

## Juniors (Learn to Compete [L2C])

Birth years 2001, 2002

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.

<b>Junior Program: General Overview</b>	
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"> <li>• Participation in Ontario or Quebec Cup Series. Cost is approximately \$400 per race. Athletes may have four/five races per year.</li> <li>• 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.</li> <li>• For year-round participants, there are also training-camp costs in both summer and winter.</li> </ul>
Parental Contribution to the Program	Non-coaching parents will be expected to contribute significantly to:
	<ul style="list-style-type: none"> <li>• the organization of camps</li> <li>• race organization and travel to races</li> </ul>
	<ul style="list-style-type: none"> <li>• registration, administration, and communications</li> <li>• the wax-team and equipment management</li> </ul>
	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"> <li>• participating in trail clearing and facility cleanup days</li> <li>• participating in the Nakkertok Cookie Race, club and team</li> <li>• participating in fundraising activities</li> <li>• helping out with food prep and clean-up, when travelling to races</li> </ul>

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

The JUN program (2001-02) 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

<b>Junior Program: the Levels</b>	
<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"> <li>• Coaching provided by certified volunteer and professional coaching staff</li> <li>• Three training sessions per week, Tuesday and Thursday evenings and Saturday mornings</li> <li>• Standardized weekly training programs written by the professional coach</li> <li>• Weekly e-mails</li> <li>• Organized travel to out of town races (Ontario or Quebec Cup Series)</li> <li>• Special events organization for all stages (Halloween orienteering, athlete education sessions)</li> <li>• One training Camp--late November--le Foret Montmerency</li> </ul> <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"> <li>• 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.</li> </ul>

- 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 coach
- Regular video evaluation (once a month on snow)
- End of season evaluation and assessment in April