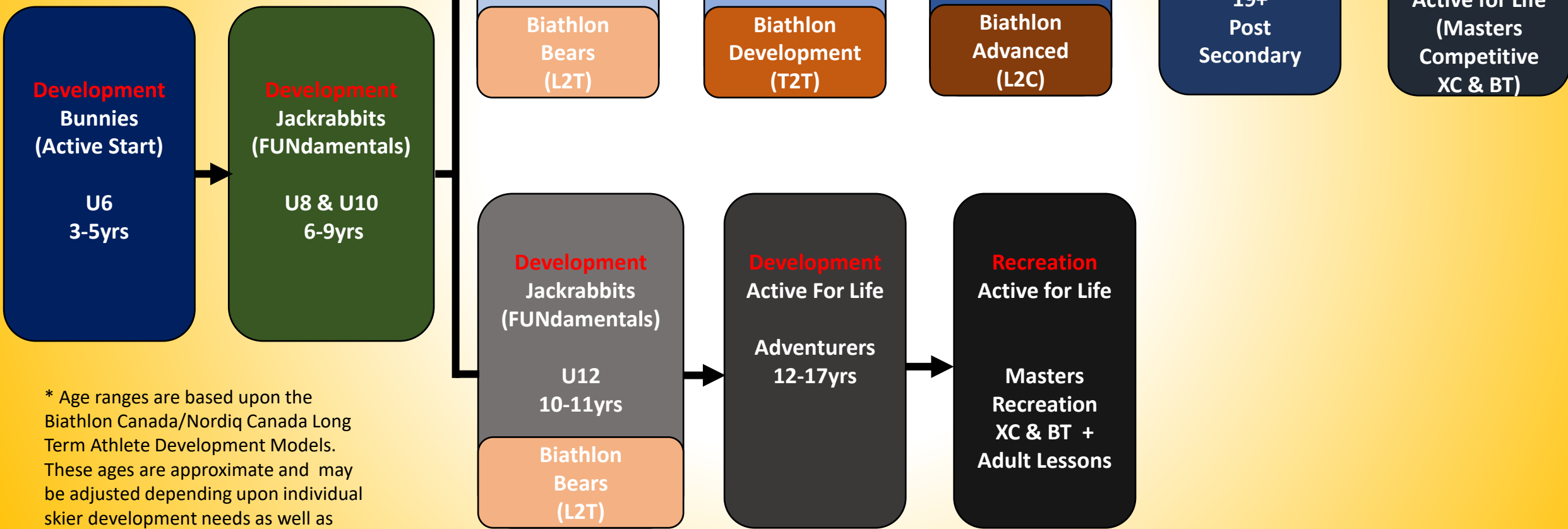




# Skier Development Programs 2020-2021



\* Age ranges are based upon the Biathlon Canada/Nordiq Canada Long Term Athlete Development Models. These ages are approximate and may be adjusted depending upon individual skier development needs as well as current programming.

Bunnies  
3-5yrs

**Bunnies (U6) are just starting out on their skiing journey. The emphasis will be on giving them an 'Active Start'. They will learn balance, agility and rhythm while having fun through Games and activities. The goals of the Bunnies program are to:**

- Help children develop a positive self-image
- Provide children an opportunity to make ski-friends
- Help develop essential motor skills
- Help develop awareness and appreciation of our natural environment
- Help guide parents how to best help their young skiers develop
- Have FUN on skis.

Jackrabbits  
6-9yrs

**Jackrabbits (U8 & U10): Jackrabbits are becoming more comfortable on their skis. The emphasis is on the 'FUNdamentals' of skiing. Children will learn to ski through games and activities but more time will be spent on skiing and learning technique. Skiers will be put into age and skill appropriate groups The goals of the Jackrabbit program are to:**

- Encourage FUN and participation building a lifelong interest
- Develop ABC's: Agility, Balance, Coordination.
- Encourage frequent cross-country skiing during the season.
- Develop good technique habits through repeated practice
- Utilize games and ski playgrounds to develop technique, speed skills and fitness.
- Develop linear, lateral and multi directional speed.
- Nurture a team/social atmosphere.
- Introduce competition in a team environment
- Encourage inter-club social, skill and fitness-oriented ski activities.

Jackrabbit  
10-11yrs

**Jackrabbit (U12):** These older Jackrabbits love to ski but are not yet ready for Track Attack or they are new to the sport. The emphasis is still on the 'FUNdamentals' of skiing. Children will learn to ski through games and activities but more time will be spent on skiing and learning technique. Skiers will be put into age and skill appropriate groups. The goals of the Jackrabbit program are to:

- Encourage FUN and participation building a lifelong interest
- Develop ABC's: Agility, Balance, Coordination
- Encourage frequent cross-country skiing during the season
- Develop good technique habits through repeated practice
- Utilize games and ski playgrounds to develop technique, speed skills and fitness
- Develop linear, lateral and multi directional speed
- Nurture a team/social atmosphere
- Introduce competition in a team environment
- Encourage inter-club social, skill and fitness-oriented ski activities.

