



TELEMARK PROGRAM INFORMATION: 2016-2017 SEASON

(*program fees do not include season pass except with Special Olympics)
(Session calendar schedules will be posted to Telemark website as they are determined)

YOUTH PROGRAMS

Jackrabbit Ski League at Telemark Nordic

Your little Jackrabbit will love to ski with friends under the supervision of our professionally trained volunteer coaches and coaching assistants. In our programs your Jackrabbit will learn balance, coordination, cooperation, timing, and fun on snow. Our goal: “ski for life.” With that in mind our emphasis is about having lots of fun, while at the same time teaching them skills and techniques to become lifelong learners.

You will appreciate the time and effort our volunteer coaching staff puts in, as they are all parents too. Our coaches have attended one or more of Cross Country Canada’s amazing coaching program, provided free to all Telemark Coaches. They also enjoy continued skills development provided by Telemark’s Head Coach Adam Elliot. If you love to learn and enjoy skiing you should seriously consider becoming an assistant coach. Contact Deren Sentesy Program Director 250 979-0338 for more information.

Apply this year via on-line registration or by paper registration. All taxes are included in the prices below.

Jackrabbit Groups*	Early Bird (before Oct 31)	Regular Pricing (starting November 1st)
Bunnies (5 & younger)	\$77	\$87
JR 1 (5-7 year olds)	\$92	\$104
JR 2 (6-8 year olds)	\$105	\$126
JR 3 (7-9 year olds)	\$105	\$126
JR 4 (9-11 year olds)	\$105	\$126
Adventurers (10 & older)	\$105	\$126

If your Jackrabbit is new to skiing please connect with Michelle Kershaw our Program Coordinator to discuss what group would be most appropriate at telemarkskileague@gmail.com or 250-864-2622 .

We understand your Jackrabbit grows fast. To help we have an annual SKI SWAP held the last Sunday of October every year. We also have a rental program for all Jackrabbits skiing at Telemark. The rentals purchased are for the lessons only, and if you come to ski on other days you will have to pay the normal rental rates. If you rent under this program the skis are only for Ski League lessons and not for sessions of other programs like Racing and Biathlon. You can also rent equipment for the ski league lessons each time you come, but you must pay at the office before the rental skis will be handed out.

Program	Season Jackrabbit Lesson Rental Rate
Bunnies and JR 1	\$59
JR 2 – Adventurers	\$84

What's after Ski League Program? Many of our skiers move on to Telemark Biathlon and Junior Development Program for more fun in the snow. During the summer months our older Jackrabbits train with the Junior Development Program, Ogoogo Swim club, Ogoogo triathlon club.

Please note the Jack Rabbit Ski League program relies on volunteers to run, so parents must commit to helping out in one of the volunteer opportunities throughout the season. Opportunities are volunteer coach, coach assistant, group assistant, hot chocolate attendant, or fun event helper for Bunnies, Jackrabbits, or Adventurers.

We look forward to connecting with you.

Deren Sentesy – Program Director – Derens@gmail.com – 250-979-0338

Michelle Kershaw – Program Coordinator – Telemarkskileague@gmail.com – 250-864-2622

Junior Racing (ages 8 to 23)

Junior X-C Development Team (\$ 360, Tuesday evenings and Saturday mornings)

Bridging the gap between ski league and the junior racing team with emphasis on skiing fast and with good technique. Athletes will be coached by the club Head Coach in dryland and on-snow training sessions and will be encouraged to enter some local races with the team.

Junior X-C Racing Team (JR1 \$ 775, JR2 \$ 975, Tuesday / Thursday evenings and Saturdays)

This program is for youth skiers who want to improve their technique and race at a competitive level. Our Junior Race athletes are frequently selected to the provincial talent squad, provincial development team, or the BC ski team. With an emphasis on fun and camaraderie, skiers learn to ski fast utilizing great technique. Athletes will participate in dryland and on-snow training sessions and will be encouraged to enter all of the races as set out in the team schedule. Coached training sessions will take place three times per week during the ski season supervised by the club Head Coach.

For more information contact Adam Elliot 250 769-3750 or email coachadam@telemarkracers.org .

Biathlon

Biathlon Bears Program - These introductory programs are for young boys and girls ages 9 to 14. All participants use rifles to work on their marksmanship skills. A season rifle rental is included in the cost. The focus is to learn how to safely use a firearm, develop good skate ski technique and to have fun. It is strongly recommended that the athlete also participate in a Telemark Nordic Club ski program such as Jackrabbits (Ski League), Adventure or Junior Development.

Black Bears: for those in their first year of biathlon. **Grizzly Bears:** for those in their second year of biathlon. **Polar Bears:** for those in their third or fourth year of biathlon

Cost is \$ 225 (rifle and ammunition is provided). Bears must also purchase a Telemark Nordic Club membership, and a Biathlon BC membership through Biathlon Canada.

The Bears program is coached with volunteer coaches under the supervision of our biathlon coach. Coaches have a minimum of Community Coach level and have a PAL or POL license.

Biathlon Racing Programs - These programs are geared for athletes who wish to compete. The programs encourage the athlete to develop precise shooting and powerful skate ski skills. The programs use the “Learning to Train” and “Training to Train” levels, following the Canadian Biathlon Long Term Athlete Development Model.

Biathlon Development Racing Program – for athletes who wish to enter into competition. The program includes two 2-hour sessions each week (usually Saturday morning and Tuesday evening). Cost is \$292 and athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis).

Biathlon Advanced Racing Program - for athletes wishing to compete at a higher level. The program includes three 2-hour sessions each week (usually Saturday morning, Tuesday and Wednesday evenings). Cost is \$318 and athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis). There are also a variety of ski technique practices.

All athletes that competitively race in IBU level races must either have a PAL or POL. Race Team members must also purchase a Telemark Nordic Club membership, and a Biathlon BC membership through Biathlon Canada.

Adult Biathlon, Rifle rental fee if required: As per schedule

This is geared for the ‘youth at heart’. Our program focuses on helping you become a competent biathlete to either enjoy a time on the range or in a competitive peer race. Some sessions are mentored by higher performance biathletes for specific ski and shooting techniques. Cost is \$318 and athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis). Masters must also purchase a Telemark Nordic Club membership, and a Biathlon BC membership through Biathlon Canada. This program runs on Saturdays and Wednesdays.

For more information contact Andrew Hay 250 862-0996 or email andrewwh@telus.net .

Special Olympics (ages 12 to 65, \$55 **Includes Telemark membership)

This program is open to any person with a developmental disability. The Junior and Adult program (13 years and up) is a fun way to build strength, endurance and technique leading towards competition. Training sessions will be on Saturdays.

For more information contact Garth Vickers at 250-762-8476 or email garthvickers@shaw.ca.