

Nakkertok Racing Programs 2017/2018 Season

Summary

Nakkertok has one of the largest and most successful Cross Country Racing programs in Canada. We offer a wide range of development and high performance programs in accordance with Long Term Athlete Development principles as outlined in the table below.

LTAD	NAKKERTOK PROGRAM		YEAR OF BIRTH	SEASON	SESSIONS/WEEK	17/18 FEES
L2T	Mini Racing Rabbits (Mini RR)		2009-10	Oct to Mar	2 (Wed/Sat)	\$245
	Racing Rabbits (RR)		2006-08	Sept to Mar	2 (Wed/Sat)	\$275
T2T	Midget	M1 Roller Skiing	2005	June to August	1	\$200
		Basic M1&M2	2004-05	Sept to Mar	2 (Thurs/Sat)	\$520
		Enhanced M1&M2		Sep to Mar	3 (Tue/Thu/Sat)	\$730
		M2 full year	2004	May to Mar	2 (May to July) 3 (Aug to Mar)	\$1,040
	Juvenile	Juv 1 Enhanced	2003	Sept to Mar	3 (Tue/Thu/Sat)	\$940
		Juv 1 Full Year		May to Mar	2 (May to July) 3 (Aug to Mar)	\$1,250
L2C	Juvenile	Juv 2 Enhanced	2002	Sept to Mar	3 (Tue/Thu/Sat)	\$1,090*
		Juv 2 Full Year		May to Mar	2 (May to July) 3 (Aug to Mar)	\$1,510*
	Junior	Enhanced	2000-01	Sept to Mar	3 (Tue/Thu/Sat)	\$1,090*
		Full Year		May to Mar	2 (May to July) 3 (Aug to Mar)	\$1,510*
T2C	NJDT	Summer	1999 and earlier	May to Aug	3	\$630*
		Fall/Winter		Sept to Mar	3	\$1,665*
		Full Year		May to Mar	3	\$2,290*

* GST is payable on Juvenile 2 and above

Nakkertok T2T, L2C and NJDT programs are led by our full time professional coaching staff with the support of over 60 trained volunteer coaches. Mini RR and Racing Rabbits are led by certified volunteer coaches.

Dryland training takes place at several locations in the Ottawa/Gatineau area. On-snow training is primarily held at Nakkertok South with some training held in Gatineau Park if conditions warrant. The M1 Roller skiing program is held on Friday nights in June/July and Sunday mornings in August. The full year T2T programs start with Thursday evening and Sunday morning, adding Tuesday evening in August. The full year L2C programs start with Thursday evening and Sunday morning, adding Tuesday evening in July. Both full year programs switch to Saturday (from Sunday) after Labour Day. Check with the NJDT coach for NJDT training days. Additional training and education opportunities may be provided at other times.

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All program fees include coaching support for training and racing. T2T and above receive monthly training plans. NJDT receive personalized training plans. Race wax support is provided for designated away races plus the Eastern Canadian Championships for Juvenile 1 and older. Race wax support is provided for Midget NORAMs (two oldest years of RR plus M1 and M2). An additional wax levy may be charged for wax support at the National Championships.

With the exception of Quebec Midget NORAMs all trips are organized by Nakkertok, and athletes are subject to the terms, deadlines and fees set for each trip. Athletes are responsible for all race entry fees and race licenses (if applicable). Athletes will be provided with the opportunity to purchase Nakkertok race clothing in advance of the race season. Families are expected to provide 4 days of volunteer time for the racing program in addition to their Nakkertok volunteer commitment. All programs are subject to registration caps.

Please note that transportation to and from the training venue will be the responsibility of the athlete. Nakkertok's professional coaching staff will not provide athlete transportation.

New for the 2017/2018 Season

We are pleased to announce several program innovations for the upcoming season. These include:

- Access to the early season snow (snowmaking) is included in the program fees for racing program members and coaches. Access will be subject to a published schedule.
- We are increasing the budget and resources for paid youth coaching
- Over that past two seasons we have experimented with professional wax technician

assistance at Nationals. The success of this program has resulted in the planned addition of a part time paid wax technician to support the program throughout the season

Nakkertok Coaching

Nakkertok relies on a mix of paid and volunteer coaching to run our racing program. All program coaches are trained and certified under Cross Country Canada guidelines. We are very pleased to announce that our three full time program coaches (Kieran, Geoff, and Anneke) are returning for the 2017/18 season.

