

## Telemark Race Team Information Package 2014-15      Learn to Ski Faster!

The Telemark Race Team is built around the principle that teenagers enjoy improving their skills and fitness in a team setting. This helps each athlete to develop self-confidence and an identity as a capable, active person. The coaches are committed to providing an excellent program that provides athletes the ability to reach their full potential. It is understood that the athletes have varying levels of goals depending on their particular circumstances. Some will take part fully in the program while others will not.

***TR Athletes should attend practices at least twice a week on average, starting in the early fall and some spring/summer training sessions, in order to keep up with the group.*** Athletes who want to reach their full potential in ski racing need to attend more than that, including starting training in May.

**The Mission of the Telemark Race Program is to deliver a good experience for the members while providing a supportive encouraging and progressively structured training environment so that they may achieve their goals of sports excellence**

**Motto: Learn to Ski Faster**

**Values: Adventure, Camaraderie, Integrity and Excellence**

**More about Adam and [His Coaching Philosophy](#)**

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## Telemark Team Rules created by your peers...

1. Focus on the task in order to get the most out of workouts. Chat and socialize at appropriate times only.
2. Listen and pay attention to coaches when they are talking.
3. Be courteous to all other skiers at Telemark, being especially aware of not blocking the trails.
4. For all workouts bring a water bottle, and a snack and a warm change of clothes for after.
5. Wear a watch or heart rate monitor to all practices.
6. Be on time to practice.
7. Show respect at all times for coaches, teammates, officials, parents, competitors and yourself.
8. Always represent the club and team with dignity.
9. Athletes 13 years or older should keep some form of training diary. No diary = no training plan.
10. Relay teams are chosen by the head coach. They are selected by the current season's performances. The fastest skiers earn their spots on the fastest teams.
11. Bullying in any form will not be tolerated.

## Athlete and Parent Agreement

The Athlete and Parent Agreement plus the Confidential Medical and Emergency Contact Information forms should be filled out as soon as possible; ideally, before any training begins. They can be found here: <http://telemarkracers.org/athlete-resources/athlete-and-parent-agreement/>

The Athlete and Parent Agreement includes a covenant by the athlete and parents to contribute to fundraising. Only 25% of the funding required to sustain this race team comes from fees. The balance comes from grants, sponsors, and fundraising. After much debate, the parent committee resolved to fundraise rather than raise fees, thus committing the team to **\$300 per athlete of required fundraising. Please do your part! Volunteer! Participate!**

## Dry-Land Training

Dry-land activities include: running, roller skiing, hill-bounding, hiking, biking, roller ski triathlons, strength, core, soccer, ultimate and swimming

TR2s will have at least 2 group training opportunities a week from May until the On-Snow season begins; generally 5pm on Tuesdays and Thursdays and 9am Saturday mornings.

TR1s and JDs will have at least 2 practices a week of optional training from September until the On-Snow season begins. Generally 6pm on Tuesdays and Thursdays and some Saturdays or Sundays. There are also some dry-land training opportunities during the spring and summer. Please consult our website calendar for details. If you want additional details about the Practice

Locations there is a “Practice Locations” Page under the Athlete Resources Tab on our Website or follow this link: <http://telemarkracers.org/athlete-resources/practise-locations/>

Roller skiing simulates skiing without snow. It requires roller skis, a cycling helmet, reflective vest, gloves, ski boots and ski poles with carbide tips. Do I need special tips?

*“Great quality long lasting carbide tips saving you money. Replace your snowbaskets with these so you don’t have to replace your snow baskets which are more expensive. All Snow Baskets are not as durable as proper Roller Ski Tips but if your snow baskets tips are not Carbide they will wear out almost immediately and slip.”  
[RollerSkiShop.com]*

Kelowna Cycle stocks these tips; there are two different colours of baskets. The red ones fit most of the poles on the market including Swix and Yoko. The bright green baskets are a little smaller and fit the Oneway Poles.

The team does have some reflective vests and a few pairs of skis so that beginners can try out roller skiing. Here is the [Telemark roller ski safety policy](#).

