

## **Nakkertok Racing Program Training To Train Program Description**

Nakkertok Ski Club has a long tradition of developing junior athletes in a club environment and preparing them for competition at the district, provincial, university and national level. This success has been accomplished by creating a program, based on the Cross Country Canada (CCC) Long Term Athlete Development Model. The Racing Program addresses the needs of athletes beginning with the Learning to Train Stage of Athlete development and extending to the Training to Compete Stage. The Learn to Ski Program offers programs appropriate for the earlier stages of athlete development (Active Start and Fundamentals), and youth and adults looking to develop their skiing skills. The Adventure program is for Youth from 10 to 17 looking to develop their skills after learn to ski in a non-racing environment.

### **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; however, the athletes are also given tools to grow as both athletes and individuals.
2. **Fun:** In order to grow in the sport an athlete needs to have fun and enjoy training, appreciate being outside and above all love to ski. 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 a variety of coaches throughout the year. This approach exposes the athlete to different coaching styles and to different specialized skills. The coaches believe in equal treatment of all athletes and respond to the time and effort contributed by the athlete. The coaches work towards helping the athlete achieve their own potential and their own goals whatever level they may be.
4. **Participation:** We encourage year round activity, a healthy lifestyle and a variety of outdoor activities. Year round activity is necessary to be successful as an athlete and particularly as a skier. We do expect skiers to be prepared to attend at minimum 75% 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 goals of the team and assists their peers to do the same.

### **Our Programs**

All of our programs are based on the athlete's stage of physical maturation and technical skills. Athletes train with athletes at the same stage of development (physical maturity) and with similar skill levels. Dates of birth are indicated in the program document to provide guidance rather than strict definition. All of our programs have a minimum participation of 10 people across the full program group. If the minimum numbers are not achieved, you will be consulted with the options available to you. All adults with children in the racing program must provide a minimum of six days of volunteers service – four to the program and two to the club. Current club members will be given priority for registration. If you are unsure as to the program or have questions, please contact [racing.director@nakkertok.ca](mailto:racing.director@nakkertok.ca).

## **The Training to Train (T2T) program**

**Males aged 12 to14 (15) with birth years 2003, 2002, 2001, (2000)**

**Females aged 12 to14 (15) with birth years 2003, 2002, 2001, (2000)**

The T2T Program is tailored to the broad needs of athletes going through the peak growth period building a strong foundation that will allow athletes to perform to their potential. It provides opportunities for the continual progression of technical skills and physical capacities of individual athletes addressing all aspects of athlete development (technical, physical, social, psychological, growth, etc.) and is tailored to the individual abilities and needs of each athlete. 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.

This program has three levels:

- "basic" program which runs from September to the end of March twice a week,
- "enhanced" program which runs from September to the end of March three times a week, and
- "year round" program which runs from mid-May to the end of March.

Program participants in all programs, will be assigned to a training group based on one of three stages. Each stage is defined by a combination of the stage of physical development, skill level and fitness of the individual. Participants are expected to race locally in the NCD points series and attend provincial level races as appropriate for the older athletes in the program.

### **Skill Requirements**

Participants in Stage 1 need to have intermediate classic and skate skiing abilities equal to completion of the Nakkertok Racing Rabbit program. Stage 2 and 3 athletes require a higher level of ski skill.

### **Equipment Requirements**

Skate roller skis, separate skate and classic skis, Roller ski, classic and hill bounding poles (4 sets), and possibly skate and classic boots depending on foot size and growth! Rock skis, Digital watch, heart rate monitor for athletes 14 and over, Racing license for athletes over 14 years of age competing in O/Q cup races

### **Travel**

Optional participation in Ontario or Quebec Cup Series for Stage 3 athletes. Cost is approximately \$400 per race, can have up to four races per year. Stage 2 athletes may have the opportunity to participate in the Ontario Midget Championships depending on the location.

### **Program Contribution**

#### **Parents:**

Non-coaching parents will be expected to contribute significantly to training camps organization, race travel, registration, administration, communications, wax team, equipment management, race organization support and other opportunities as identified. Each family is expected to contribute 4 more days above the basic member contribution for a total of 10 days per family. The T2T program is responsible for running Thea's race

#### **Racers:**

- continue to participate in trail clearing and facility cleanup days
- have a role in the Nakkertok Cookie Race, club and team fundraising activities, provide trip reports to the racing site
- contribute to food prep, clean-up, etc... when travelling
- act as responsible representatives of the club - on and off trails

## Program Specifics

### Basic Program (2 sessions) - Tues Evenings and Saturday Morning – Sept 12 to end March

- Coaching is provided by both certified volunteer coaches and professional coaching staff with practice plans developed by the professional coaching staff.
- Monthly posting May-August advising of upcoming activities
- Weekly posting September 9 to March 31
- Sport education sessions for all stages (nutrition, mental training, flexibility, strength, etc.)
- Early on-snow overnight training camp (stage 1 and 2 athletes)
- Le Foret training Camp for Stage 3 athletes
- Special events organization for all stages (Adirondack hiking trip, Halloween orienteering, Skimeister etc.)
- Coaching support at local NCD races

### Enhanced Program (3 sessions) – Tues/Thurs Evenings and Saturday Morning – Sept 8 to end March

Everything in the Basic program plus...

Stage 3 athletes receive standardized weekly Training Programs written by the professional coach  
Coaching support at local NCD races, optional travel to Ontario or Quebec Cup Series Races

### Year-Round Program (3 sessions) – Thurs/Sun mornings beginning May 10th, Tues, added August 4

No long weekend training for Stages 1. Switch to Saturday Mornings Sept after long weekend to end March

YR Program activities plus:

- Two club training sessions per week: Thursday and Sunday
- Three club training sessions per week: Tuesday, Thursday and Sun (Aug) or Sat (Sept-March)
- Standardized weekly Training Programs written by the professional coach.
- Two summer training camp for athletes 14 years of age and older – OWL, and 1 summer
- On line training program and monitoring by T2T coaches (stage 3 skiers)
- Le Foret training Camp for Stage 3 athletes
- Organized travel to out of town races (Ontario or Quebec Cup Series)
- Waxing and coaching support at O/Q cup races

## Transportation

Transportation to and from the training venue will be the responsibility of the athlete. Nakkertok's professional coaching staff will not provide athlete transportation.