Kieran Jones is our head coach for the Junior and NJDT programs. Kieran will lead the NJDT training and programs and provide support to **Anneke Winegarden** as the lead coach for the Junior program. In addition to Kieran and Anneke, the Junior program will be supported by a paid youth coach and volunteer coaches.

Geoff Tomlinson is our head coach for the Midget and Juvenile programs. Geoff will also provide technical support to the Racing Rabbits program once per week on snow. Geoff will be supported by paid youth coaches and a large team of experienced volunteer coaches.

Jeff Strachan will continue to lead the Racing Rabbits (L2T) program with a team of volunteer coaches. **Ursula Melinz** will continue to lead the Mini RR program with a team of volunteer coaches.

We will continue to bring in additional certified experts to provide services such as extra technique training (including video); nutrition; mental training; and strength training.

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Detailed Program Descriptions

The balance of this document provides full explanations of the program, including our objectives and details on each program offered.

Guiding Principles:

1. **Skills:** Our goal is to enable young athletes to develop their cross-country skiing skills in a positive team environment. The focus is on ski racing, although the athletes are also given tools to grow as both athletes and individuals.
2. **Fun:** To grow in the sport an athlete needs to have fun and enjoy training, appreciate being outside and above all love skiing. The Nakkertok program includes a wide variety of activities throughout the year to keep the interest level high.
3. **Individual Development:** Coaching at Nakkertok uses a team approach. All athletes will be coached by different individuals throughout the year. This approach exposes the athlete to varied coaching styles and to different specialized skills. The coaches believe in the equal treatment of all athletes and yet will respond to the time and

effort contributed by the athlete. The coaches work towards helping the athlete achieve their own potential and their own goals at whatever level they may be.

4. **Participation:** We encourage year round activity, a healthy lifestyle and a variety of outdoor activities. Year round training is necessary to be successful as an athlete and particularly as a skier. We do expect skiers to be prepared to attend at minimum 2/3 of all scheduled practices during the whole season.
5. **Team:** Each athlete is encouraged to set their own individual goals and the coaches aspire to deliver a program to help the athletes achieve their personal best. By participating in the Racing Program each athlete supports the goals of the team and assists their peers to do the same.

Registration:

Registration on Zone 4 will be open as of **Late April** for families with athletes in year-round programs only. You should register your entire family at the same time, including those athletes not in the year round program.

Year Round Programs payment may be made by cheque as follows:

- Complete your registration on Zone 4.
- Take note of the fee amount – this will not include the Zone4 fee
- All cheques including those that are post dated must be received by **May 15** either via mail to the Nakkertok post office box or given directly to the Nakkertok Treasurer
- Complete cheques payable to Nakkertok Nordic Ski Club for the fees as follows:
 - **If total family program fees are greater than \$1000 then three cheques each for 1/3 of the total fees and dated May 15, Sep 1 and Dec 1 will be accepted.**
 - Cheques not received by May 15 may render the registration invalid unless payment arrangements are made with the Racing Director.
 - A rebate of 10% of the lowest registration fee will be provided to families with three or more athletes in the racing program at the end of the season.

All other payments are made online using the Nakkertok Zone 4 Registration System.

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Mini Racing Rabbits (formerly LTS+)

Birth years 2009, 2010

The Mini Racing Rabbits program is a complementary program introduces and prepares enthusiastic seven and eight year olds for Racing Rabbits. This is an enriched program for skiers who have completed JR 2 or equivalent and are seeking a more intensive training program than offered by the Learn to Ski (Jackrabbit) program, and an introduction to competitive cross country skiing. Participants should be excited about cross-country skiing, and must be willing and able to follow instructions, reasonably fit, and willing and able to undertake sustained athletic activity for 1.5 to 2 hrs. The focus of this program is on skill, speed, flexibility, physical literacy (agility, balance, coordination), and of course lots and lots of fun on snow.

