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## WinSport Junior Cross Country Ski Team

### Program Guidelines 2014/15

Athlete Application Deadline: May 9, 2014

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(Program application on page 8)

# Program Guidelines

## Introduction

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The WinSport Junior Cross Country Ski Team (“WJCCST”) is a year round program for cross country skiers in the Learn to Compete and early Train to Compete stage of development, and racing in the Junior Men’s or Women’s or young Senior Men’s and Women’s categories. The athletes will have completed high school. The objective of the program is to provide top quality training and racing opportunities specific to athletes in this stage of development with the goal that these athletes will progress to a Cross Country Canada National Development Centre and the National Ski Team.

## Background

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This program is delivered by WinSport. WinSport is a not-for-profit winter sport institute that operates winter sport programs and facilities including Canada Olympic Park and the Olympic Oval in Calgary, the Bill Warren Training Centre at the Canmore Nordic Centre and the Beckie Scott High Performance Centre on the Haig Glacier.

Canmore Nordic Ski Club (“CNSC”) is a collaborative partner with WinSport in the delivery of the program. CNSC has been operating for more than 25 years and currently has over 600 members. It offers a full range of programs aligned with the Long Term Athlete Development Plan and Sport for Life model. CNSC athletes have raced successfully at the provincial, national and international level and have won medals at events ranging from the Alberta Youth Championships to the Olympic Winter Games. The role of CNSC in this program is to provide organizational, planning and coaching expertise in the development and delivery of the program. In addition, the WJCCST will share waxing facilities and waxing personnel with CNSC and will have a cooperative arrangement on some race trips and camps. Members of the WJCCST are not expected to become members of the Canmore Nordic Ski Club.

## Overview

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The program has three important components:

- (i) high quality coaching specific to the junior level to maximize performance and potential for success as a senior skier;
- (ii) post secondary education support; and
- (iii) international racing experience (tentative for 2014/15).

# Program Guidelines

## Athletes

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The WJCCST is intended for athletes aged 17 to 20 years of age who are in the Learn to Compete and early Train to Compete LTAD stages and who have completed high school.

Team size is planned to be 8 to 12 athletes with a close to even gender split between male and female and an athlete:coach ratio of no more than 10:1.

## Coaching Staff

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Head Coach – Eric de Nys

Program Support – Alain Parent, Program Director, Canmore Nordic Ski Club  
Mike Norton, WinSport Sport Manager Canmore

## Integrated Support Team

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The program will incorporate the services of specialists in the areas of strength and conditioning, exercise physiology, sports psychology, physiotherapy, massage therapy and sports medicine.

## Post Secondary Education – Hub of Learning

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### *Introduction*

Bow Valley College (BVC) is launching an innovative post-secondary education program based in Canmore specifically designed for athletes in the WJCCST. The program (referred to as “Hub of Learning”) is also available to other athletes training and living in the Bow Valley. All WJCCST athletes will be enrolled in the Hub of Learning Program.

### *Bow Valley College – Background*

Bow Valley College is Calgary and regions’ Comprehensive Community College with regional stewardship responsibilities serving over 1.3 million residents in its stewardship area. With its

# Program Guidelines

regional stewardship responsibilities, BVC works with community-based adult learning partners to ensure access to a full spectrum of learning opportunities and to meet literacy and foundational learning needs. As a Campus Alberta partner, BVC collaborates with other educational organizations, post-secondary institutions, governments, business, and community agencies to contribute to the economic and social well-being of the communities it serves.

BVC's Canmore campus is located in the Provincial Building on Railway Avenue with three classrooms and an administrative centre. Local programming provides occupational skills and employment training, English language learning, high school upgrading, and business and administrative continuing education classes. The local campus also provides access and support for distance learning students. The Hub of Learning approach being developed for the WJCCST will take this to the next step supporting WJCCST athletes in their educational endeavors.

## *Hub of Learning Program*

BVC teaching staff will work with WJCCST athletes on an individual basis to determine each athlete's post-secondary education goals and to devise and support a plan to work towards those goals while living and training in Canmore. Support will include post-secondary education navigation, study skills, time management for distance learning, coordination of students attending post-secondary institutions in Calgary and coordination of students taking distance learning courses. If there is sufficient demand, the program may evolve to provide face to face post-secondary courses, university course work through video conferencing and skills workshops. Through an existing partnership between BVC and the local school division (Canadian Rockies Public Schools) WJCCST athletes, under the age of 20, also have access to High School upgrading and dual credit courses (no tuition fees for eligible students). The program will be based out of Bow Valley College – Canmore Campus or the Bill Warren Training Centre, or a combination thereof.