Our good sponsor Kelowna Cycle also does a team roller ski order for us in the spring at a very significant price discount. If you are interested in ordering skis in the spring please contact the head coach. Details of the Kelowna Cycle team roller ski order will be posted on our website in the early spring.

Hill bounding is ski striding uphill with poles which are about 10-15cm shorter than you would use for classic skiing. If you don’t have some old ski poles to use please contact Coach Adam.

## On-Snow Training

Telemark Racers ski Tuesday, Thursday and on non-race Saturdays. TR1s 6:00 PM weekdays and 10:30 AM on weekends. TR2s train at 5:00 PM on weekdays and 9:00 AM on weekends without races.

Junior Development ski Thursday at 6:00 PM and Saturdays without races at 10:30 AM. Skiers should bring a **headlamp to all weekday skiing**. Classic skis should be prepared **before** the beginning of practice; show up early. All members of the team do skate and classic technique so both sets of equipment are required. There are several options for equipment outlined in the FAQ part of our website <http://telemarkracers.org/new-to-racing/race-team-faq/> including: purchase new, purchase used, rent for the season, or rent as required.

## Races

Races are the reason for our training and our existence as a team. The most important thing is to approach the races as an opportunity to test yourself. You should focus on doing your best, not on the results.

There are several races at a variety of levels to choose from. Athletes and their parents should look at the race schedule to determine which races they will attend. For planning purposes we would like you to fill out our race survey so we can plan for events found later in this document and update the one on the wall of our race room.

- Okanagan Cup races are more casual and fun oriented. They are a good choice for those getting started in racing but most team members will attend some of these. These will be in Salmon Arm and Penticton this year.
- BC Cup races involve more travelling. They are also fun and you get to compete against racers from all over the province. BC Cup 1 is in Prince George, BC Cup 2 is in Revelstoke and BC Champs are at home here in Kelowna.
- Norams, Including Westerns are high level races that are suitable for most team members 14 and over. Local Norams are Rossland and Whistler. Westerns are in Canmore. This experience will help to prepare you for future Nationals, WJRT and Canada Winter Games.
- Nationals are the highest level races we will attend and this year they take place in Thunder Bay Ontario in March. They are suitable for athletes who are training and racing at a high enough level.
- Loppets are fun, longer distance events focused on participation. They may be the main focus for some team members. I have put several of them on the schedule although we probably will not travel as a team to most of them.
- Midgets are the greatest event of the year; they are a lot of fun! It is a team oriented fun event. There are single year age categories and you earn points for your team just for showing up. It is in Mt. Washington this season. The competition is for skiers born in **2002, 2003, 2004 and 2005**; skiers this age will focus on this event.

## Team Supported Races

Not all races that Exist will be fully team supported. I expect that whenever Telemark skiers go to an event that they will work together to find the grip wax and support each other however possible. A Fully Team Supported event will have a race management plan, coaches and likely some waxing support if it is a classic event. Low key events like Loppets or Okanagan cups may not be supported.

## 2014-15 Competition Schedule

Yellow Means Team Supported and Orange Means Important for TR2 and team supported.

Dec 6-7	Sovereign Lake Open CWGT (Vernon) Juvi +
Dec 13-14	Nor Am (Rossland) Midgets +
Dec 14	Kootenay Cup (Rossland) All Categories
Dec 20-21	Nor Am (Whistler)
Dec 27-28	Okanagan Cup (Salmon Arm)
Jan 3-4	BC Cup #1 (Prince George)
Jan 10	Okanagan Cup (Kamloops)
Jan 11	Kelowna Loppet
Jan 15-18	Nor Am Western Canadian Championships (Canmore)
Jan 17	Reino Keski Salmi Loppet (Salmon Arm)
Jan 24-25	BC Cup #2 (Revelstoke)
Jan 31-Feb 1	Okanagan Cup (Penticton)
Feb 7	Nickel Plate Loppet (Penticton)
Feb 7-8	BC Midget Championships (Mt Washington)
Feb 14	Tips Up Cup (Vernon)
Feb 15	Overlander Loppet (Kamloops)
Feb 20-22	BC Championships (Kelowna)
Feb 21-Mar 1	Canada Winter Games (Prince George)
Mar 8	Sovereign Lake Loppet (Vernon)
Mar 14-21	National Championships (Thunder Bay)

