

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

Birth years 2000 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.

We have a strong affiliation with both the Carleton University and University of Ottawa nordic race teams.

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 \$3,000 to \$5,000 depending on level of involvement.
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 to provide support and act as role models for the younger programs ● 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/Sat (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 Sunday Mornings (Sept to March) ● Individualized training program ● Weekly e-mails ● Organized travel to out of town races (Ontario or Quebec Cup Series) ● 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
- 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.