



# Track Attack

*For Children 10 – 12 Years of Age*

KNTA's programs for youth follow Cross Country Canada's state-of-the-art progression of skill development programs for children. This exciting new program conforms to the Canadian LTAD and provides a vertically integrated continuum of development opportunities for children in the first stages of skier development.

The Skill Development Program (SDP) is comprised of three levels or stages- Bunnyrabbit, Jackrabbit and Track Attack. The overall objective of the program is to assist children in the development of a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment.

The **Track Attack Program**, which is directed at children in the "Learning to Train" stage of athlete development (children 10 to 12 years of age), is the third level of the SDP. Skiers must have completed Level 3 or equivalent to enter this level. Track Attack was developed in accordance with the requirements of with the third level of the new NCCP system. The objective is for the participants to become technically competent cross-country skiers and to utilize their skills to explore a wide range of cross-country ski activities, from back country excursions to Ski Tournaments. In addition, it is designed to:

- Develop fitness through active play, games and other activities.
- Be fun.
- Provide children an opportunity to be part of a sport "team".
- Develop overall sport skills.
- Expose children to a variety of "adventure-based" cross-country ski activities.

**Fee: \$140 (\$190 if you would like to ski up 1 day per week)**

**Day:** Wednesday Evenings 5-7 pm & Saturday mornings 10- noon

**Duration:** Mid October – March 10th, 2011

**Location:** Mt. Evergreen Ski Club on Airport Rd., Kenora (Fall Locations TBA)

**What to Bring:** Classic Skis, Ski Boots, 2 sets of poles (1 classic / 1 pole walking) (skate equipment optional / KNTA rental equipment available), warm clothing (no scarves).

**Excellent skier attendance is a program expectation.**

**Parent Participation Encouraged**