



The Saskatoon Nordic Race Team is the high performance program for young skiers working towards athletic excellence in cross country skiing. The race team consists of multiple training groups focused on developing physical conditioning, ski technique and gaining racing experience. Athletes range in age from 9 to 23+ years of age. At all levels our goal is to have fun while learning to ski fast.

Our junior program is an introduction to racing with a focus on developing ski skills, physical literacy (agility, balance, coordination), speed and approaches to racing. It introduces 9 to 14 year olds to the fun of competition, different types of races and exposure to training. Developmentally, this program targets athletes that are prior to the onset of the growth spurt to just after, with a large focus on skill acquisition, speed and flexibility. The emphasis at this stage is on group-oriented games and activities to develop competency in the basic skills of both classic and skate skiing. Participants will be placed into training groups based on skill and fitness. However many activities allow for friends of different skills and fitness levels to participate together. Participants will be encouraged to race in the Saskatoon Grapefruit Cup race series and attend Sask Cup level races as appropriate for the athletes in the program. Athletes will also have the option to register in a group strength training program once a week in addition to regular training sessions.

The program consists of three sessions per week from September through March. Dryland training commences in September to build fitness, and continues on-snow at the first opportunity.

Schedule	Sunday 3:00-4:30pm Wednesday 6:30-8:00pm Friday 6:30-7:30pm. <i>Additional Training</i> <i>Tuesdays Dec-Feb - Grapefruit Cup club race night (optional but encouraged)</i> <i>Thursdays Sept-March 7-8pm – Weights Program at Craven Sports**(optional)</i>
Skill Requirements	Participants in the program need to have intermediate classic and skate skiing <u>abilities equal to completion of at least one year of Jackrabbits Level 4 program.</u> Please discuss with the coaches if you are unsure of the level of your athlete.
Equipment Requirements	We encourage that all athletes have both classic and skate skis, if the athlete only has 1 pair of skies they need to be <u>waxable</u> skies. Waxless skis are not recommended. Specific classic and skate poles are required – the boots can be combi boots. Good running shoes and a waist pack for water and snacks. <u>Rollerskis are provided</u> as part of the program, but athletes require a helmet, gloves and kneepads (optional). Rollerski carbide tips for your skate poles are required.
Travel	A few Sunday snow sessions will be held at Blackstrap Provincial Park, River Ridge and Eb's Trails. Transportation to and from the venue will be the responsibility of the athlete. Carpooling is encouraged.
Cost	\$365/athlete (does not cover SNSC membership) The fee for Grapefruit Cup is <i>included</i> in the registration.

** **\$125/athlete** Sept-Nov Block – 1 x Week Weights @ Craven Sports (optional)

** **\$125/athlete** Dec-March Block – 1 x Week Weights @ Craven Sports (optional)



As skiers progress they can graduate to our senior program. Athletes are typically 14+ years of age, have strong fundamental ski skills, good physical conditioning and are motivated to improve their personal skiing performance. The emphasis at this stage is on developing physical conditioning and ski technique in a training and racing environment. Athletes are encouraged to train year round, with multi-sport activities in the off-season. Additional training outside formal sessions is expected. Participants will be encouraged to race in the Saskatoon Grapefruit Cup race series, attend Sask Cup level races, and attend out-of-province races including Nationals, Westerns and select Alberta Cups or NORAM level events. In addition to regular group training sessions, athletes will have the option to participate in a group strength training program twice a week in the fall and once a week during the race season.

Training sessions are four to five sessions per week from September through March. Dryland training commences in September to build fitness, and continues on-snow at the first opportunity. Year-round training is encouraged and the summer training program begins in early May.

Schedule	Sunday – 3:00-5:00pm Tuesday – Dec-March Grapefruit Cup 7pm Race Start Wednesday – 6:30-8:00pm Thursday – tentative (time TBD) Friday 6:30 – 8:00pm Saturday 2 hour minimum Time TBD (typically am) <i>Additional Training</i> <i>Tuesdays 8-9pm Sept-Nov – Weights Program at Craven Sports**(optional)</i> <i>Thursdays 8-9pm Sept-March - Weights Program at Craven Sports**(optional)</i>
Skill Requirements	Participants in the program need to have advanced classic and skate skiing abilities equal to completion of at least two years of Youth Hiper or similar program. Please discuss with the coaches if you are unsure of the level of your athlete.
Equipment Requirements	All athletes must have both classic and skate skis. Specific classic and skate poles are required – the boots can be combi but separate classic and skate boots are recommended. Good running shoes and a waist pack for water and snacks. We encourage participants to <u>purchase their own rollerskis</u> , but skis can be available upon request. Athletes require a helmet and gloves. Rollerski carbide tips for your poles are required.
Travel	Saturday sessions will typically be held out of Saskatoon, River Ridge and Eb’s Trails etc. Transportation to and from the venue will be the responsibility of the athlete. Carpooling is encouraged.
Cost	\$485/athlete (does not cover SNSC membership) * a Nordic Canada race license is required for U16 and above ** \$250/athlete Sept-Nov Block – 2 x Week Weights @ Craven Sports (optional) ** \$125/athlete Dec-Mar Block – 1 x Week Weights @ Craven Sports (optional)



Program Registration is available on [Zone4](#). Saskatoon Nordic club registration is required and will be available in the coming weeks.