Training Times	Wednesday Evenings and Saturday Mornings (First Wednesday after Thanksgiving to end March)
Skill Requirements	Participants must have classic and skate skiing abilities equal to completion of the Nakkertok Level 2 Jackrabbit program.
Equipment Requirements	Participants should have both classic and skate poles, combi boots, and both classic and skate skis, as well as good running shoes for fall training. Rock skis are optional to allow for early on-snow adventures.
Program Specifics	<ul style="list-style-type: none"> • Coaching is provided by certified volunteer coaches with our professional coaching as a resource for specific technique development • Dryland training (hikes, games, relays, fitness stations, scavenger hunts) • On snow training (games, relays, scavenger hunts, skill stations, races, loppets) • One or two additional on-snow technique sessions • Coaching and support at the Nakkertok Cookie race and possibly other races • Additional program activities (special events, social events, etc.) • Races from 2 to 7 depending on age and experience – costs from \$15 to \$25 per race
Program Contribution	Parents are expected to contribute significantly to the season’s activities in addition to the basic club co-op commitment for a total 6 days per adult contribution or 10 days per family. These contributions may include:
	<ul style="list-style-type: none"> • Coaching workshops for community coach certification (the minimum level) or higher levels • Registration--fees and names for communications purposes • Communications support--updating the website • Photography and videography • Safety--taking care of those who might be cold, etc. • Special events organization--we need parents to help pull events
	<p>together (knock-in sprints, treasure hunts, etc.)</p> <ul style="list-style-type: none"> • Racing event support--we need event staff (our event to run is the Cookie Race) • Waxing team support--learn how to wax with experts!!!

Athletes and their families are expected to participate in trail clearing and facility clean-up and learning about the cooperative nature of Nakkertok.

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Racing Rabbits (Learning to Train [L2T]) Birth years 2006, 2007, 2008

The Racing Rabbit program is an introduction to racing with a focus on developing ski skills, physical literacy (agility, balance, coordination), speed, and basic racing technique. It introduces 9 to 11 year olds to the fun of training and competition. Developmentally, this program occurs prior to the onset of the growth spurt therefore the focus is on skill acquisition, speed and flexibility. The emphasis at this stage is on group-oriented games and activities to develop competence in the basic skills of both classic and skate skiing. Participants will be placed into training grouping based on skill and fitness. However many activities allow for socializing within peer groups. Participants are encouraged to race locally in a fun, supportive atmosphere. Athletes may be selected to participate in age appropriate provincial championships.

Training Times	Wednesday Evenings and Saturday Mornings (early September to end March)
Skill Requirements	Participants must have basic classic and skate skiing abilities equal to completion of the Nakkertok Level 3 Jackrabbit program.
Equipment Requirements	Separate skate and classic skis are required. Specific classic and skate poles are required--the boots can be combi boots. We strongly recommend rock skis, good running shoes and a waist pack for water and snacks.
Program Specifics	<ul style="list-style-type: none"> • Coaching is provided primarily by certified volunteer coaches with our professional coaching as a resource for specific technique development • Dryland training (hikes, games, relays, fitness stations, scavenger hunts) • On snow training (games, relays, scavenger hunts, skill stations, races, loppets) • A one-day training camp in the fall at our Nakkertok facilities • One or two additional on-snow technique sessions • The Ski-over overnight camp • Coaching and support at all local races; wax support at Quebec Norams • Additional program activities (special events, social events, etc.) • Races from 2 to 7 depending on age and experience--costs from \$15 to \$25 <p style="text-align: center;">per race</p>
Parental Contribution to Program	Parents are expected to contribute significantly to the season's activities in addition to the basic club co-op commitment for a total 6 days per adult contribution or 10 days per family. These contributions can include:

	<ul style="list-style-type: none"> • Coaching workshops for community coach certification (the minimum level) or higher levels • Registration--fees and names for communications purposes • Communications support--updating the website
	<ul style="list-style-type: none"> • Photography and videography • Safety--taking care of those who might be cold, etc. • Special events organization--we need parents to help pull events together (knock-in sprints, treasure hunts, etc.) <ul style="list-style-type: none"> • Racing event support--we need event staff (our event to run is the Cookie Race) <ul style="list-style-type: none"> • Waxing team support--learn how to wax with experts!!!
	Racers are expected to participate in trail clearing and facility clean-up and learning about the cooperative nature of Nakkertok

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Midgets (Train to Train [T2T])

Birth years 2004, 2005

The Midget Program is tailored to the broad needs of athletes going through the peak growth period, building a strong foundation that will allow them to perform to their potential. It provides opportunities for the continual progression of their technical skills and physical capacities addressing all aspects of athlete development (technical, physical, social, psychological, growth, etc.). The focus is on skill-training and physical development, especially “building the engine”--aerobic capacity. It is a high-energy program taking into consideration the social and emotional development of the age group--lots of team building, group interaction and social events are emphasized. It distinguishes itself from earlier programs by taking into account the individual abilities and developmental needs of each athlete.

The program is divided into two stages according to year of birth, Midget 1 (2005) and Midget 2 (2004). Each stage takes into account the relative physical development of the cohort.

Midget Program, M1 and M2 Stages: General Overview	
Skill Requirements	M1 stage participants need to have intermediate classic and skate skiing abilities equal to completion of the Nakkertok Racing Rabbit program. It is highly recommended that M1 athletes have progressed through the Racing Rabbit program or its general Learn-to-Train equivalent. M2 stage participants

	need to have a higher skill-level than do M1 participants especially with respect to roller skiing. They should be comfortable and confident on roller skis.
Equipment Requirements	Skate roller skis; separate skate and classic skis; rock skis; skate roller ski-, classic-, skate- and hill-bounding poles (4 sets); and possibly skate and classic boots depending on foot size and growth! A digital watch is also required for training. Athletes 14 years of age and over (M2) must purchase a heart rate monitor. They must also have a racing licence for competing in O/Q cup races, including Easterns and Ontario Midget Championships.
Parental Contribution to the Program	Non-coaching parents will be expected to contribute significantly to: <ul style="list-style-type: none"> • the organization of camps • race organization and travel to races • registration, administration, and communications • the wax-team and equipment management The T2T program's parent cohort is responsible for running Thea's race. Each family is expected to contribute 4 more days above the basic member contribution for a total of 10 days per family.
Athlete Volunteer Contribution to the Club	As Nakkertok members, the athletes are required to contribute to the well-being and maintenance of the club. Duties include: <ul style="list-style-type: none"> • participating in trail clearing and facility cleanup days • participating in the Nakkertok Cookie Race, club and team • participating in fundraising activities • helping out with food prep and clean-up, when travelling to races • acting as responsible club-representatives on and off trails

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The M1 stage program (2005) has two levels with a summer roller skiing option:

- the "enhanced" level, which runs three times a week from September to the end of

March

- the summer roller skiing option, which runs from June to August

- the "basic" level, which runs twice a week from September to the end of March, ○ the summer roller skiing option, which runs from June to August

M1 Stage Program: the Levels	
Basic Level—2 Sessions per wk. (Tues Evenings and Saturday Mornings from early September to end of March)	<ul style="list-style-type: none"> • Coaching is provided by both certified volunteer coaches and professional coaching staff with practice plans developed by the professional coaching staff • Monthly posting of upcoming activities from May to August • Weekly posting from September 9 to March 31

	<ul style="list-style-type: none"> • Sport education sessions (nutrition, mental training, flexibility, strength, etc.) • Early on-snow overnight training camp • Special events organization (Halloween orienteering, Skimeister etc.) • Coaching support at local NCD races
Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)	The Enhanced level has 1/3 more training time than the Basic level has. With the increased training load, athletes are encouraged to participate in the NCD race series and the Ontario and/or Quebec Midget Championships.
Summer Roller Skiing Option—1 Session per wk. (from June to August)	Nakkertok Racing first integrates roller skiing into training during the M1 program, which officially starts in September. Because athletes will be skiing in Gatineau park throughout the fall, M1 offers introductory sessions on roller skis over the summer in order to help novices gain balance, comfort, and confidence. This option is available to athletes at both basic and enhanced levels.

