

Skier Development Programs 2024-2025

Development

Bunnies (Active Start)

U6 3-5yrs **Development** 

Jackrabbits (FUNdamentals)

U8 & U10 6-9yrs

\* 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.

### **Development**

Track Attack Learn to Train (L2T)

> U12 (10-11yrs)

Biathlon Bears U13 (10-12yrs) (L2T & T2T 1)

### Competitive

Train to Train (T2T 1 &2)

U14 & U16 (12-15yrs)

Biathlon Development (T2T 2 -13yrs+)

## Competitive

Learn to Compete (L2C 1&2)

U18 & U20 (16-19yrs)

Biathlon Advanced (L2C 16yrs+)

#### Competitive

Train To Compete (T2C)

U23 & 19+ Post Secondary Competitive

Train to Win (T2W) (23 +)

Or

Active for Life (Masters Competitive XC & BT)

# Development

Jackrabbits (FUNdamentals)

> U12 10-11yrs

Biathlon Bears (L2T)

### Development

**Active For Life** 

Adventurers 12-17yrs

**COACHING** 

#### Recreation

**Active for Life** 

Masters XC & BT Adult Lessons

**COACHING**