Track Attack  
9-11yrs

**Track Attack - Learning to Train (U12):** The natural progression for young skiers who are still building skills but really love skiing and want to do more. The emphasis will be on 'Learning to Train' through skill development, fitness and teamwork. The Track Attack program goals are to:

- Improve ski technique through drills and careful input from qualified coaches
- Use games, relays, racing and terrain parks to develop technique, speed, skills and fitness
- Learn how to ski safely in a wide variety of conditions & terrain
- Nurture a team/social atmosphere
- Encourage competition in a team environment at the BC Cup level
- Learn how to race with confidence
- Begin to build fitness before the ski season starts with dryland sessions through the fall.

**Train to Train  
(T2T)  
12-15yrs**

**Train to Train (U14 & U16): A competitive program for those kids who have completed Track Attack or are at a similar level and are ready to make more commitment to training and racing. The Goals of the T2T program are to:**

- Development of overall fitness and ski specific skills
- Focus on Aerobic training and building a base
- Develop sound technique
- Race up to BC Championships level for younger ages and Nationals for older ages
- Foster a strong sense of team
- Learn to give back to the skiing community by mentoring Track Attack and Jackrabbit skiers
- Begin to incorporate full year training for the older ages

**Learn to Compete  
(L2C)  
16-19Yrs**

**Learn to Compete (U18 & U20): A competitive program for those kids who have completed Train to Train and are ready to make even more commitment to training and racing. In this program athletes are training year-round and competing regularly. The goals of the program are to:**

- Continue development of overall fitness and ski specific skills
- Focus on advanced training methods
- Focus on advanced technique improvement
- Race up to Nationals and NorAm level
- Foster a strong sense of team
- Incorporate year round training

**Train to  
Compete  
(T2C)  
19+**

**Train to Compete & Post Secondary Program (U23): A competitive program for those who have completed Learn to Compete and are ready for a full-time program or who want to go to School at the same time as training. The goals of the T2C program are to:**

- Continue development of overall fitness and ski specific skills
- Focus on advanced training techniques
- Incorporation of integrated support such as Physiology, massage, strength etc.
- Refine advanced technique
- Racing up to Nationals/NorAm level with some international competition possible
- Foster a strong sense of team
- Incorporate full year training
- Provide opportunities for athletes to train and attend university or college

**Adventure  
12-17yrs**

**Adventurers Program: This is a program for older kids who are not interested in racing but want to continue to ski in a fun and social atmosphere while improving skills and fitness. The emphasis will be on skiing as a 'Sport for Life'. The goals of the Adventurer program are to:**

- Encourage FUN and participation to build a lifelong interest in xc skiing
- Develop ABC's: Agility, Balance, Coordination and speed
- Encourage frequent cross-country skiing during the season
- Develop good technique habits through repeated practice
- Nurture a team/social atmosphere
- Encourage inter-club social, skill and fitness-oriented ski activities

Biathlon  
Bears  
JackRabbit  
8-11yrs

**The Biathlon Bears- Jackrabbit Program (U12):** The Biathlon Bears-Jackrabbit Program is for participants who are new to biathlon *and* cross-country skiing. The emphasis is on the 'FUNdamentals' of skiing, and the introduction to rifle marksmanship using .22 calibre rifles. Children will learn to ski through the Jackrabbit (U12) program and have additional practices to learn marksmanship technique. The goals of the Biathlon Bears - Jackrabbit program are to:

- Nurture a team/social atmosphere
- Encourage FUN and participation building a lifelong interest in Biathlon and cross-country skiing
- Encourage frequent cross-country skiing during the season through repeated practice
- Develop technique in cross-country skiing and shooting marksmanship through the use of games and play
- Develop the ability to safely handle a firearm, under the supervision of qualified coaches
- Develop ABC's: Agility, Balance, Coordination
- Develop general physical literacy and speed

Biathlon  
Bears  
Track Attack  
9-11yrs

**The Biathlon Bears- Track Attack Program (U12):** The Biathlon Bears - Track Attack Program is for participants who really love Biathlon and are interested in developing further in the sport. The emphasis will be on 'Learning to Train' through ski and marksmanship skill development, fitness and teamwork. Participants will develop fitness and ski skills through the Track Attack (U12) program, as well as range practices to learn and perfect rifle marksmanship techniques. The goals of the Biathlon Bears - Track Attack program are to:

- Nurture a team/social atmosphere
- Improve shooting marksmanship and ski technique through practice and the intervention of qualified coaches both on the trails and at the range
- Learn through games, relays, racing and terrain parks to develop technique, speed, skills and fitness
- Continue to develop confidence and safe rifle handling skills
- Learn to ski safely in a wide variety of conditions & terrain
- Begin to build fitness in the fall with dry land training sessions
- Learn how to race with confidence and encourage participation in Biathlon and Cross-Country Ski races

**Biathlon  
Train to Train  
12-15yrs**

**Train to Train Biathlon (U14 &U16): A competitive program for participants who have completed the Biathlon Bears - Track Attack program or are at a similar level of ability. Participants are ready to make more commitment to training and racing in the Junior B/G or Senior B/G Biathlon categories. Participants will develop fitness and ski skills through training with the Train to Train (U14 & U16) Nordic program. The goals of the Train to Train Biathlon program are to:**

- Foster a strong sense of team
- Development of overall fitness and Biathlon (ski & marksmanship) skills
- Focus on aerobic training and building base fitness
- Develop the skills to participate in a progressive training program
- Develop sound technique in cross-country skiing and marksmanship
- Compete in biathlon and cross-country ski races up to the BC Championships level for younger ages and the National Championships for older ages
- Learn to give back to the skiing community by mentoring Biathlon Bears, Track Attack and Jackrabbit skiers

**Biathlon  
Learn to  
Compete  
16-19yrs**

**Learn to Compete Biathlon (U18 & U20): A competitive program for athletes who have completed the Biathlon Train to Train program or are at a similar level of ability. Participants are ready to make a commitment to Biathlon as their primary sport and are racing in Youth M/W or Junior M/W biathlon Categories. Participants train with the Learn to Compete (U18 & U20) Nordic program and are training year-round for Biathlon competitions. The goals of the Learn to Compete Biathlon program are to:**

- Foster a strong sense of team
- Continue the development of fitness and Biathlon (ski & marksmanship) specific skills
- Focus on advanced training methods
- Focus on advanced technique improvement
- Compete in Biathlon and cross-country ski races up to the national level. Advanced athletes are interested in competing at the World Youth/Junior championships and Junior IBU Cup level.

**Biathlon Adult  
Recreation**

**Biathlon Recreation (16yrs+)** is for Active for Life participants who just love Biathlon. This program is not integrated with the Telemark youth competition programs. The focus of the program is on participation, and competition is encouraged across a wide spectrum of skills and capabilities. Marksmanship will focus on fundamental shooting technique and accuracy in combination with skiing.

# Program Prices

## Team Telemark - Youth Development Programs

### **Bunnies (3-5yrs) - \$95**

Program fee includes 10 x 1hr sessions on Saturdays from Dec to March. This program requires a Parent helper for each child in each session.

### **Jackrabbits U8 (6-7yrs) - \$110**

Program fee includes 12 X 1.5hr sessions on Saturdays from Dec to March. This program relies on volunteer parent coaches and registrations will be limited by the number of parent coaches. Entry into the Telemark Apple Loppet on Saturday Jan 11<sup>th</sup> and into the BC Championships on Saturday March 7<sup>th</sup> is Integrated into the program with program fees covering entry into these events

### **Jackrabbits – U10 & U12 (8-11yrs) - \$150**

Program fee includes 22 x 1.5hr sessions on Saturdays and Tuesday evenings Dec to March. This program relies on volunteer parent coaches and registrations will be limited by the number of parent coaches. Entry into the Telemark Apple Loppet on Saturday Jan 11<sup>th</sup> and into the BC Championships at Telemark on Saturday March 7<sup>th</sup> is Integrated into the program with program fees covering entry into these events. Entry fees for the BC Midget Championships in Kamloops Feb 22-23 are also included in the program fees (Birth years 2007-2010).

### **Track Attack U12 (9-11yrs) - \$375**

Program fee includes 2-3 x 1.5hr sessions per week (approx. 50 sessions) and includes race support if needed.

From Sept to Nov: Tuesdays starting Sept 3rd and every second Saturday starting Sept 14<sup>th</sup>

From Dec March: On-snow sessions will be on Tuesdays and Saturdays with a few extra sessions scheduled on Thursdays.

This program is led by qualified paid development coach – Alex McDonald but relies on volunteer coaches to help deliver the program. This program is primarily for 10-11yr olds but 9yr olds with the appropriate maturity and development level are encouraged to join.

### **Adventure (12-17yrs) - \$150**

Program fee includes 20 x 1.5 hr sessions Saturdays and Tuesday evenings Dec to March. This program is led by volunteer coach Joel Springer.