The M2 stage program (2004) has three levels:

- the “year-round” level, which runs twice a week from May to July and three times a week from August to March
- the "enhanced" level, which runs three times a week from September to the end of March
- the "basic" level, which runs twice a week from September to the end of March

M2 Stage Program: the Levels	
Basic Level—2 Sessions per wk. (Tues Evenings and Saturday Mornings from early September to end of March)	<ul style="list-style-type: none"> • Coaching is provided by both certified volunteer coaches and professional coaching staff with practice plans developed by the professional coaching staff • Monthly posting of upcoming activities from May to August • Weekly posting from September 9 to March 31 • Sport education sessions (nutrition, mental training, flexibility, strength, etc.) • Early on-snow overnight training camp

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	<ul style="list-style-type: none"> • Special events organization (Halloween orienteering, Skimeister etc.) • Coaching support at local NCD races
Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)	The enhanced level has 1/3 more training time than the Basic level has. With the increased training load, athletes should participate in the NCD race series and the Ontario and/or Quebec Midget Championships.
Year-round Level—2 Sessions per wk. (week day and Sunday from May to August) and 3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)	The year-round level offers the athlete everything available at the enhanced level. The former, however, is distinguished from the latter on the basis of the summer season: athletes at the year-round level train twice a week from May to August. M1 athletes do not have the option of the year-round level, because of the principles of the Long Term Athlete Development Model.

Juveniles (Train to Train [T2T] and Learn to Compete [L2C])**Birth years 2002, 2003**

The Juvenile category straddles the train to train and learn to compete stages codified by the Long Term Athlete Development Model. The Nakkertok Juvenile Program continues the principle of taking into account the broad needs of athletes during their peak growth period, building a strong foundation that will allow them to perform to their potential. In this age group, some athletes are coming out of their peak growth period and so in planning training sessions, coaches need to attend to the physiological differences among individual athletes who are going through this transition.

Juvenile athletes are typically expected to participate at the year-round level; however we recognize that some athletes are still involved in more than one sport. For those athletes Nakkertok offers the enhanced level. Please note that participants in this program will not progress in skiing as quickly as their year-round teammates. Participants are encouraged to race locally and regionally, in either the Ontario or Quebec Cup Series.

The program is divided into two stages according to year of birth, Juvenile 1 (2003) and Juvenile 2 (2002). Each stage takes into account the relative physical development of the cohort and physiological differences amongst individual athletes.

Juvenile Program, JUV1 and JUV2 Stages: General Overview	
Skill Requirements	Participants in Stage 1 need to have advanced skate and classic skiing skills and high cardio-vascular fitness. Stage 2 athletes require a higher level of ski skills and training capacity consistent with this cohort.
Equipment Requirements	Skate and classic roller skis; separate skate and classic skis; skate and classic boots; rock skis; skate roller ski-, classic roller ski-, classic-, skate-, and hill-bounding poles (5 sets). Athletes must have a digital watch, a heart rate monitor, and provincial and national racing licenses.
Travel	<ul style="list-style-type: none"> • Optional participation in Ontario or Quebec Cup Series. Cost is approximately \$400 per race. Athletes may have four/five races per year. • J2 athletes may choose to participate in the Nationals and/or World Junior Trials once they meet the coaches' criteria. Costs for each of these competitions may reach \$2000. • For year-round participants, there is also training-camp costs in both summer and winter.
Parental Contribution to the Program	Non-coaching parents will be expected to contribute significantly to: <ul style="list-style-type: none"> • the organization of camps • race organization and travel to races • registration, administration, and communications • the wax-team and equipment management
	Each family is expected to contribute 4 more days above the basic member contribution for a total of 10 days per family.
Athlete Volunteer Contribution to the Club	As Nakkertok members, the athletes are required to contribute to the well-being and maintenance of the club. Duties include: <ul style="list-style-type: none"> • participating in trail clearing and facility cleanup days • participating in the Nakkertok Cookie Race, club and team • participating in fundraising activities • helping out with food prep and clean-up, when travelling to races • acting as responsible club-representatives on and off trails • assisting with T2T skiers at combined practices

