



RACE TEAM TELEMARK

Program Overview

Youth Programs (ages 8-12)

Refer to [Team Telemark Youth Programs](#)

Bridge Program for New Skiers (ages 12+)

- BP accommodates first time skiers who are “fast-tracked” to appropriate peer group
- Fun, Skill Development, Technique, Introduction to Competition (optional)
- Train Tuesday evenings and Saturday mornings (Sept-April)
- For more details, contact Coach Brent Hobbs (brent_hobbs@telus.net)

Training to Train (ages 11-15)

The Train to Train (T2T) program follows the [Long Term Athlete Development Model](#). The T2T stage involves the establishment of an aerobic base and development of speed and strength. The T2T program will provide skiers with the tools to become a successful competitor in a fun and nurturing environment. The intensity of the training will be based on the guidelines in the LTAD for a T2T athlete. It is recognized that there is variability in the athletes’ physical development. As such, the training program will be tailored to match the individual athlete’s physical maturity.

Selection criteria for the T2T Program is based on:

- An adequate level of Fundamental Ski Technique Development from Telemark Youth Programs (Jack Rabbit, Track Attack)
- A commitment to train with the group 2 nights a week during the ski season.
- A commitment to do Dry-land training at least twice a week in the fall.
- Physical and mental maturity required for the T2T level of development.
- Younger athletes who meet the above requirements, are willing to work hard, and have shown enthusiasm and commitment to the sport, may be evaluated for the T2T Program. The athlete should approach the Coach Adam with the request.

Learning to Compete (ages 14-17)

The Learning to Compete (L2C) program follows the [Long Term Athlete Development Model](#). The L2C stage involves the development of aerobic capacity and power, sport-specific and individual-specific skills, and self-awareness and independence. The focus of the L2C program is on competitive ski racing. This involves intensive training to meet or exceed national standards for speed, strength and endurance. And yes, there is still lots of emphasis on having fun (e.g. cross country adventures and games).

Selection criteria for the L2C Program is based on:

- Athletes selected for BC Ski Team, BC Development Squad, National Talent Squad and Canadian NST automatically qualify.
- Unassisted June Springs Short Skate 1 km Uphill Time Trial in 4:30 minutes or faster for boys and 5:00 minutes for girls on Standard Speed 2 roller skis wheels and bearings (Swenor 65, Oneway 7 or F1 Sprints preferred) when timed under the supervision of Coach Adam.
- Or a CPL average of 60 or Greater on the Canada's Points List System for distance cross country skiing.
- Year round commitment to ski training and maintenance of a Training Dairy, Training Plan and Goal Setting..
- Coach Adam will select the group primarily based on the Roller Ski Time Trial and CPL but will also use discretion which may include past performances etc.
- The athlete is in good standing with the Telemark Racers Program and the Telemark Nordic Club.
- The athlete competes wearing the Telemark Race Suit at all major races including all BC Cups, Westerns, Nationals and World Junior /U23 Trials.

Training to Compete (ages 17+)

The Training to Compete (T2C) program follows the [Long Term Athlete Development Model](#). The T2C Program optimizes fitness preparation and masters both individual and sport-specific skills. Athletes train at a high intensity year-round in preparation for national and international competitions. Telemark also has affiliation agreements with UBC-O and Okanagan College which will enable athletes to train full time while continuing post-secondary studies. This program stream also offers our athletes an opportunity to develop leadership and coaching skills to inspire the next generation of cross country skiers.

Head coach Adam Elliot will personalize training programs for T2C athletes. Adam is a Level 4 Coach and Graduate of the Advanced Coaching Diploma program through Canadian Sport Institute Pacific. Adam will direct wax support at races as well.

Athletes who may be interested in this program are asked to contact Adam for question

Selection criteria for the T2C Program is based on:

- Athletes selected for BC Ski Team, BC Development Squad, National Talent Squad and Canadian NST automatically qualify.
- Unassisted June Springs Short Skate 1 km Uphill Time Trial in 4:30 minutes or faster for boys and 5:00 minutes for girls on Standard Speed 2 roller skis wheels and bearings (Swenor 65, Oneway 7 or F1 Sprints preferred) when timed under the supervision of Coach Adam.
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- The athlete is in good standing with the Telemark Racers Program and the Telemark Nordic Club.
- The athlete competes wearing the Telemark Race Suit at all major races including all BC Cups, Westerns, Nationals and World Junior /U23 Trials