## Adam's Suggested Races

### Junior Development Suggested Races:

Jan 11 Kelowna Loppet  
Feb 20-22 BC Championships (Kelowna)

### PeeWee 8,9 2006 2005:

Dec 14 Kootenay Cup (Rossland) All Categories  
Dec 27-28 Okanagan Cup (Salmon Arm)  
Jan 11 Kelowna Loppet  
Jan 24-25 BC Cup #2 (Revelstoke)  
Jan 31-Feb 1 Okanagan Cup (Penticton)  
Feb 20-22 BC Championships (Kelowna)

### 9-12 2005-2002:

Dec 13-14 Kootenay Cup (Rossland) All Categories  
Jan 3-4 BC Cup #1 (Prince George)  
Jan 11 Kelowna Loppet  
Jan 24-25 BC Cup #2 (Revelstoke)  
Jan 31-Feb 1 Okanagan Cup (Penticton)  
Feb 7-8 BC Midget Championships (Mt Washington)  
Feb 20-22 BC Championships (Kelowna)

### 12? or 13:

Dec 13-14 Nor Am (Rossland) Midgets +  
Dec 20-21 Nor Am (Whistler)  
Jan 3-4 BC Cup #1 (Prince George)  
Jan 11 Kelowna Loppet  
Jan 15-18 Nor Am Western Canadian Championships (Canmore)  
Jan 24-25 BC Cup #2 (Revelstoke)  
Jan 31-Feb 1 Okanagan Cup (Penticton)  
Feb 20-22 BC Championships (Kelowna)

## Race Registration and Licenses

Parents will register their own children for the races. Most races are registered through Zone4.ca there are often registration deadlines to look out for we will attempt to keep you informed.

Athletes juvenile age and older (2000 and older) will need a race license to enter some races. You do not need a license for Okanagan Cup races or loppets.

There are 2 options:

1. Cross Country Canada Season License: This is good for the whole year. If you are Juvenile age or older and want to attend most of the BC Cup Races this is recommended. It is necessary if you want to make the BC Development Squad or the BC Team or attend Nationals. Performance Racers should all have this license. You should get it before the first race (ie. soon!)

To get a CCC Season License go to:

<http://www.cccski.com/main.asp?cmd=doc&ID=669&lan=0>

You will need the following information:

Coach: Adam Elliot

NCCP L2C

NCCP # 984975

Club official: Brent Hobbs

2. Day License: If the above does not apply to you, you can purchase a day license each time you register for a race. This will also be cheaper if you do not attend many races.

## Race Categories at most races except Loppets

Atoms: 5, 6, 7 / 2009 - 2007

Pee Wees: 8, 9 / 2006, 2005 m

Bantams: 10, 11 / 2004, 2003 m

Midget: 12, 13 / 2002, 2001 m 12

Juvenile: 14, 15 / 2000, 1999 most of the time

Junior Boys/Girls: 16, 17 / 1998, 1997

Junior Men/Women: 18, 19 / 1996, 1995

## Race Management Plans

**It is the both athlete and parents job** to read the race management plan which is published on our website a few days before each major event; this will also go to your subscribed email. There is important information in this document including where you need to be and when, how you should warm-up and who might be there to help you, where to find your bib, what needs to happen to your equipment and the job assignments for the parent volunteers which help make races run smoothly. If you show up at a race and don't know the answers to these questions you probably have not read the plan. Here is a sample plan:

<http://telemarkracers.org/midgets-race-managment-plan-2013/>

## Race Plans

To help prepare for major races each skier should be familiar with a Plan for the event. Failing to Plan is Planning to Fail. A basic Pre-Competition Planner is found on below. Older Telemark Racers will have a more advanced Race Plan filled out than this; if they want their skis waxed.