The JUV1 stage program (2003) has two levels:

- the "year-round" level, which runs twice a week from May to July and three times a week from August to March
- the "enhanced" level, which runs three times a week from September to the end of March

JUV1 Stage Program: the Levels

<p>Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early</p>	<ul style="list-style-type: none"> • Coaching provided by certified volunteer and professional coaching staff • Three training sessions per week, Tuesday and Thursday evenings and Saturday mornings • Standardized weekly training programs written by the professional coach • Weekly e-mails • Organized travel to out of town races (Ontario or Quebec Cup Series) • Special events organization for all stages (Halloween orienteering, athlete education sessions)
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September to end of March)

- One training Camp--late November--le Foret Montmerency

Year-round Level—2 Sessions per wk. (week day and Sunday from May to August) and 3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)

- Waxing and coaching support at O-cups/Q-cups/Nationals races (note a wax surcharge may be applied for Nationals)
 - The year-round level offers the athlete everything available at the enhanced level. The former, however, is distinguished from the latter on the basis of the summer season: athletes at the year-round level train twice a week from May to August.
 - Fitness testing starting in May including heart rate testing, strength tests and standardized rollerskiing and running time trials
 - Weight-training programs
 - Two summer training camp for athletes 14 years of age and older--OWL and 1 summer
 - Monitoring of the athlete's on-line training sessions

The JUV2 stage program (2002) has two levels:

- the "year-round" level, which runs twice a week from May to July and three times a week from August to March

- the "enhanced" level, which runs three times a week from September to the end of March

JUV2 Stage Program: the Levels	
<p>Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)</p>	<ul style="list-style-type: none"> • Coaching provided by certified volunteer and professional coaching staff • Three training sessions per week, Tuesday and Thursday evenings and Saturday mornings • Standardized weekly training programs written by the professional coach • Weekly e-mails • Organized travel to out of town races (Ontario or Quebec Cup Series) • Special events organization for all stages (Halloween orienteering, athlete education sessions) • One training Camp--late November--le Foret Montmerency <p>• Waxing and coaching support at O-cups/Q-cups/Nationals races (note a wax surcharge may be applied for Nationals)</p>
<p>Year-round Level—2 Sessions per wk. (week day and Sunday from May to August) and 3 Sessions per wk. (Tues/Thurs</p>	<ul style="list-style-type: none"> • The year-round level offers the athlete everything available at the enhanced level. The former, however, is distinguished from the latter on the basis of the summer season: athletes at the year-round level train twice a week from May to August. • Fitness testing starting in May including heart rate testing, strength tests and standardized rollerskiing and running time trials • Weight-training programs • Two summer training camp for athletes 14 years of age and older—OWL <p>and 1 summer</p>

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Evenings and Saturday Morning from early September to end of March)

- Monitoring of the athlete's on line training sessions

Juniors (Learn to Compete [L2C])

Birth years 2000, 2001

In the Junior Boys and Girls category, training ratchets up to a high volume and high intensity. It is designed to refine mental, physical and emotional techniques as well as technical skills and strategies in competition. With the increase in fitness expectations comes concomitant coaching supervision. As the "Learn to Compete" stage indicates, athletes will take every opportunity to learn about the ins and outs of high performance racing. They will race at a full range of different levels--locally, regionally, in either the Ontario or Quebec Cup Series, nationally, and continentally. Where appropriate, athletes will also compete at the World Junior Trials.

