

Nakkertok Racing Programs 2018/2019 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	18/19 FEES
L2T	Mini Racing Rabbits (Mini RR)		20010-11	Oct to Mar		\$265
	Racing Rabbits (RR)		2007-09	Sept to Mar	2 (Wed/Sat)	\$300
T2T	Midget	M1 Roller Skiing	2006	June to August	1	\$215
		Basic M1&M2	2005-06	Sept to Mar	2 (Thurs/Sat)	\$560
		Enhanced M1&M2		Sep to Mar	3 (Tue/Thu/Sat)	\$785
		M2 full year	2005	May to Mar	2 (May to July) 3 (Aug to Mar)	\$1125
	Juvenile	Juv 1 Enhanced	2004	Sept to Mar	3 (Tue/Thu/Sat)	\$1090
		Juv 1 Full Year		May to Mar	2 (May to July) 3 (Aug to Mar)	\$1510
L2C	Juvenile	Juv 2 Enhanced	2003	Sept to Mar	3 (Tue/Thu/Sat)	\$1090
		Juv 2 Full Year		May to Mar	2 (May to July) 3 (Aug to Mar)	\$1510
	Junior	Enhanced	2001-02	Sept to Mar	3 (Tue/Thu/Sat)	\$1175
		Full Year		May to Mar	2 (May to July) 3 (Aug to Mar)	\$1630
T2C	NJDT	Summer	2000 and earlier	May to Aug	3	\$675
		Fall/Winter		Sept to Mar	3	\$1750
		Full Year		May to Mar	3	\$2415

* 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, using the Nakkertok in early season, 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.

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 typically organized by Nakkertok parents, 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.

For the 2018/2019 Season

- We are increasing the budget and resources for part-time paid coaches to enhance the available coaching support
- We will expand the support provided by our Part-time wax technician.

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 have 3 full-time staff coaches, Kieran Jones, Anneke Winegarden and Geoff Tomlinson. Their efforts will be supplemented by 4 part-time staff, including returning coaches, Jesse Williams, Alex Slobodian and Katherine Denis.

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.

Refer to the individual program boxes for more detail.

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 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 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/Early May** 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 PO BOX 4476 STN E OTTAWA ON K1S 5B4.
- 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.

For further information on registration, please contact the club administrator at admin@nakkertok.ca