

CAMROSE SKI CLUB

JUNIOR VIKINGS

2020-2021 Youth Cross Country Ski Program Overview
Stoney Creek Centre (basement level) located at 5320-39 Avenue

Register at 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 in a safe outdoor environment.

About our program

- Guided by Sport Canada and Cross Country Canada's Long Term Athlete Development concept
- Encourages 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
- Learn healthy habits, proper dressing, nutrition, and exercise
- 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)
- Try out for and possibly take part in the Alberta Winter Games (Track Attack & Junior Racer)
- Join regional cross country ski training camps in the Camrose region
- Great cross training for triathlon and other sports
- Travel to FUN family friendly cross country ski events called "loppets" = recreational xc ski races in the Camrose region
- Travel to more competitive Alberta Cup Races throughout the province
- EXPLORE OUR INCREDIBLE TRAIL SYSTEM!

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.

***Note: 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).

Time: Thurs 5-6pm.

Start date: Nov 19th

- 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).

Time: Thurs 5-6pm.

Start date: Nov 19th

- 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).

Time: Thurs 5-6pm.

Start date: Nov 19th

- Age Group: Approximately 7-9 years old
- 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).

Time: Tues/Thurs 4:45-6pm.

Start date: October 15th

- Age Group: 10-12 years old
- Skill Level: Skiers must have a basic understanding of both skate and classic techniques.
- Emphasis is on having the opportunity to learn and refine both classic and skate techniques while having fun
- transition to skiing 2 days per week
- ***Note: Skiers must provide their own Classic and Skate equipment**
- **Rentals no longer available once skiers are in Track Attacks**

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

Time: Tues/Thurs 4:45-6pm*

***Note: may change subject to coaching availability & group size once on snow**

Start date: October 15th

- 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 xc running & xc ski skills, as well as developing aerobic capacity
- Opportunities to travel to Alberta Cup races throughout the province
- Opportunity to attend the Alberta Youth Championships in Bragg Creek
- Opportunities to attend dry land and on snow camps
- Race support - coaching and waxing
- Develop a true sense of being part of a team

***This group is for athletes who want to train and compete and offers the ability to travel to races and compete at a provincial level.**

****Parent/athlete responsibilities:**

- Race registration
- Race Fees
- Race accommodations (see COVID-19 guidelines)
- Travel to and from races and practices (see COVID-19 guidelines)
- Training wax (cannot be shared due to COVID-19)

Adventure Group:

Time and \$ TBD (depending on coaching availability & interest)

Equipment

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 is **\$70/yr**. Participants can keep the skis at home with them, allowing them to ski whenever they want throughout the winter. Equipment must be returned at the end of season.

Equipment pick up dates: Nov 1st, 2020 (families will be notified of pick up time)

Prior to attending equipment pickup, all skiers must be registered through Zone 4 (www.camroseskiclub.com).

Volunteer Requirements

Our club is run almost entirely by volunteers. Without these people, we wouldn't be able to offer the rich programming that we do. There are many volunteer opportunities in our club. From coaching and being on snow as a parent sweep, to helping at races, trail maintenance, cleaning (new position due to COVID-19), hot chocolate (cancelled for the 2020-2021 season due to COVID 19) - and many many more... All families are required to volunteer to an extent. All skiers must present a postdated \$200 cheque for these volunteer requirements. This cheque will be held and cashed only in the event that volunteer requirements are not fulfilled. If not cashed, cheques will be disposed of.

Clothing

A team clothing order will be placed at the beginning of the season. More information will be sent out to registered skiers with information on items that can be ordered.

All skiers must have a **headlamp** as many of our ski nights are in the dark. This is both for our skier's safety and visibility for coaches.

OUR SKI SWAP / KICK OFF HAS BEEN CANCELLED THIS YEAR DUE TO COVID-19...

**Please check our Facebook Page:
Camrose Ski Club Buy and Sell
for equipment and team clothing**

Cold Weather Policy

Safety is always a priority for skiing. If the weather proves to be too cold to be outside, our coaches will do their best not to cancel. Alternate arrangements will be made to be at an indoor facility when and if possible. Coaches will communicate changes due to weather to their skiers.

Participants must be dressed appropriately for Youth Cross Country lessons. Lots of layers, clean dry socks (wool is best), mitts not gloves, toques and BUFFS are recommended. Please check the weather prior to sending your skier to lessons.

Important Dates:

Oct 8th 2020: Last day for early bird registration (open to previous skiers)

Oct 9th 2020: Registration opens to the public

Oct 15th 2020: Junior Racers and Track Attacks start dry land training!

??????? 2020: ADVENTURE GROUP begins again!

Nov 1st 2020: Equipment pickup (families will be notified of individual pick up times)

Nov 19th 2020: First day of Jackrabbit programming (Bunnies, Bunnyrabbits, Jackrabbits)

Covid-19 Guidelines & Precautions

In order to ensure the safety of our athletes, coaches, and parents who support our programs, the Camrose Ski Club has put the following measures into place effective immediately. As the status of COVID-19 evolves, Camrose Ski Club members will be notified of changes as they arise:

- Wax room will be closed to all programming except coaches. If any programming occurs in the wax room in the future, safety protocols will be followed
- Designated flow will be marked and safety protocols will be posted, sanitation stations will be provided throughout
- For those who do have access to the wax room, masks are mandatory inside wax room
- Athletes and parents are not permitted to congregate
- Each group will have a designated meeting and pick up point. Coaches will share this meeting point with their group. Athletes must arrive to meeting point on time and ready to ski. In turn, athletes in the Jackrabbit program must return to this meeting point to be picked up by a parent. This will reduce congestion in the parking lot and around the wax room
- Groups will not intermingle
- Coaches will plan lessons accordingly to allow for physical distancing
- Group sizes will not exceed local directives
- All participants will complete an online health check and attendance prior to attending each practice
- Athletes will only travel to and from practice with members of their household
- When possible park in every second stall
- Athletes shall arrive ready to ski
- Training groups are kept consistent and do not change from one session to the next
- If sessions occur indoors, CSC will abide by directives of the indoor facility.
- Junior Racers and Track Attacks must use their own wax and tools (no sharing unless from same family)
- Anyone showing up with symptoms will not be permitted to participate