

## ***Kenora Nordic JD TEAM And Kenora Nordic Racing Team***

The Kenora Nordic JD Team and Kenora Nordic Racing Team are racing teams for athletes in the Mini-Midget, Midget, Juveniles and Junior divisions. The age range is from 10 – 17 years.

The teams are open to athletes who have completed their Level 5 Jackrabbit program and are in the Mini-Midget-Junior age categories. Other athletes *may* be considered at the Coaches' discretion.

The Kenora Nordic Racing Team, which will be the banner under which the Juveniles and Juniors (14 – 17 year olds) race this year.

Mini-Midgets and Midgets (10 – 13 year olds) will continue to race and train under the Kenora Nordic JD Team name.

The teams will start the season with Dryland training on Tuesday, September 5 and continue to train together until on-snow training begins. Once on-snow the teams will split and the JD Team will train on Tuesdays and Thursdays from 5:00 – 7:00 p.m. The Kenora Nordic Racing Team will train on Tuesdays and Thursdays from 7:00 – 9:00 p.m. The teams will train together on Saturdays

A fall camp for both teams will be held at Minaki Yurts on October 14/15. More details will follow.

### **2006/2007 Dryland Program Times/Dates**

#### **Kenora Nordic JD Team and Kenora Nordic Race Team**

Dryland Program will start on Tuesday, September 5

Tuesdays and Thursdays 5:00 – 7:00 p.m.

Saturdays 10:00 a.m. – 12 NOON

**2006 Fall Camp:** October 14 & 15 2006 at Minaki Yurts

### **2006/2007 Mini Midgets & Midgets (JD TEAM) On-Snow**

Tuesdays & Thursdays 5:00 – 7:00 p.m.

Saturdays 9:30 a.m. – 12 NOON

### **2006/2007 Juveniles & Juniors' (Kenora Nordic) On-Snow**

Tuesdays & Thursdays 7:00 – 9:00 p.m.

Saturdays 9:30 a.m. – 12 NOON

**Program Cost:** \$280.00

For further information about the KNTA JD Team program, please call Coach Nadene McBride at 224-2203 or talk to us at Mass Registration