

QVN Nordic Ski (XC) Programming

2023-2024

Bunnyrabbit Program Information

The Bunnyrabbit program is designed for children 6 years of age and younger. No ski experience required. Weekly sessions will be held at QVN Nordic Centre in Lumsden on Sundays afternoons at 1:00 PM. Sessions are 30 to 50 minutes, depending on temperature. Bunnyrabbit lessons focus on [Nordig Canada's ACTIVE Start stage of Long-Term Athlete Development Model](#) with an emphasis as a fun introduction to a great family-friendly winter sport..

Objectives:

- Introduction to cross-country skiing, and
- A healthy lifestyle associated with it through organized activity and active play.

Athletes' developmental outcomes include:

- a positive self-image,
- movement skills,
- an appreciation for the outdoors, and
- new ski friendships.

	Bunnyrabbit
Suggested ages	4 to 6 years of age
First practice	January 14, 2023
Last practice	March 5, 2023
Practice days	8 sessions, 30-50 minutes on Sundays
Equipment requirements	Equipment needed to participate includes skis (either with regular winter boots or cross country ski boots depending on the style) and warm winter clothing. Poles are not required
Expectations of parents	Parents or caregivers are required to stay for all Bunnyrabbit activities: Many parents have learned to cross country ski by participating in this program with their child at no cost. So bring your skis parents!

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Child & Parent Learn to Ski Program Information

This program, formerly known as Jackrabbit Level 1 and 2 for children aged 6 to 7, is new and designed for children and parents new to Nordic skiing. The program aligns to the [FUNDAMENTALS stage of Nordiq Canada's Long-Term Athlete Development Model](#) and focuses on developing fundamental cross country skiing skills. Our philosophy is that children in this age range need adequate time learning the fundamentals of classic skiing to develop these basic skills. Our goal is to prepare the child with the foundational skills to achieve their goals when advancing in Nordic and biathlon programs.

Objectives:

- Developing fundamental cross-country ski skills, starting with classic technique, and
- Instilling a lifelong interest in the sport.

Athletes' developmental outcomes include:

- the ABCs of agility, balance, coordination, and speed,
- demonstrated ski technique habits,
- fun and fitness.

A wide range of skills, abilities and past athletic experiences can be seen in children aged 6 to 7, so we consider the ages recommended below as guidelines. If you are unsure of where to place your child, please contact a member of the coaching team.

	Child & Parent Learn to Ski
Average ages	6 to 8 year old children and adult parents with no or limited ski experience should register in this class.
First practice	October 15, 2023
Last practice	March 10, 2024
Practice days	28 sessions of 60 minutes, Sundays & every second Wednesday
Dryland practices	fitness, balance and agility exercises from Oct to Nov
On-snow practices	fundamental classic skiing skills from Nov to Mar
Race opportunities	1 race weekend, 1 race experience
Equipment requirements	Classic skis and bindings, ski boots, poles and warm winter clothing. Fish-scale waxless or skin class skis are recommended ¹ . A drink belt, and a headlamp is required for evening practices.
Expectation of parents	Attend learn to ski sessions with their child
Coaching team	James Froh, Jason Grundahl, Amy Sanderson, Kari Greenwood

¹ Waxless cross country skis have a fish-scale pattern at the bottom of the middle section of the ski – under the binding plate. It helps the skier in climbing uphill providing the skier with the much-needed grip and prevents sliding backward. The downside of a scale or fish-pattered XC ski was the pattern reduced the speed while the skier skied downhill. This problem was solved by the introduction of skin skis. The skin strip is manufactured using a combination of nylon and mohair, or even only mohair. It provides you with an added grip climbing and kicking while providing you with a better glide (as compared to patterned skis). The skin strips can be used in all weather conditions.

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FastRabbit Ski Program Information

This program, formerly known as Jackrabbit Level 3 and 4, is designed for children 8 and 9 years of age who have previous Nordic ski experience. It focuses on learning and mastering classic and skate cross country skiing skills. The program aligns to the [FUNDAMENTALS stage of Nordiq Canada's Long-Term Athlete Development Model](#). Our philosophy is that children in this age range need adequate time learning the fundamentals of classic and skate skiing techniques to develop these basic cross country skiing skills. Our goal is to prepare the child with the foundational skills to achieve their goals when they enter Track Attack or Air Rifle programs.

