

## Juveniles (Train to Train [T2T])

### Birth years 2003 2004

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 (2004) and Juvenile 2 (2003). Each stage takes into account the relative physical development of the cohort and physiological differences amongst individual athletes.

<b>Juvenile Program, JUV1 and JUV2 Stages: General Overview</b>	
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"> <li>• Optional participation in Ontario or Quebec Cup Series. Cost is approximately \$400 per race. Athletes may have four/five races per year.</li> <li>• 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.</li> <li>• For year-round participants, there is 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> <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.
	As Nakkertok members, the athletes are required to contribute to the well-being and maintenance of the club. Duties include:

Athlete Volunteer Contribution to the Club	<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> <li>• acting as responsible club-representatives on and off trails</li> <li>• assisting with T2T skiers at combined practices</li> </ul>
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The JUV1 stage program (2004) 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>JUV1 Stage Program: the Levels</b>	
Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)	<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> <li>• Waxing and coaching support at O-cups/Q-cups/Nationals races (note a wax surcharge may be applied for Nationals)</li> </ul>

<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.</li> <li>● Fitness testing starting in May including heart rate testing, strength tests and standardized rollerskiing and running time trials</li> <li>● Weight-training programs</li> <li>● Two summer training camp for athletes 14 years of age and older--OWL and 1 summer</li> <li>● Monitoring of the athlete's on-line training sessions</li> </ul>
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The JUV2 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

## JUV2 Stage Program: the Levels

Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)

- 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
- Waxing and coaching support at O-cups/Q-cups/Nationals races (note a wax surcharge may be applied for Nationals)

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.
- 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 local camp
- Monitoring of the athlete's training sessions on line

