (for when they may be less active or in the wind) that can be easily removed (when skiing harder or taking a break inside).

Bunnyrabbits and many Jackrabbits often do not sweat as much and can manage in a snowsuit or a parka with snow pants. Older skiers may need lighter, less absorbent layers such as a sweater or fleece insulation layer with a windbreaker outer layer. Base layers of polyester or polypropylene are better at managing sweat than cotton and can help keep skiers of all ages warmer and dry. For the older, very active skiers, all layers may need to be clothing that can allow sweat and heat to escape.

A variety of light and heavier hats, mitts and socks can help with changing conditions and offer options when items become wet.

We recommend that skiers not wear their ski boots in the car on the way to Kawartha Nordic, as this often leads to sweaty feet that quickly become cold.

WHERE CAN I FIND MORE INFORMATION?

Visit our website <http://kawarthanordic.ca/> or email our Youth Program Coordinator, Ryan Stabler, youthprogramcoordinator@kawarthanordic.ca