

# LAPPE NORDIC SKI CLUB

## 2011-2012 PROGRAM DESCRIPTIONS

### **BUNNY RABBIT, JACK RABBIT AND TRACK ATTACK PROGRAMS:**

#### **Bunny Rabbits:**

Bunny Rabbits are the very young skiers, under 6 years of age. There is a strong emphasis on games at this level. A parent must accompany and participate in sessions along with their child.

#### **Jack Rabbits: 6-10 years**

The main Jackrabbit program covers skill development for children between the ages of 6 to 10. Four major skills sets are introduced...Basic skills, Classical skills, Skating skills and Downhill skills. Emphasis is placed on using fun and games as a tool to introduce these skills. Overall enjoyment of the sport is our goal.

#### **Track Attack: 10-14 years**

As Jackrabbits reach adolescents, the Track Attack program is offered. The Program provides veteran Jackrabbits with an opportunity to further develop their cross country skiing abilities beyond the 5 Levels in the regular Jackrabbits program. The Track Attack program uses games and participation to further develop solid cross country skiing skills. The Track Attack program can also help those with a competitive spirit that may want to experiment with intermediate competition. The program can help to bridge the gap between Jackrabbits and Junior Racing and Development.

### **MIDGET AND MINI-MIDGET RACING TEAM: 10-13 years**

For skiers aged 10-13 who are ready to make the jump to competitive skiing. Organized practices are held 2-3 times per week from September to April. The program focuses on technique and skill development while promoting racing in a fun environment. The program focuses on local races with one organized out of town racing trip. Skiers will be introduced to rollerskiing and a variety of racing formats under the supervision of the head coach.

### **CITIZEN RACING TEAM:**

For skiers focusing on local races and loppets or just looking to keep fit, keep up with their kids, and improve their skiing technique. Two organized practices are held each week from September to April. Training plans are also provided by the head coach. Dryland practices include some rollerskiing and strength training.

### **RACING PROGRAM: Ages 13 + or at the discretion of the coach**

For skiers aged 13 and up competing at the provincial and national level, as well as serious loppet and masters skiers. Organized practices are held 2-3 times per week throughout the year. Racers are provided with year round training programs under the guidance of the head coach. The program includes 2 training camps with team trips to Ontario cups and National Championships.

### **RECREATIONAL TECHNIQUE PROGRAM:**

The recreational technique program is an adult learn to ski and ski skill improvement program coached by experienced Masters Racers. The focus of the program is on improving your skiing, either as a "learn-to-ski" or more advanced ability. The coaches will organize a workout and provide technique coaching. You will learn some new drills to help improve your skiing working on both classic and skate technique.