

Last Revised: August 2009



Mono Nordic Ski Club Race Program

Scheduled season runs September to March.
Individualized training plans can be developed.

Track Attack	9 – 12	years of age	\$150
Junior Development	13 – 18	years of age	\$200
Masters	18	years of age and older	\$200

Race program fees do not include Mono Nordic Ski Club membership fee.

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Mono Nordic Ski Club Race Program

Coming together is a beginning. Keeping together is progress. Working together is success.

Our Vision

“The Mono Nordic racing program aims at furthering Cross Country ski racing for athletes from post Jack Rabbit to Masters. Our focus is on enjoyment of the sport, accomplishment of skills, and the development of a lifelong lifestyle involving cross country skiing and related activities. We believe that training and competing in cross country skiing have inherent benefits for those involved.”

Our program builds on the athletes’ existing skills, encourages them to push themselves beyond previous performance levels, and provides the opportunity for them to compete in a team environment against their peers from other clubs.

Mono Nordic athletes are encouraged to set their own goals, and coaches work collaboratively to deliver a coordinated program that helps athletes achieve their personal best no matter what their level of performance. In addition to helping athletes set personal goals, coaches also set Team goals. By participating in the Racing Program, athletes agree not only to support the goals of the Team, but also to assist other athletes to do the same. This commitment to the Team leads to better individual and group performance and builds respect for other athletes, coaches, race officials and the many volunteers who help to make our sport possible.

Following guidelines developed by **Cross Country Canada** and the **Long Term Athlete Development** program, we start where the **Jack Rabbits** program finishes. Our program offers training that is both fun and socially appealing to young skiers at all stages of development. Starting with the **Track Attack** level for young athletes, (approximately 9 to 12 years with at least 2 years of Nordic ski experience), the Program then moves to more challenging levels requiring additional time and skills. As athletes’ skills, bodies and maturity develop, their training activity merges into our **Junior Development** level, (approximately 13 to 18 years of age). From **Junior Development** activity, athletes older than 18 years can continue to improve their skills and endurance in the **Masters** stage.

Mono Nordic’s Racing Program offers individual training plan development depending on the athlete’s personal goals.

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Track Attack

(Learning to Train, ages 9 – 12 years)

This stage of the **Long Term Athlete Development** Program builds on the young athletes' classic and skate-ski skills through game play and prepares the athlete for the next stage, **Training to Train**, delivered in our **Junior Development** stage.

Athletes in **Track Attack** are expected to be able to handle their own equipment and clothing to properly prepare themselves for a skiing session.

Minimum equipment required for this stage:

Combi or skate style skis, boots and poles

Poles must have standard cloth wrist loops and be the correct length for skate technique

Dryland length ski poles and running shoes

Water bottle and carrier

Basic grip wax kit¹.

One 1 1/2 to 2 hour dryland session per week.

One, 1 1/2 hour session and one 2 hour session per week on snow. Both classic and skate techniques will be taught.

Athletes must be ready to start session promptly at the start time. Have their equipment on and water bottle available.

Program Duration: September to March

Cost-\$150 payable to "Mono Nordic Racing.

Fees include race waxing, but not race entry fees or team toque.

Mono Nordic Club membership fees to be paid by Dec 1.

¹ We will hold a clinic to explain waxing requirements

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Junior Development

(Training to Train, ages 13 to 18 years)

For athletes aged 13-18 who want to race at a regional level, learn about training, sportsmanship, racing technique and have fun.

This program can provide young racers with personalized training, instruction, support in training and recovery, nutrition and technique development through individual monitored training schedules, and team training sessions led by a team coach.

Coaching at this stage is most effective when athletes maintain good communication with the coaches regarding training and competition goals or concerns. Especially for those athletes whose goal is to compete in the Ontario Cup Racing Circuit and qualify for the National Cross Country Ski Championships,

Equipment Requirements:

- Skate race equipment
- Classic equipment*
- Fitted dryland poles
- Access to skate rollerskis
- Rudimentary wax kit

Training Requirements:

- 1 dryland session per week with club
- 2 sessions per week on snow
- Athletes keep a training log

Program Cost \$200 payable to “Mono Nordic Racing”.

Fees include race waxing **except** high end additives which will be charged after each race if they are used.

Fees do not include race entries, racing suit or individualized training plan.

Mono Nordic Club fees to be paid by Dec. 1

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Masters Program

(18 years and older)

Our Masters program offers adults who are interested in fitness with nordic skiing a major component of their fitness activity. Whether their interest is in **Training to Win** or **Active for Life**, we focus on skill development, training technique and race support at the individual's level of interest/experience.

The emphasis of the program is fun and improvement of technique while pursuing a higher level of commitment to the sport with the intent on enjoying skiing for life. Athletes are provided a year-round training program which can be customized to meet the athlete's individual goals. Coaches will monitor the progress of athletes via training diaries and provide feedback on training, technique and nutrition. Depending on the individual athlete's goals, there are various opportunities for competition.

The training sessions vary from 1 on 1 sessions with the coach, small groups of masters to larger groups in combination with the junior development athletes.

Informal sessions start in June and carry on until the end of the ski season. Scheduled training sessions, 1 per week start in September and carry on until skiing starts; at that point scheduled sessions take place twice per week. Masters are fully supported at races.

Cost \$200 payable to "Mono Nordic Racing".

Fees include race waxing except high end additives which will be charged after each race if they are used.

Fees do not include race entries, racing suit or individualized training plan.

Mono Nordic Club fees to be paid by Dec 1.

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To participate on the Mono Nordic Team we have a number of mutual expectations that have proven to be successful in terms of keeping athletes, coaches, parents and administrators motivated to do their best and to support the Racing Program.

As an Athlete we would expect that you will agree to:

- Attend the scheduled practices and be ready to start at the on time, that means having your skis waxed and other equipment ready.
- Communicate regularly with your coach. If you are planning to miss a scheduled training session, notify your coach 24 hours prior to the session.
- Participate with Mono Nordic at District Events (e.g., Southern Ontario District time trials, camps, and races, and Provincial- and National-level events where appropriate)
- Read, sign and abide by the Athlete's Code of Conduct.

As a Coach we expect that you will agree to:

- Attend at least one scheduled practice per week.
- Communicate regularly with Athletes and Parents.
- Support the athletes at various District, Provincial and National events as appropriate.
- Abide by the Coaches Code of Conduct.
- Continuously improve your coaching skills.

As the Parent of an Athlete, we expect that you will agree to:

- Support your son or daughter in the pursuit of their goals.
- Support the Racing Team by arranging or assisting in team travel and logistics to both local and away races as appropriate.
- Organize and/or help with social/educational functions.
- Work to support Racing Program initiatives such as fundraising, promotional activities.
- Pay your membership, program fees and race fees in a timely manner.

We understand that at any given time it may not be possible to meet all of these expectations. At this stage all of our program administrators and coaches are volunteers and have personal lives too. We recognize that all of our athletes have academic commitments as well as other extracurricular interests that they need to pursue to maintain a healthy balance in their lives. And we are mindful that our athlete's parents all have work, family and other obligations that must be juggled to accommodate the skiing interests of their son or daughter. When a situation arises where we are not able to meet one another's expectations we encourage you to talk to the appropriate person (Coach, Racing Director, Club President) and voice your concerns.