

Camrose Ski Club Junior Vikings Track Attack

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.
- Emphasis on refining all Cross Country Canada's FUNDamental movements and basic cross country running and skiing skills, as well as establishing an aerobic base for further development of speed and strength.

Why Join?

- Learn and improve proper cross country running, classic and skate skiing technique through drills and games on skis.
- Have FUN outside in nature with friends and family.
- Beat the winter blues = enjoy winter by enjoying skiing.
- Enjoy challenging running/skiing adventures on the Camrose trail system.
- Opportunity to travel to the Alberta Youth Championship in Bragg Creek
- Join regional cross country ski training camps in the Camrose region.
- Travel to some FUN cross country ski family fitness events called "loppets" (recreational xc ski races in the Camrose region).
- Great cross training for triathlon and your other sports.

Who Can Join? (please speak to a coach if you are unsure if your athlete is ready to join)

- **New this year: 10-12 year olds** = Learn-to-Train (L2T) athletes
- Equivalent ability in both skating and classic skiing

Our Expectations.

- 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.
- **New:** We encourage all skiers to have a headlamp or small light on their clothing. Available at Canadian Tire, MEC, 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!

- Parents are encouraged to join our sessions as assistants/helpers. It's the perfect excuse to enjoy the great outdoors. Plus you then end up getting lessons for free!

Coaching.

- Program will be led by Volunteer Ski Club Coaches and will provide training specific to athletes in this stage of development.

Season Duration.

- Program will start early October and continue until the middle of March, weather permitting. See **Program Overview** on the youth cross country skiing page for more info like cost, dates and times.
- 2 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.