Junior Program: General Overview	
Skill Requirements	Participants need to have advanced skate and classic skiing skills and high cardio-vascular fitness. Please consult the head coach.
Equipment Requirements	Skate and classic roller skis; separate skate and classic skis; skate and classic boots; rock skis; skate roller ski-, classic roller ski-, classic-, skate-, and hill-bounding poles (5 sets). Athletes must have a digital watch, a heart rate monitor, and provincial and national racing licenses.
Travel	<ul style="list-style-type: none"> • Participation in Ontario or Quebec Cup Series. Cost is approximately \$400 per race. Athletes may have four/five races per year. • Junior athletes will most likely choose to participate in the Nationals and/or World Junior Trials once they meet the coaches' criteria. Costs for each of these competitions may reach \$2000. • For year-round participants, there are also training-camp costs in both summer and winter.
Parental Contribution to the Program	Non-coaching parents will be expected to contribute significantly to:
	<ul style="list-style-type: none"> • the organization of camps • race organization and travel to races
	<ul style="list-style-type: none"> • registration, administration, and communications • the wax-team and equipment management
	Each family is expected to contribute 4 more days above the basic member contribution for a total of 10 days per family.
Athlete Volunteer Contribution to the Club	As Nakkertok members, the athletes are required to contribute to the well-being and maintenance of the club. Duties include:
	<ul style="list-style-type: none"> • participating in trail clearing and facility cleanup days • participating in the Nakkertok Cookie Race, club and team • participating in fundraising activities • helping out with food prep and clean-up, when travelling to races

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- acting as responsible club-representatives on and off trails
- assisting with T2T skiers at combined practices

The JUN program (2000-01) has two levels:

- the “year-round” level, which runs twice a week from May to July and three times a week from August to March
- the "enhanced" level, which runs three times a week from September to the end of March

Junior Program: the Levels	
<p>Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)</p>	<ul style="list-style-type: none"> • Coaching provided by certified volunteer and professional coaching staff • Three training sessions per week, Tuesday and Thursday evenings and Saturday mornings • Standardized weekly training programs written by the professional coach • Weekly e-mails • Organized travel to out of town races (Ontario or Quebec Cup Series) • Special events organization for all stages (Halloween orienteering, athlete education sessions) • One training Camp--late November--le Foret Montmerency <p>• Waxing and coaching support at O-cups/Q-cups/Nationals races (note a wax surcharge may be applied for Nationals)</p>
<p>Year-round Level—2 Sessions per wk. (week day and Sunday from May to August) and 3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)</p>	<ul style="list-style-type: none"> • The year-round level offers the athlete everything available at the enhanced level. The former, however, is distinguished from the latter on the basis of the summer season: athletes at the year-round level train twice a week from May to August. M1 athletes do not have the option of the year-round level, because of the principles of the Long Term Athlete Development Model.

	<ul style="list-style-type: none"> • Fitness testing starting in May including heart rate testing, strength tests and standardized rollerskiing and running time trials • Weight-training programs and supervision • Three to Four - 4 day training camps (OWL [end of June], local [July], local [August], le Foret [late November]) • Internet training diary registration and feedback • April, August and December training review sessions meetings with L2C <p>coach</p> <ul style="list-style-type: none"> • Regular video evaluation (once a month on snow)
	<ul style="list-style-type: none"> • End of season evaluation and assessment in April

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Nakkertok Junior Development Team (Train to Compete [T2C])

Birth years 1999 and Earlier

This program has been developed to serve the needs of athletes that are 18 years of age and older. We are offering two options: one for those who are more oriented to University yet want to train at a high level to compete at the O- and Q-Cup and Nationals; and one for those who will travel to NorAm level races and wish to pursue competition opportunities at the highest level in North America. The Fall/Winter program will be similar to the year-round L2C program.

The NJDT Year Round program will offer the opportunity to compete in the Canadian NorAm circuit, US super tour level and at other designated FIS races. In general these races will include a Canadian NorAm race in BC/Alberta and potentially FIS races occurring in the eastern US. These athletes have chosen to focus primarily on skiing. The expectation is that they are committed to skiing on a full time basis, either working or going to school on a part-time basis, in order to be able to attend weekday practices. Significant travel and time away, sometimes on short notice, will be part of the program.

NJDT Program: General Overview	
Skill Requirements	Athletes must be 18 or older and acquire the approval of the head coach. They must be committed to skiing and competing at a National level.