## Telemark Pre-Competition Planner

"Always plan ahead. It wasn't raining when Noah built the ark"

Event: \_\_\_\_\_ Date: \_\_\_\_\_

**Visualize:** 5-10 minutes before I fall asleep I will go through my race preparation, my start, difficult sections of trail, technique cues, and my race finish. Feeling strong and confident!

I will go to bed at: \_\_\_\_\_ the night before my race

### *Day of Competition:*

My alarm will go off at \_\_\_\_\_ and go for morning jog/activity at \_\_\_\_\_

I ate a nutritious breakfast and have packed my bag for the race, not forgetting extra water, food for before and after race, change of clothes, ski glasses and \_\_\_\_\_

### At the Competition Site:

I have my ski equipment accounted for, and will check in with my coach at the team area at \_\_\_\_\_

My start time and bib number are: \_\_\_\_\_

At \_\_\_\_\_ I will mentally rehearse my strategy. My race plan with my segmented course and key words are:

Start: \_\_\_\_\_

Flats: \_\_\_\_\_

Hills: \_\_\_\_\_

Finish: \_\_\_\_\_

I will start **my warm up** at \_\_\_\_\_ with \_\_\_\_\_

My warm up will include \_\_\_\_\_

Adam's rec. warm-up 10-15mins Easy, 3' tempo skiing, 2' easy, 2' race-pace (not sprinting), 2' easy and 2' race pace. 10' go to start

#### ***Key words I will use include:***

For focusing \_\_\_\_\_

To reduce stress \_\_\_\_\_

To get energized \_\_\_\_\_

**After the Race:**      ***I will cool down*** \_\_\_\_\_ minutes after I finish

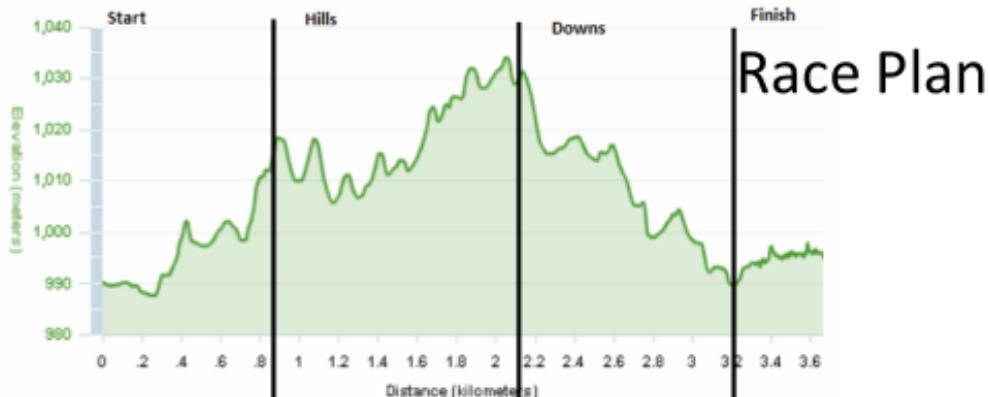
I will eat and drink \_\_\_\_\_ for recovery

I will evaluate my performance when, where and how? \_\_\_\_\_

Was I properly warmed up?      Did I execute my race plan?      Did I maintain my best Technique?

Did I do my best?      What could I do better?      Did I have Fun?      Will this experience make me Stronger?

***I will thank at least 3 volunteers***



**Start:** Focus: Smooth Technique: 1SK Cue:

Smooth

**Hills:** Focus Tempo, Offset. Cue: Relentless

**Downs:** Focus Care Speed, Step Turn Cue: Clever

**Finish:** Attack 1SK Cue: Explosive

## Goals

Setting goals is one of the skills athletes should learn. Luckily, this is a skill which will be very useful in the others parts of your life as you get older. All of you should think of your goals for the upcoming season. These can be broken down into the areas of competitions, training, technique, and health and nutrition. The goals should be specific and achievable. Below are guidelines for setting goals and a form you can fill out. Please write your goals down on the form and discuss them with one of the coaches. Remember to include the races you plan to attend.

