

Black Jack Skier Development Program: Program Scope and Definitions Policy

The purpose of the Black Jack Skier Development Program (BJSDP) is to provide youth of all ages with a solid foundation in the physical, technical, tactical, and mental capacities upon which to build their athletic abilities. BJSDP takes an inclusive approach and actively encourages and supports all individuals, from recreational focus to competitive racing focus, to develop their athletic skills and potential, to be able to access competitions and training events, and to learn to enjoy cross-country skiing as a life-long passion. The program makes it possible for all skiers to participate, explore their potential, and develop the skills. The program also fosters a strong sense of team solidarity and mutual support amongst youth athletes. This includes developing athletes to the highest level of cross-country skiing and helping them to achieve junior national level racing.

BJSDP is directed and led by a professional head coach, George Grey. Oversight is provided by the BJSDP Committee: a group of Black Jack Ski Club members working to maintain and promote skier development under the direction of the Black Jack Ski Club Board of Directors.

DEFINITIONS

1. **Racer:** An athlete in the U16-U23 age categories who is committed to developing their potential as a cross country ski racer and is registered and has paid their fees as a Racer. Athletes participating as Racers are in the *Learning to Compete* and *Training to Compete* stage of the Long-Term Athlete Development (LTAD) Model.
2. **Junior Racing and Development (Jr RaD):** An athlete in the U14 age category* who is committed to developing their potential as a cross county ski racer and is registered and has paid their fees as a Jr RaD. Athletes participating as Jr RaDs are in the *Training to Train* (T2T) stage of the LTAD Model.
*With coach approval, Jr RaD can include athletes in the U12 and U16 age categories.
3. **Track Attacker (TA'er):** An athlete in the U10-U12 age categories* who is interested to train and is registered and has paid their fees as a TA'er. Athletes participating as Track Attackers are in the *Learning to Train* stage of the LTAD Model and may choose to race.
*With coach approval, TA'er can include athletes in the U14 and U16 age categories.
4. **Team Lead:** A paid coach or volunteer coach having the top authority in an event, such as a race or training camp.
5. **Coach:** A person, paid or otherwise, who is directing or supervising the training of an athlete.
6. **Waxer:** A person skilled in the application of grip and glide ski waxes. Ideally a waxer is also a competent technical skier who can evaluate wax performance.
7. **Driver:** A person with a valid BC class 4 driver's license unrestricted.
8. **Food Service:** A person responsible for having nutritious food available for athletes on an as needed basis while on a ski trip.
9. **BJSDP Account:** A financial account managed by the BJSDP Director and the Black Jack Ski Club's Treasurer. Coaches and volunteers incurring valid expenses to be charged to this account must follow the expense procedures as laid out by the SDP Director and the Club Treasurer. The account's purpose is to finance the business of the SDP, including race trips, training camps, wax, coaches' expenses and salaries, van expenses, etc. The account is funded by volunteer work, the Ferraro

Foods gift card program, grants, and other sources as available, as well as by athletes who are billed the “refundable” component of training camp and race attendance expenses.

10. **Athlete categories:** Age categories defined here for the BJSDP and fee descriptions. Athlete categories for races are determined by Nordiq Canada rules. The competition year runs from May 1 to April 30 of the following year. To qualify for a Ux category, athletes must be *less than x years old as of Dec 31st* in the competition year.

PROGRAM DESCRIPTIONS

Racers

The focus for Racers is to further develop and refine skiers’ skills, technique, and fitness, and to support athletes to take part in organized races locally, provincially, nationally, and internationally. This level of programming supports athletes to take cross country ski racing as far as they are interested and able, including qualifying for international competitions.

Racers programming offers the following:

- A professional head coach, George Grey
- Training and race activities 11 months of the year
- Individualized coaching support including goal setting, physiological testing, an individualized periodized weekly training plan, and information about relevant resources
- Organized group on-snow and dry-land training sessions
- Guidance on which training camps and races to attend
- Race support, ski waxing, and race planning
- Accommodation arrangements for out-of-province and NorAm level events
- Team Van transport when feasible

Junior RaD

The focus for Junior RaD is to further develop and refine skiers’ skills, technique, and fitness, and to support athletes to take part in organized races locally and provincially.

Junior RaD programming offers the following:

- NCCP qualified coach at T2T or higher level
- Head coach support for programming
- Head Coach support at 2 sessions per month
- Training and race activities 11 months of the year
- Group coaching support including a group yearly training plan and weekly training plans
- Organized and supported group on-snow and dry-land training sessions
- Organized and supported special training events
- Guidance on what races and training camps to attend
- Race support, ski waxing and race planning
- Team Van transport when feasible
- Access to purchase equipment at reduced prices

Track Attack

The focus for Track Attack is to help participants become technically competent skiers and use their skills to explore a wide range of ski activities from back country excursions to ski racing. Coaches support athletes who want to attend races in the area and learn how to manage competition. Parent volunteers support regular training sessions and participation in races. The opportunity for increased training and competition within the Track Attack program fosters fitness, skill development, and a sense of being part of a team.

Track Attack programming offers the following:

- 2-3 NCCP certified coaches at the T2T level or above
- Organized group training sessions for on-snow training and dry-land training*
*Dry-land training is offered Jun through Oct and includes hiking, running, and roller-skiing
- 2 organized adventure experiences per year (can include winter camping trips, summer hiking trips, exchanges with other clubs, and experience with biathlon)
- Basic race support* at Kootenay Cup races. On special request and pending available coaching staff, basic race support at BC Cup races may also be provided. Track Attack athletes who participate in races will follow the Race Recovery cost system.
*Includes direction on waxing (wax recommendation) and transportation support, when feasible
- Internal ski swap to facilitate exchange of used equipment
- Access to purchase equipment at reduced prices

Events Schedule

The following events are a sample of what typically occurs in one training year with the BJS DP. The actual events each year are determined by the Head Coach and are adapted to weather conditions and the needs of the athletes. The schedule is confirmed when the National Race Calendar is published. Event locations may change from year to year. All training camp attendance is reviewed by the Head Coach to ensure that athletes are training at the appropriate level for their individual capability.

- *May*: start of season
- *May*: CCBC Team testing camps
- *Jun*: weekend dryland camp, Rossland BC
- *Early Jul*: Kaslo BC Dryland Camp with other clubs (about 60 athletes, typically U14+)
- *3rd week of Jul*: Altitude skiing at the Haig Glacier near Canmore AB with other clubs (typically U18+)
- *Jul*: CCBC Team Roller Ski camp, Penticton
- *Jul – Aug*: CCBC Team Haig camps
- *Jul – Aug*: dryland hiking/other trip (typically Track Attack focused)
- *Early Oct*: dryland camp in Kimberley, BC with other BC clubs (typically U10+)
- *Oct*: CCBC Team Fall testing camp
- *Nov*: CCBC Team on snow camp, Vernon
- *Early Dec – Mar*: CCBC Race calendar (race number and level coordinated to athlete level by coaching staff)
- *Apr*: active rest month