



## Avalon Nordic Ski Club

### Track Attack Programs 2017/2018

**Note:** A Club Membership is required in order to participate in Programs

For more information on Avalon Nordic Programs, please contact [Avalon.nordic@gmail.com](mailto:Avalon.nordic@gmail.com)

#### Track Attack Program Info

Fall program – Early September to Mid-December. Tuesday evenings from 6pm to 7:30pm. Mostly dryland sessions where skiers will be introduced to dryland activities such as trail running and roller skiing.

Winter – Early January to end of March. Tuesday from 6pm to 7:30pm and Saturday mornings from 10:00am to 11:30am. All on snow sessions (skate and classic skiing). If we don't have snow, the coach will plan dryland activities.

The Track Attack program is designed for skiers who are usually between the ages of 10 and 12, and who are in the "Learning to Train" stage of development. The focus of the Track Attack program is to help participants become technically competent cross country skiers and use their skills to explore a wide range of ski activities.

#### Track Attack Program Goals:

- Fitness! Fun! Teamwork!
- Improve cross country ski technique
- Explore and enjoy many fun off trail ski activities
- Learn how to wax skis, race with confidence, and learn about wilderness safety

Program fees are listed in our program guide - <http://www.avalonnordic.ca/documents/ANSCPrograms.pdf>

Registration Online at <https://zone4.ca/register.asp?id=16978>

#### Skis for Track Attack Program

Over the summer the club was successful in its application for the RBC Learn to Play grant. This grant will allow us to purchase 20 pairs of skis with bindings to use for kids enrolled in the Track Attack program. Our Track Attack (age 10 to 12) program allows children to learn all basic cross-country ski skills, which included skate and classic skiing. At this stage of development, children are outgrowing their current equipment and need to have access to both classic and skate skis. Classic and Skate skis are different in both length and stiffness, therefore, having access to both sets allows the skier to effectively learn both techniques. This grant allows us to remove this cost for participants and parents, thus removing a barrier to enrollment into the track attack program. Our Track Attack skiers now access to skate skis, classic skis, and roller skis!

The RBC Learn to Play project is a multi-faced and sector partnership approach dedicated to teaching kids the basic skills they need to participate in sport and recreation programs. The project is funded by RBC and the Public Health Agency of Canada and delivered by ParticipACTION. In 2016, RBC provided \$2.6 million to 211 organizations across Canada.



**AltaGas**



RBC  
Learn to Play  
Project



Public Health  
Agency of Canada

Agence de la santé  
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**VOLVO NL**