

Black Jack Skier Development Program: Programming Overview

Program	Age Groups	Programming	Season Start	Lead / Coach	Assistant Coaches	Annual Fee	Fee Covers	Camps
Elite	U23+	Custom programming <i>(NOTE: program only available through consultation with the Elite Program Coach)</i>	May 2023	Dave Wood / other		\$2000 \$1000* *Partial Support, rate ONLY with approval of Head Coach and SDP Director	Coach support: NCCP+ trained at L2C level or higher <u>Individual</u> training plan Event non-recoverables Van transport: training sessions and races (when feasible) Race support for up to 3 events	Custom
Racers	U16-U23	11 mos. / yr Weekly training plan Coach supported sessions* *per training plan 5 to 7 camps	May 1, 2023	Head Coach		\$2000 \$1000* *Partial support, rate ONLY with approval of Head Coach and SDP Director	Coach support: NCCP+ trained at L2C level or higher <u>Individual</u> training plan Event non-recoverables Support for camp and race selection Physiologic testing Van transport: training sessions and races (when feasible) Race support for up to 20 race days	Kaslo, Haig (1-2), Kimberley, Early Snow (if required)
Junior RaD	U14 (U12 and U16 with coach approval)	11 mos. / yr Weekly training plan Coach supported sessions 4x / week 3 to 5 camps	May 23, 2023	Kris Heale		\$1000	Coach support: NCCP+ trained at T2T level or higher <u>Group</u> training plan Event non-recoverables Van transport: training sessions and races (when feasible) Training equipment (includes classic roller skis) Race support for 10 to 16 race days	Kaslo, Kimberley, Early Snow (if required)
Youth Loppet*	U16 to U20	4 mos. / yr (Dec-Mar) Coach supported sessions 2x / week <i>(NOTE: program availability to be confirmed in fall 2023)</i>	Dec 2023	TBC		\$165	Coach support: NCCP+ trained coaches <u>Group</u> training plan Group sessions	

Program	Age Groups	Programming	Season Start	Lead / Coach	Assistant Coaches	Annual Fee	Fee Covers	Camps
Track Attack	U10 to U12 (U14 and U16 with coach approval)	10 mos. / yr Coach supported sessions 2 to 4x / week 2 to 3 camps Option for recreational or competitive focus	Jun 6, 2023	Fred Bushell	Natalie, Greg	\$400 for first year athletes \$500 for returning athletes	Coach support: NCCP+ trained at L2T level or higher <u>Group</u> training plan Event non-recoverables Van transport: <i>special</i> training sessions and races (when feasible) Training equipment (includes skate roller skis) Race support for up to 10 race days (for athletes choosing a competitive focus)	Kimberley, Summer Camp, Early Snow
Jackrabbits	5 to 10 yrs old	4 mos. / yr (Dec – Mar) 2x / week	TBA	TBC	Many (volunteers needed)	Level 1&2: TBD Level 3&4: TBD	Coached sessions: NCCP+ trained at CC level or higher (Tue & Sun)	n/a
Bunnies	4 & 5 yrs old	3 mos. / yr (Jan – Mar) 1x / week	TBA			TBD	Coached sessions: NCCP+ trained at ICC level or higher (Sun)	n/a
Jr. Bunnies	3 yrs old	3 mos. / yr (Jan – Mar) 1x / week	TBA			TBD	Coached sessions: NCCP+ trained at ICC level or higher (Sun)	n/a

*The [National Coaching Certification Program \(NCCP\)](#) is the Canadian organization for standardized, inclusive, and safe sport education to coaches. The NCCP levels noted above for coaches with BJSDP follow the recommendations from Nordiq Canada. Requirements for ICC, CC, L2T, T2T, and L2C levels are defined by Nordiq Canada and can be reviewed online at [Coaching Development - Nordiq Canada](#).