

## Nakkertok Racing Programs 2018/2019 Season

### Midgets (Train to Train [T2T])

#### Birth years 2005, 2006

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 (2006) and Midget 2 (2005). Each stage takes into account the relative physical development of the cohort.

<b>Midget Program, M1 and M2 Stages: General Overview</b>	
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"><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> 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	<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"> <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> </ul>
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The M1 stage program (2006) has two levels with a summer roller skiing option:

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

<b>M1 Stage Program: the Levels</b>	
Basic Level—2 Sessions per wk. (Tues Evenings and Saturday Mornings from early September to end of March)	<ul style="list-style-type: none"> <li>• Coaching is provided by both certified volunteer coaches and professional coaching staff with practice plans developed by the professional coaching staff</li> <li>• Monthly posting of upcoming activities from May to August</li> <li>• Weekly posting from September 9 to March 31</li> <li>• Sport education sessions (nutrition, mental training, flexibility, strength, etc.)</li> <li>• Early on-snow overnight training camp</li> <li>• Special events organization (Halloween orienteering, Skimeister etc.)</li> <li>• Coaching support at local NCD races</li> </ul>
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 (2005) 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**

<p>Basic Level—2 Sessions per wk. (Tues Evenings and Saturday Mornings from early September to end of March)</p>	<ul style="list-style-type: none"><li>● Coaching is provided by both certified volunteer coaches and professional coaching staff with practice plans developed by the professional coaching staff</li><li>● Monthly posting of upcoming activities from May to August</li><li>● Weekly posting from September 9 to March 31</li><li>● Sport education sessions (nutrition, mental training, flexibility, strength, etc.)</li><li>● Early on-snow overnight training camp Special events organization (Halloween orienteering, Skimeister etc.)</li><li>● Coaching support at local NCD races</li></ul>
<p>Enhanced Level—3 Sessions per wk. (Tues/Thurs Evenings and Saturday Morning from early September to end of March)</p>	<p>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.</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>	<p>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.</p>