

Competitive ski program 2011-2012
Junior Development Team
Kenora Nordic Team

Welcome to ski season 2011-2012. This year we will be undergoing a few changes. The most significant change is Nadene will no longer be the coach for these programs but will be there as a mentor for coaches, to run the adult clinics, and to provide the coaches with training (ICC, CC, L2T, and T2T). She will also provide strength programs at the gym for the Kenora Nordic Team. We are grateful to Nadene for all the time she put in with the teams and we will make every effort to provide equitable programs. The next significant change is the schedule. The times arranged are based on times coaches are available.

Junior Development Team

Schedule: Tuesday & Wednesdays 5-7 p.m.

Saturdays 9:45 - 11:45 a.m. (so we can beat the rush of Jack Rabbits)

Athletes: A competitive training program for 12-15yr olds who have completed the Track Attack program and are ready to move to the next level.

Coaches: Joel Stoliker (when available), Jane Mathews, Betsy Harris

Cost: \$285 for 3x week

Kenora Nordic Ski Team

Schedule: Tuesday & Wednesday 5-7 p.m.

Saturdays 1 - 3pm (tentative time to be discussed and decided amongst the team).

Monday & Thursday strength at the gym (organized with Nadene - please note: the cost is separate from the ski pgm cost).

Sunday is an independent long distance run/ski for endurance.

Athletes: For athletes 15 and up who have reached their PHV (Peak Height Velocity) and are ready to train in a 5-6 day/wk program.

Coaches: Jane Mathews, Betsy Harris, Nadene McBride (strength training only)

Cost: \$285 for 3x week (Gym and Nadene's fee are separate)

Start date for both programs: September 20, 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JD Team	Rest day	5-7 pm	5-7 pm	off	off	9:45-11:45	Off
KN Team	Gym/strength	5-7 pm	5-7 pm	Gym/strength	Rest day	1-3 pm ?	Independent

Parent participation and help is really encouraged and will be necessary to get the kids to roller skiing locations and to provide extra adult supervision on the trails. There will be numerous times when there may be only 1 coach available so parent help will be greatly appreciated.