Objectives:

- Developing fundamental cross-country ski skills, including classic and skating styles, and
- Instilling a lifelong interest in the sport.

Athletes' developmental outcomes include:

- the ABCs of agility, balance, coordination, and speed,
- demonstrated ski technique habits,
- fun and fitness.

A wide range of skills, abilities and past athletic experiences can be seen in children aged 6 to 9, so we consider the ages recommended below as guidelines. If you are unsure of where to place your child, please contact us.

	FastRabbits
Average ages	Skiers are comfortable and confident on skis, usually 8 to 9 yrs old and can classic ski to climb hills using herringbone, control descent on hills well with a snowplow, stop/turn, use the basics of double poling and demonstrate turning going downhill using a snowplow or kick turn. ***Athletes in this class will be learning to skate ski. Please see below notes on equipment.
First practice	Sept 17, 2023
Last practice	March 10, 2024
Practice days	38 sessions up to 90 minutes in length, on Sundays and Wednesdays
Dryland practices	ABCs, fitness from Sept to Nov
On-snow practices	learning classic and skating styles from Nov to Mar
Race opportunities	2 race weekends, 3 race experiences
Camp opportunity:	QVN on-snow camp in early December
Equipment requirements	Skis with bindings, ski boots, poles and warm winter clothing. Please note that children enrolled in FastRabbits will be learning to skate ski. Skate skis are not required but they do make it much easier to learn the technique. <u>Fish-scale waxless classic skis are not recommended.</u> If a skier only has 1 pair of skis we recommend they are <u>waxable</u> classic/combi skis. A pair of classic and skate poles are encouraged (classic poles can double for striding poles). Combi boots work great. A drink belt, and a headlamp is helpful for evening practices.
Expectation of parents	We do not require parents to attend practice sessions.

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Coaching team	James Froh, Jason Grundahl, Amy Sanderson, Kari Greenwood
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Track Attack Program Information

The Track Attack program is designed for girls aged 8 to 11 and boys 9 to 12 years of age who have completed FastRabbits and wish to train weekly with a team group and develop solid technical skiing skills. The program aligns to the [LEARN-TO-TRAIN \(L2T\) stage of Nordiq Canada’s Long-Term Athlete Development Model](#). Our philosophy is that children in this age range spend more time on-snow classic and skate skiing to master these basic skills. Our goal is to prepare the athlete with foundational skills to achieve their goals when they enter local and regional competitions. At this stage we provide:

- A broad range of experiences for developing skiers
- A solid technical foundation for lifelong skiers
- An introduction to competition in an unthreatening manner
- Provide a healthy, athletic approach to sport and the sporting lifestyle

A wide range of skills, abilities and past athletic experiences can be seen in children aged 8 to 12, so we consider the ages recommended below as guidelines. If you are unsure of where to place your child, please contact us.

	Track Attack
Athletes bring basic Nordic skills	Athletes can classic and skate ski well to climb and descend hills safely and ski in control. Athletes are fit and can keep pace with other skiers in TrackAttack and AirRifle2
First practice	September 17, 2023
Last practice (1)	March 10, 2024
Practice days	DRYLAND: Sept to Nov - 90 minute sessions - Sunday and Wednesday ON-SNOW: Nov to Mar - 90 minute sessions - Sunday, Wednesday and Saturday
Practice focus – September and October	ABCs, fitness and introduction to roller skiing
Practice focus – November to March	Classic and skate styles, competition events and race formats
Race opportunities	3 race weekends, 5 race experiences
Camp opportunities:	CCS early on-snow weekend (Nov) camp at Lake Louise by invitation from provincial coach; and, a planned QVN on-snow camp in Dec
Equipment requirements	Waxable classic AND skate skis with appropriate bindings, as well as classic and skate ski boots, and classic and skate poles are highly recommended. If a Track Attack skier only has 1 pair of skis and boots we recommend a <u>waxable</u> classic/combi skis and Combi boots. Skiers will need a drink belt, headlamp, and a bike helmet and gloves for rollerskiing. QVN has limited rollerskis for rent.
QVN provides	Entry fees to indoor training sessions if weather prohibits training outdoors
Expectation of parents	We do not require parents to be in attendance at practices