**\* Note. All programs - No sessions Dec 21, 2019 to Jan 3, 2020**



## Team Telemark – Youth Competitive Programs

### **Train to Train (T2T) 12-15yrs - \$775**

Program fee includes 3 x 1.5hr sessions/week – Tuesdays, Thursdays and Saturdays Sept to April beginning Sept 3<sup>rd</sup>. Technical race support is also included.

Two groups are planned for 2019-20

- T2T Grp 1 for the younger or less experienced athletes
- T2T Grp 2 for the older more experienced athletes

This program will be led by qualified volunteer coaches with support from development coach Alex McDonald and oversight by head coach Adam Elliot.

*Note: Some Older U16 (14-15yrs) athletes may be ready for the L2C program. Please ask us about this.*

### **Learn to compete (L2C) 16-18yrs - \$1200**

Program fee includes 3 x 2-3hr sessions/week + dryland year-round plus technical race support. This program is led by head coach Adam Elliot.

### **Train to Compete (T2C) and Post Secondary Program 19+yrs - \$1750**

This program includes 3-4 x 2-3hr sessions/week + dryland year-round as well as technical race support. This program is led by head coach Adam Elliot.

## Team Telemark – Biathlon Programs

### **Biathlon Bears-Jackrabbit (8-11yrs) - \$280**

Program fee includes 22 Jackrabbit sessions Tuesdays and Saturdays from Dec to March as well as up to 30 marksmanship sessions throughout the year. Cost of rifle and ammunition is included. There is an additional fee \$22 for Biathlon Canada Insurance. The marksmanship portion of this program is coached by volunteer coach Murray Carlson with oversight by head coach Chris Halldorson. The Jackrabbit ski portion is coached by volunteer parent coaches in the Jackrabbit program.

### **Biathlon Bears -Track Attack (9-11yrs) - \$400**

Program fee includes selected Track Attack program sessions September to March as well as up to 30 integrated marksmanship sessions through the year. Cost of rifle rental and ammunition is included. There is an additional fee for Biathlon Canada Insurance. The marksmanship portion of this program is coached by volunteer coach Murray Carlson with oversight by head coach Chris Halldorson. The Track Attack ski portion is led by paid development coach – Alex McDonald but relies on volunteer coaches to help deliver the program.

### **Biathlon Train to Train (12-15yrs) - \$600**

The program fee includes training 3 times per week from Sept to April - at selected T2T XC program sessions (1-2 per week) and up to 30 marksmanship sessions through the season. The marksmanship portion of this program is led by head Biathlon coach Chris Halldorson. The T2T ski portion is coached by Qualified volunteer coaches with the support of development coach Alex McDonald and oversight by head coach Adam Elliot.

- Athletes must supply their own Biathlon rifle and ammunition (rifle rentals are available on a limited basis).
- Athletes 14 and older are required to have their firearm Possession and Acquisition License (PAL) - Minor's license.
- There is an additional fee for Biathlon Canada Insurance.

### **Biathlon Advanced – Learn to Compete (16-18) - \$730**

The program fee includes year round training 3-4 times per week at selected L2C XC program sessions (1-2 per week) as well marksmanship sessions throughout the year. The marksmanship portion of this program is led by head Biathlon coach Chris Halldorson. The L2C XC ski portion is coached by Qualified volunteer head coach Adam Elliot.

- Athletes must supply their own Biathlon rifle and ammunition (rifle rentals are available on a limited basis)
- Athletes 14 and older are required to have their firearm Possession and Acquisition License (PAL) - Minor's license.
- There is an additional fee for Biathlon Canada Insurance.

- **Biathlon Recreation Program 16yrs+ - \$380**

This program includes year round training and marksmanship support and is led by volunteer coaches with oversight and support by head Biathlon coach Chris Halldorson.

- Athletes must supply their own Biathlon rifle and ammunition (rifle rentals are available on a limited basis)
- Athletes 14 and older are required to have their firearm Possession and Acquisition License (PAL) - Minor's license.
- There is an additional fee for Biathlon Canada Insurance.

## Team Telemark – XC Masters Programs

**Master Blasters - \$360** – 12 X 2hr sessions Saturdays and Tuesday evenings from Dec to Feb. This program targets the skier who wants to ski smoother, faster, and more powerfully. With an intensity workout every Tuesday and a distance ski every Saturday, expect to sweat (a lot!) while working on technique. Our goal is to prepare you for some races on the BC Master's circuit and/or to complement your summer sports training. Previous ski experience is required.

**Smooth Cruisers - \$180** – 6 x 2hr sessions on Saturdays Dec to Feb. A more relaxed pace than the Master Blasters, this program is for the skier who wants to work on technique at a less intense pace. With a heavier emphasis on efficiency and long slow distance, expect beautiful skis with lots of technique. Some ski experience is required. Please contact us with any questions – all fitness levels and abilities are welcome!