## **Draft Training Calendar**

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The program will run from early May to late March/early April. Athletes who join the WJCCST during the year in which they finish high school or attend CEGEP will also start the program in early May although full time training in Canmore may be delayed until the school semester is finished. The training season will include 3 or 4 training camps that are held either at locations away from Canmore or at the Haig Glacier. The remainder of the training will take place in the Bow Valley.

# Program Guidelines

Date	Training
May 7, 2014	Program start date; training sessions begin
May 7, 2014	Bow Valley College Hub of Learning Program start date
June, 2014	Camp #1
July, 2014	Camp #2
August, 2014	Camp #3 (Haig Glacier Camp)

## Draft Racing Calendar

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The WJCCST will participate in the NorAm Race Series as well as select Alberta Cup races and Alberta loppets that fit in the race calendar. The WJCCST also plans to have an international race trip.

In addition to the above:

- Selected athletes may participate in the World Junior Championships in Kazakhstan;
- Selected athletes may participate in the Canada Winter Games in Prince George, B.C. and February 13 to March 1.

The race schedule is flexible to accommodate individual athletes' goals and post secondary education schedules.

## Facilities

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Training will take place at the Canmore Nordic Centre and at other outdoor locations in and around the Bow Valley. The WJCCST will have access to and use of the CNSC Team Room at the Canmore Nordic Centre. Strength and conditioning training will take place at the Bill Warren Training Centre.

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# Program Guidelines

## Program Fees and Coverage

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Basic program fees are \$8500 (initial deposit of \$2000 and 10 monthly payments of \$650)

Basic program fees include:

- Coaching
- Ground transportation to training locations outside of Canmore (team van)
- Camps: ground transportation (team van), accommodation, coaching
- Races: coaching
- Wax (training and racing)
- Race suit, warm up suit and some dryland clothing
- Enrolment in Bow Valley College, Hub of Learning

Not included in the basic program fees:

- Races: travel, accommodation, coach and wax technician expenses
- Canmore Nordic Centre Provincial Park annual pass
- Ground transportation to local training
- Equipment
- CCC and FIS licences
- Race Entry Fees

Targeted fundraising and sponsorship will be pursued to assist in financing race travel and accommodation expenses, in particular, the international race trip.

## Collaboration and Alignment

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The WJCCST will align and coordinate with Cross Country Canada programming for National Talent Squad and Junior National Ski Team athletes as well as provincial ski team programs. The WJCCST will also collaborate with the Alberta World Cup Academy by providing some integrated training opportunities to assist in the transition of suitable athletes to the Alberta World Cup Academy.

# Program Guidelines

## Community Integration and Support

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It is recognized that athletes participating in the WJCCST may be living away from home for the first time. Volunteers working with the WJCCST will endeavor to find local families to billet WJCCST athletes, if an athlete is interested in this option. Volunteers will also endeavor to provide assistance and support to WJCCST athletes in accessing local services, finding part time employment or pursuing involvement in community activities.

## Application Process and Deadline

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Athletes interested in applying to the WJCCST must complete the appended Athlete Application Form and submit it by e-mail to Mike Norton, WinSport Sport Manager, Canmore at [mike.norton@winsport.ca](mailto:mike.norton@winsport.ca) by **Friday, May 9, 2014**. Late applications will be considered, subject to athlete positions remaining available.

## Additional Information

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For more information, please contact Mike Norton, WinSport Sport Manager, Canmore [mike.norton@winsport.ca](mailto:mike.norton@winsport.ca) or Alain Parent, Program Director, Canmore Nordic Ski Club [programdirector@canmorenordic.com](mailto:programdirector@canmorenordic.com).

WinSport Junior Cross Country Ski Team  
Athlete Application Form

Deadline: May 9, 2014

Name:	
Address:	
E-mail Address:	
Phone No.:	
Club:	
Date of Birth:	
Education Status:	
Your Coach:	

Why do you want to join the WJCCST?\_\_\_\_\_

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What are your short term goals for cross country skiing?\_\_\_\_\_

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What are your long term goals for cross country skiing?

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March 2014