

**Camrose Ski Club Junior Vikings**  
**Junior Racers**  
**Train to Train Team (T2T)**

**About our Program.**

- Guided by Sport Canada's and Cross Country Canada's Long Term Athlete Development concept.
- Encourages all individuals to be involved in lifelong physical activity.
- 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.
- Tailored to meet the needs of athletes going through the peak growth period and to allow athletes to perform to their potential.
- Emphasis on refining cross country running and skiing skills and physical development including "engine building" of aerobic capacity.

**Why Join?**

- Train with a professional coach for 6 months of the year!
- Access to training programs and education sessions on nutrition and hydration, sports medicine and injury prevention, core strengthening, aerobic conditioning, flexibility and the life of an athlete.
- Progress and refine your cross country skiing and running techniques.
- Challenge yourself, train and travel with a team of like-minded people.
- Have fun, outside in nature, training smart at higher intensities. (i.e. hill repeats, intervals, fartlek, body weight strength training etc.).
- Access to video to improve technique.

**Who Can Join?**

- **12-16 year olds** = Train-to-Train (T2T) athletes (younger or older athletes at discretion of head coach).
- Athletes who are able to classic and skate ski for 30 minutes or 5km non-stop.
- Athletes who have a minimum skating and classic technique skill.
- Athletes who want to train and compete with themselves and others in Camrose and Alberta to achieve personal bests in the sports of cross country running and skiing.

### **Our Expectations.**

- Attend 80%+ of all dryland training, skating and classic sessions.
- Notify coaches when expecting to miss a session and perform individual training to make up the missed session.
- Must have your own wax-able skis, boots and poles for both classic and skate technique.
- Must have basic waxing skills or willingness to learn.
- Race in a minimum of 6 running and skiing events throughout the season (i.e. tryout for Alberta Winter Games, Alberta Youth Championships, Alberta Cups, Loppets).
- Attend events as a team and participate in team warm-ups, meals, staying at same hotel, etc.
- **New:** All programs require sign up for mandatory volunteer hours. A postdated cheque will be held until hours have been completed. We have a great club because we have great people volunteering their time!
- **New:** We encourage all skiers to have a headlamp or small light on their clothing. Available at Canadian Tire, MEC, etc.

### **Coaching.**

- Program will be lead by a Head Coach through the Camrose Ski Club/Augustana who will provide top quality training and racing opportunities specific to athletes in this stage of development. Lowell Niven ([lniven@ualberta.ca](mailto:lniven@ualberta.ca)) will be the main coach of this group.
- An Assistant Coach/Manager will assist the Head Coach during sessions and on-site at events throughout the season, coordinate the program and act as a liaison between the Head Coach and Team as necessary.

### **Cost.**

- See **Program Overview** on the youth cross country skiing page for costs for the combined dry-land fall cross-country running and winter cross-country skiing program as well as race and wax support.

### **Season Duration.**

- Middle of September to middle of March. See **Program Overview** on the youth cross country skiing page for more info like cost, dates and times.
- 2-3 sessions/week at the Stoney Creek Centre located at 5320-39 Avenue.

- We go rain or shine. Alternate activities on days when trail conditions do not allow training on them.