## Goal Setting

What is a goal? A goal is a measurable statement with a specific subject and a deadline. It is a milestone in the creation of your ideal life. It inspires you to do the work every day.

Your goals should mostly be task based and should be completely within your control. Some results based goals are okay but keep in mind they are not completely in your control. Set task based goals that will allow you to achieve your results based goals.

Writing down your goals initiates the process of committing yourself to them. Post them in a place where you will see them often. You should be proud of your goals; post them on Facebook?

Revise your goals regularly. If you have achieved a goal, set a new, more challenging one. If you have not reached one, decide if you should set a new deadline or reconsider the goal.

## ***Goals - Training Year: 2013 – 2014***

***Date last updated:***

***Name:***

**Short Term Competitive Goals:** (include races you plan to attend)

**Training Goals:**

**Technique Goals:**

**Health and Nutrition Goals:**

**Long Term Skiing Goals:**

**Other:**

- Training log

## Nutrition; What and When to Eat

Nutrition is important. There is basically no point in training if you are not going to recover appropriately and therefore improve. That means coming to training and races prepared with snacks, drinks and recovery foods. This is a basic overview but a great resource can be found on Coach.ca here: <http://www.coach.ca/sport-nutrition-s14783>

### Before Exercise

- Choose meals and snacks high in carbohydrates, moderate in protein and low in fat before a workout or competition.
- Eat a meal or snack 2-4 hours before exercise.
- Experiment with foods during training: how much, what and when. This should help you figure out what works best for you.
- Never try a new food before a competition

### Nutrition for Recovery

- For optimal glycogen replacement consume fluids and carbohydrate-rich foods within 30 minutes after exercise.
- Include some lean protein foods as part of snack.
- Don't skip meals. Eat a balanced meal within 2 hours (breakfast, lunch or dinner).

### Nutrition on the Road

- Stick to usual training diet!
- Plan ahead and pack snacks.
- Bring familiar foods for race day.
- Bring breakfast.
- Make dinner for the nights before event; Small towns often have poor restaurant choices. Get a hotel/motel with a kitchenette.
- Research restaurants before getting to event.



## Cross Country BC Athlete Development System

CCBC has a system of “teams” that provide selected athletes with training and development opportunities. These athletes can attend CCBC training camps in the spring, summer, fall and early winter. In the spring, athletes can be named to the following teams based on the previous season. Please note that the criteria for the teams can change from year to year so the ages, etc. may vary.

**Talent Squad:** Athletes aged 13 to 15 selected by a secret committee who somehow pick a team. The Head Coach can recommend athletes and some of the recommended athletes are selected to be on the Talent Squad. Members are guaranteed to be invited to at least one TS camp. Usually there is one or two dryland camp and one on snow camp.

**Development Squad:** This is for athletes 15 to 17 years old. Selection is based on results in the previous season. Usually there are 4 camps available and our Coach is the Head Coach of all of them.

**BC Team:** This is for athletes 16 and older and selection is based on results from the previous year. Usually there are 4 camps available.

## Training Camps

A lot of our training year is focused around a series of training camps. During camps the athletes will stay together for eating and sleeping. Usually there will be morning and afternoon workouts and often there will be team meetings or educational discussions. The camps can vary from a weekend to a week or longer.

Club Camps: These are usually for the whole team. Oct 25<sup>th</sup> TR1+JD Camp. TR2 Nickel Plate Camp. December Holiday Camp.

Regional Camps: There are normally 2 camps held for the Okanagan Region. There is usually one in September and one in November hosted by us at Silver Star. Any of our Program members can attend these.

CCBC Camps: These are for BC Talent Squad, BC Development Squad and BC Team members. They are by invitation only. Sometimes if there is room available, I can get invitations for Race Team members who are not on BC teams.