Program Specifics

- Coaching is provided by NCCP certified coaches.
- Dryland training (roller skiing, trail running, hikes, mountain biking, games, etc)
- On snow training (skate and classic techniques, games, relays, races, video analysis)
- Waxing workshops for parents
- Coaching and support at local Grapefruit Cup races. Waxing services will be provided at Provincials and designated SaskCup races.
- **Registration into Tuesday night local Grapefruit Cup race series is included in the cost.**

Dates

START Sunday September 10th

** Craven Weight sessions start Tuesday September 5th and Thursday September 7th

No sessions over Christmas Break

Grapefruit Cup races: Tuesday Nights typically December-February – 7pm

CCS Fall Training Camp – Waskesiu – Sept 22nd–24th

CCS Early On-Snow Training Camp – Lake Louise – November 12-17th – more info below

We use TeamSnap to give you information about training sessions. Please add it to your phone. You will receive an invite to join the group once you register.

Race Schedule – **dates are still to be finalized but some tentative dates are:**

Sask Cup # 1 & 2 – La Ronge December 16-17

Sask Cup # 3 – Humboldt Jan 7

Sask Cup # 4 & 5 – Saskatoon Feb 3-4

Sask Cup # 6 & 7 – Regina Feb 24-25

Sask Cup # 8 – Ski School Championships – La Ronge March 8

Sask Cup # 9 & 10 Flin Flon March 9-10 (very tentative)

Out-of-Province Races

Western Canada Cup 1 & 2 – Sovereign Lake, BC Dec 2-3

AB Cup #1 & 2 – Canmore Dec 9-10

Nordiq Canada Western Canadian Championships – Canmore, AB Jan 12-14 (U14 and above)

AB Youth Championships – Bragg Creek – no date confirmed (U12 and U14 only)

Canadian Ski National Championships – Nakkertok, QC March 9-16 (U16 and above)



Locations

Dryland sessions – Diefenbaker Park,

- River Heights – upper Meewasin Trail along Capilano Dr., Sturgeon Dr., Skeena Cres
- Crocus Prairie - Sutherland Dog Park
- U of S - Innovation Place - Meewasin Trail by the weir
- a few sessions with location TBD

On- snow sessions – Gordie Howe Sports Complex and Holiday Park. We will run in conjunction with Jackrabbits on Wednesdays and Sundays once their season starts. Fridays might move around depending on snow/trail conditions. A few Sundays we will try to get out of the city.

Uniforms

Optional: Team Hiper uniforms – Jackets, warm up pants, race suits (tops & bottoms) available to order. Online store will open in a few weeks – link will be sent out once it is live.

Lake Louise Camp

Each fall Cross Country Saskatchewan (CCS) hosts an on-snow camp in Lake Louise. Camp includes a min. of 2 skiing sessions a day and athletes must be competent with classic and skate. We strongly encourage participation for athletes 12 years of age and older. Please note that athletes must be recommended by their coach to attend the camp.

Once again we plan to rent a 15 passenger van to take athletes to the camp.

Cost of camp

CCS fee ~\$250 - accommodation

YH fee ~\$200 - van rental and meals (bring your own snacks)

- These costs are not final. Please indicate by Oct 1st if your athlete is interested in attending.

Travel - leave Saskatoon Sunday Nov 12th am and return home Friday Nov 17th pm

Parent helpers - to make this trip successful we will need 2 parent helpers to attend the camp. They will be responsible for meal planning & prep and some supervision, and getting their own skiing in. The club will cover the costs for the 2 parents, room for additional parents is dependent on space being available.

There will be dedicated time for homework each day to ensure kids stay up-to-date with school work.



Provincial Funding

Provincial funding is available to your athletes. You do not need to apply and can be eligible for up to \$200 per athlete.

Base Level Funding (applies to all athletes)

The Base Level Funding program is a grassroots CCS initiative to provide the racing teams of member clubs with financial assistance for their young and developing racers. CCS recognizes that many young ski racers need to travel to various races throughout the province. Race exposure for these young athletes is critical for their development to high performance skiing. CCS will provide funding of **\$200 per licensed racer** meeting the established criteria. This funding will be available to each racing team of a member club to assist in the development of their young athletes. Racing teams may apply for funding on behalf of athletes in their respective clubs who showed commitment to competition and performance development throughout the season.

Key Criteria are:

1. Athletes shall have attended at least three CCS sanctioned Sask Cup races (a race being defined as one Sask Cup race – one of which must be classic) in the ski season that counts towards Sask Cup points standing, in addition to Provincial Championships.
2. Athletes awarded High Performance Development or Elite funding are also eligible for Base Level Funding.
3. Athlete shall be in the “Under 23” (U23) categories (or U35 for Para Nordic athletes).

Some important info regarding this funding, it is based on the previous season. So you if your athlete meets the above criteria this season they will be eligible to receive the \$200 which will be paid out in November 2024.

To qualify your athlete must have a CCS Race License and attend 5 Sask Cup races (2 of those races MUST be Provincials). 5 races can be obtained by attending 3 weekends of racing since most weekends have 2 days of races.

You do NOT need to apply...you as a parent you don't actually have to do anything...Alana at CCS tallies the list of the athletes from last season who met the criteria (runs it by the coaches) and sends a cheque.

Currently the Saskatoon Nordic policy is that the base level Funding is paid out to the individuals. In contrast some clubs keep the funds to help support their programs. SNSC reviews this policy every few years.
