



20010/11ski season

Dear Parents and Guardians,

We are very excited that your son/daughter has shown an interest our Nordic Snow dogs skiing program. The program is designed as an extension from our learn to ski, Bunny/Jack rabbit program to a more coaching focused learning environment. Athletes range from 10 to 18 years of age. The ability of skiing technique ranges from novices to provincial racing. Participants in the program are interested in improving their fitness, strength and techniques in both classic and skate in order to achieve their preseason goals.

There are two levels in our program. Challenge Rabbits is for athletes focused on improving their skiing skills but who don't want to race. Racing rabbits will be training & traveling to local (150km max. travel distance) one day loppet races. There may be opportunities to travel to an Ontario Cup provincial race if the demand is there. We can provide the ability to customize to an individual level of support depending on the athletes' goals, time and degree of commitment.

The season starts in mid October with dryland training and ends March 12 with the Banquet 2 weeks later (26<sup>th</sup>). Snow typically happening mid December and lasts till March. Our practice days are Tuesday and Thursday evenings from 4 till 5:30 and Saturday morning from 10 till noon. Attending all practices is preferred but not required. We typically will have 2 races per month during winter with Sundays being race day. Signing up with the team costs \$140. There is another option at \$200 that gets you a full ski pass for the season. If you are planning to ski during the week and weekends outside of practice times this is a very good price.

Our focus with this program is to develop an active lifestyle with our athletes and to provide a social environment where we can all enjoy our training as a team. With our experienced coaching staff we will not only be training and conditioning the athletes but also educating them to the theories and practices of training and leading an active life full of fun and fitness. Through out the season we will be taking part in fun group activities and social functions that will help the team knit together. Winter camping, potluck dinners, and waxing parties are all planned for the season.

As with all things you get what you put into it and I have feeling this is going to be a great year for Nordic skiing! Let the snow start falling.

If you have any questions please don't hesitate to call

Coaches:

**Julia Winter - Jim MacMillan - Tim Bourrie**  
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