## Race Uniforms

While most of the team members have a uniform, it is not a requirement, especially for Junior Development people. Uniforms can only be ordered as part of a team order, normally in October for arrival in early December. Notices will be posted well in advance on the web page. There may be some “outgrown” uniforms available — ask one of the coaches for help on this. It is preferred that everyone races in performance oriented clothing which will help them and the team be successful.

### **Race Team Coaches** Help?

Adam Elliot: Race Team Head Coach  
Paul Shipley  
Ross McKinnon  
Joe Wessel  
Deepa Filatow  
Corrie Allen  
Kyle Hawes on occasion

### **Integrated Support Team** Help?

Wax Tech – Scott Davis  
First Aid – Corrie Allen  
Medical Doctor (Family Practice) – Wendy Wickstrom  
Sports Medicine  
Physiotherapist - Ross McKinnon  
Performance Dietician  
Team Cooks - Tom Walker  
Team Photographer – Tom Walker  
Senior Team Media Person (Westerns, WJRT, Norams, Nationals) Tom Walker  
Junior Team Media Person (Midgets, Loppets, OK and BC Cups) Kerry Haahiem  
Race Splits Person  
Race Video Person  
Race Accommodation Coordinator – Candace McKinnon  
After Race Clean Up  
Fundraising Coordinator

### **Parent Committee**

Chairperson – Barry Allen  
Vise Chairperson – Rebecca Tyson  
Secretary – Jill Stamp  
Treasurer – Wendy Wickstrom

### Telemark Racers 1 and 2 Entry Points

Telemark Racers 2 or “TR2” is the high performance group of our program. It is created for fast Ski Racers who want to excel at their sport and is in the T2T-2 or greater stage of development. The ski speed of this group when training is pretty high so in order to only allow people who are going to enjoy the training with this group into the group there will be some ski speed standards which need to meet before being considered for this group.

2014-15 TR2 Team Requirements are:

1. Athletes selected for BC Ski Team, BC Development Squad, National Talent Squad and Canadian NST automatically qualify.
2. Unassisted June Springs Short Skate 1 km Uphill Time Trial in 4:30 minutes or faster for boys and 5:00 minutes for girls on Standard Speed 2 roller skis wheels and bearings (Oneway 7 or F1 Sprints preferred) when timed under the supervision of Coach Adam.

Or a CPL average of 60 or Greater on the Canada’s Points List System for distance cross country skiing.

3. Commitment to our sport for the fall and winter which includes following the conditions of the athlete agreement, regularly attending training, keeping goals up to date, keeping a Training Diary and following a training plan if one is requested.
4. Coach Adam will select the group primarily based on the Roller Ski Time Trial and CPL but will also use discretion which may include past performances etc.
5. The athlete is in good standing with the Telemark Racers Program and the Telemark Nordic Club.
6. The athlete competes wearing the Telemark Race Suit in all major races including all BC Cups, Westerns, Nationals and World Junior /U23 Trials.
7. Athlete must be a T2T-2, L2C or T2C skier.

### Telemark Racers 1

The Telemark Racers 1 Group (TR1) is intended for athletes in the “Train to Train” stage of development (T2T), typically between ages 12-16 but individually assessed according to the *Long-Term Athlete Development (LTAD)* guidelines. The TR1 program is a racing program designed to give skiers the tools to become a successful competitor in a fun and nurturing environment. The intensity training will be based on the guidelines in the LTAD for a T2T athlete; skiers who are too young or not physically developed enough will be better off in the Junior Development Program (JD).

Coach Adam selects the entry point into the group using the guidelines below and his discretion.

2014-15 TR1 Group Requirements are:

1. An adequate level of Fundamental Ski Technique Development from the JD or equivalent program. Technique will be assessed by Coach Adam.
2. A commitment to train with the group 2 nights a week during the ski season.
3. A commitment to do Dry-land training at least twice a week in the fall or a reasonable substitute.
4. Physical and mental maturity required for the T2T level of development. Also to be assessed by Coach Adam.

Younger athletes who meet the above requirements, are willing to work hard, and have shown enthusiasm and commitment to the sport may be evaluated for the program – roughly 11 years or older. The athlete should approach the Coach Adam with the request.