Equipment Requirements	Skate and classic roller skis; separate skate and classic skis; skate and classic boots; training skis; skate roller ski-, classic roller ski-, classic-, skate-, and hill-bounding poles (5 sets). Athletes must have a road bike, digital watch, a heart rate monitor, and provincial and national racing licenses. They must have access to a weight room.
Travel	<ul style="list-style-type: none"> • Extensive participation in training camps and provincial, National, and NORAM events. • Travel and accommodation costs are estimated to be from \$8,000 to \$12,000.
Parental Contribution to the Program	<p>Non-coaching parents will be expected to contribute significantly to:</p> <ul style="list-style-type: none"> • the organization of camps • race organization and travel to races • registration, administration, and communications • the wax-team and equipment management <p>Each family is expected to contribute 4 more days above the basic member contribution for a total of 10 days per family.</p>
Athlete Volunteer Contribution to the Club	<p>As Nakkertok members, the athletes are required to contribute to the well-being and maintenance of the club. Duties include:</p> <ul style="list-style-type: none"> • participating in trail clearing and facility cleanup days • participating in the Nakkertok Cookie Race, club and team • participating in fundraising activities • helping out with food prep and clean-up, when travelling to races • acting as responsible club-representatives on and off trails • beginning their coach training and development so that they can begin <p>to provide support and act as role models for the younger programs</p>

Nakkertok Racing Programs 2017/2018 Season

<ul style="list-style-type: none"> • assisting with T2T and L2C skiers at combined practices

The NJDT program has three options:

- the “year-round” option, which runs twice a week from May to July and three times a week from August to March
- the “fall/winter” option, which runs three times a week from September to the end of March
- the “summer” option, which runs from May to August

NJDT Program: the Options

<p>Summer—3 Sessions per wk.</p>	<ul style="list-style-type: none"> ● Coaching provided by certified volunteer and professional coaching staff ● Three training sessions per week: Tues/Thurs/Sun (May 8 to August 31) ● Individualized training program ● Weekly e-mails ● Some testing with a focus on time trials ● Two summer training camps for NJDT skiers only ● Internet training diary registration and feedback ● Small group technique sessions including some video evaluation ● Goal setting and evaluation meeting with coach
<p>Fall/Winter—3 Sessions per wk.</p>	<ul style="list-style-type: none"> ● Coaching provided by certified volunteer and professional coaching staff ● Three training sessions per week: Tues/Thursday and Saturday Mornings (Sept to March) ● Individualized training program ● Weekly e-mails ● Organized travel to out of town races (Ontario or Quebec Cup Series, Nationals) ● Waxing and coaching support at races. Note that a wax surcharge may be applied for Nationals. ● Some testing with a focus on time trials ● Two early snow season camps, 1 local camp ● Internet training log registration and evaluation ● Small group technique sessions every two weeks including some video evaluation ● Goal setting and evaluation meeting with coach
<p>Year Round—3 Sessions per wk.</p>	<ul style="list-style-type: none"> ● 3 practices a week (two week-day mornings and one weekend morning): Tues/Thurs/Sun in the summer and Tues/Thurs/Sat in fall/winter (May 7 to end March) ● Additional small group technique sessions every two weeks including video evaluation when appropriate ● Individualized training programs ● Weight routines with coach demo when routines change ● At least one T2C specific 4-5 day Summer Training camp

- Internet training log and evaluation
- Up to three review session meetings with coach including end of season

evaluation and assessment in April

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Nakkertok Racing Programs 2017/2018 Season

- Aerobic testing, strength testing and other performance monitoring throughout the year
- 2 early on Snow Camps
- Coaching and wax support for Major Races, specifically a Western Norams

race in Dec, World Junior Trials, Eastern Canadian Championships, Eastern Norams and Nationals. In the case of Noram races and Nationals the NJDT will have their own support; however, race organization will be done as one large group. Note that a wax surcharge may be applied for Nationals.

- Other races outside of the Provincial cup races are possible but they will need to be athlete organized. Provincial cup races are possible but the T2C program will need to be with the larger Nakkertok team.
- Coaching provided by professional coaching staff.
- The coach may be away at times—at this level athletes are expected to be

able to make training arrangements on their own when the coach is away.

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