

# Camrose Ski Club

## **2018-19 Youth Cross Country Ski Program Overview – Junior Vikings Stoney Creek Centre (basement level) located at 5320-39 Avenue Register at [www.camroseskiclub.com](http://www.camroseskiclub.com)**

### **Program Overview**

The Camrose Ski Club's Youth Cross Country Ski Program provides an opportunity for kids to learn how to cross-country ski, play games, and meet new friends all in a safe environment.

### **About our program**

- Guided by Sport Canada and Cross Country Canada's Long Term Athlete Development concept
- Encourages all individuals to be involved in lifelong physical activity
- Emphasizes the development of all FUNdamental movements and basic cross country running and ski 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 and skiing adventures on the Camrose trail system
- Travel to the Alberta Youth Championship in Bragg Creek (Track Attacks only)
- Join regional cross country ski training camps in the Camrose region
- Great cross training for triathlon and your other sports
- Travel to some FUN cross country ski family fitness events called "loppets" = recreational xc ski races in the Camrose region

### **Ski Levels Offered**

The Camrose Ski Club offers the following programs. Please see our website for more specific details about each program and for **registration**. **New: All programs require mandatory volunteer hours (with the exception of the Bunny program which already requires a parent on the snow)**

**Bunny:** \$90 (+ ski club membership & insurance). **Thurs 5-6pm. Start: Nov 15th**

- Age Group: Approximately **3-5 years old**
- Skill Level: New Skiers, no or limited experience
- Emphasis is on having fun on skis
- **Parent on snow with skier.**

**Bunny Rabbit:** \$100 (+ ski club membership & insurance). **Thurs 5-6pm. Start: Nov 15th**

- Age Group: Approximately **5-7 years old**
- Skill Level: Beginner skiers with limited experience
- Emphasis is on getting up and down from falls, skiing a straight line, moving up and down hills, and having fun.

**Jackrabbit:** \$100 (+ ski club membership & insurance). **Thurs 5-6pm. Start: Nov 15th**

- Age Group: Approximately **7-9 years old** (will be divided into 2 groups)
- Skill Level: Can be new skiers, most have completed at least one year of the Bunny Rabbit program
- Emphasis is on learning classic and skate technique, double poling, endurance and having fun.

**Track Attack:** \$190 (+ ski club membership & insurance). **Tues/Thurs 4:45-6. Start: October 11th**

- Age Group: **10-12 years old**
- Skill Level: The Track Attack program is the next level after Jackrabbit.
- Emphasis is on having the opportunity to have two organized ski sessions throughout the week and advance their skills in cross-country skiing while still have fun.

**Junior Racer:** \$250 (+ ski club membership & insurance).

**Tues 4:15-5/Thurs 4:45-6/ Sat 10:30-12 (depending on race schedule) Start: September 18<sup>th</sup>**

- Age Group: **12 + years old**
- Skill Level: Athletes have completed the track attack program and are able to classic and skate ski for 30 minutes or 5km non-stop.
- Emphasis is on having the opportunity to have 2-3 organized ski lessons per week while refining cross country running and skiing skills and physical development including “engine building” of aerobic capacity. Also for athletes who want to train and compete in the sports of cross country running and skiing

### **Equipment and Clothing**

Camrose Ski Club offers equipment rentals to the Bunny, Bunny Rabbit and Jack Rabbit participants for the winter season. They are waxless skis, boots and poles. The cost for **rentals are \$70/yr.** Participants can keep the skis at home with them, allowing them to ski whenever they want throughout the winter. **New: We encourage all skiers to have a headlamp or small light on their clothing.**

**Nov.1st:** No guarantee of rental availability after this date.

**Sunday, SEPTEMBER 30th, 3:00-4:30** (Stoney Creek Centre) we will have our **SKI KICKOFF** which includes a **ski swap (buy used gear), ski clothing fitting, ski rental pickup and mandatory volunteer sign up and postdated cheque drop off .**

**All skiers must be present on this day for pickup of rentals, to sign up for volunteer requirements and submit their postdated cheque for volunteer requirements.** A \$200 postdated cheque which will be held, and cashed only if volunteer duties are not fulfilled. Please register your skier online **prior** to coming as we now have a paperless registration system. When you register online there will be a cheque option if you rather pay by this method. Please bring your cheque to the Ski Kickoff on Sept. 30th.

**October 2nd :** Youth cross country program fees increase by \$50.

**November 17th:** Youth cross country program registration closes.

### **Cold Weather Policy**

Safety is always a priority for skiing. If the weather proves to be too cold to be outside, when possible, alternate arrangements will be made to be at an indoor facility. Coaches will communicate changes due to weather to their skiers.

Participants in Youth Cross-Country skiing will need to be appropriately dressed for the weather. Wearing multiple layers is the best way to stay warm and maintain a comfortable body temperature. Toques, mittens (not gloves) are a must and a buff is important. There will be an information session for younger or new skiers on dressing for skiing in cold weather.

### **Parent Help/Volunteer Opportunities**

The Camrose Youth Cross-Country ski program would not be able to run without its volunteers. There are many rewarding ways to be involved as a parent volunteer. Improve your own skiing, play games, meet new friends and become involved in a great winter sport as a family!

**New: All programs require mandatory volunteer hours.**