



BULKLEY VALLEY
Cross Country Ski Club

ADP Athlete and Parent Handbook

Version 1.3

Version	Date	Amendment	Author
1.0	2023.04.28	Initial Version for Summer 2023, adapted from Revelstoke Nordic	Sarah Sacharoff
1.1	2023.09.20	Removed season specific information	Sarah Sacharoff, Denise Kelly, Andrea Stapff
1.2	2024.10.11	Added Ski Swap to Volunteer section. New U20 age group updates. Other small edits	Sarah Sacharoff, Adrienne Rosenberger, Denise Kelly, Andrea Stapff
1.3	2024.01.03	Added Safesport and travel policy info	Sarah Sacharoff Adrienne Rosenberger

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TEAM PHILOSOPHY

MISSION STATEMENT

The Bulkley Valley Nordic Skills Development Program (NSDP) Mission Statement is to be:

- a robust program that supports, inspires and provides excellent coaching to our athletes
- an inspiring coaching team that includes a head coach who will 'be the captain of the ship'
- a collaborative model for parents to participate in volunteerism, fundraising and race support with clearly defined expectations of what is required of them.
- a program that fulfills the BVCCSC Board's constitution

VISION

Ideal Program:

- expert club coaching available to all ADP and masters athletes
- an expert coach to lead and inspire volunteer coaches by answering questions, demonstrating technique, guiding and growing
- long term, seasonal, weekly and sessional planning done for both the program and the athletes
- sustainable, robust program, fair wages
- healthy registration numbers, good retention, biathlon option
- well organized race travel, clear roles
- athletes on provincial teams, setting and achieving their goals
- parents feeling their money is being well spent
- parents not feeling overworked with volunteer duties. Parents contributing to program through 'sustainable' volunteerism
- comparable fees to other similar sized clubs,
- some support or options available to families that struggle with fees
- athletes loving to train, loving the culture, feeling supported and prepared at races, feeling they have the tools they need to succeed, inspired by expert coaches
- sponsors eager to support the program with multi-year agreements
- a program that is creating athletes for life and contributes to the club as a whole.

CODE OF CONDUCT

When children are involved in competitive snow sports, their families are necessarily involved. BVCCSC is fundamentally a family and community organization. The relationship between athletes, parents, and coaches is critical and must be supportive and cooperative in order to

provide the athletes with the best opportunities for growth and success. The responsibilities on the part of all three are equal and interdependent. Please be familiar with the role that each plays, and recognize the importance of working together.

Acknowledgement of the Athlete and Parent Agreement and the club's Code of Conduct (on the website) will be required during each registration or when an athlete joins the program. These policies lay out our expectations of conduct for our athletes, parents, coaches, volunteers and members. We require parents to review this agreement together with their athletes. In addition, coaches will review the agreement with their athletes early in the season.

DISPUTE RESOLUTION AND DISCIPLINE

Disputes and matters which could require corrective measures, including discipline, may arise from time to time within ADP. Disputes will be resolved by following the BV Nordic Club's Discipline and Complaints Policy.

PROGRAMS

REGISTRATION

Athletes register for their programs and BV Nordic club membership online. All athletes must have a BV Nordic club membership and a valid BV Nordic season's pass.

<https://bvnordic.ca/registration/>

Registration occurs twice per season. Once in September/October for the Fall-Winter programming, and once in April for our Summer Dryland programming. To take part in our Summer Dryland programming, a season's pass is not required but a BV Nordic club membership (insurance) is required.

We ask that all families acknowledge that they understand our [fundraising](#) and [volunteer requirements](#) before registering.

OVERVIEW

The Athlete Development Program is broken into age-specific groups, based on age as of Dec 31, in which the athletes do most of their training.

Regarding Training Up: our general approach is to be strict about age groups. There are a number of issues that training outside of age groups can cause. Of course, there are rare exceptions. The Head Coach will make final decisions regarding training groups.

Regarding New Athletes Joining in with Experienced Athletes: our general approach is to allow athletes to train with their age group regardless of abilities. If a new athlete joins, efforts will be made to provide extra support to them, sometimes one on one, through our volunteer coaches during their first few practices. We believe our coaches are able to provide effective training for athletes with diverse goals training in the same groups.

Our ADP program uses the [Long-Term Athlete Development \(LTAD\) framework](#) through Nordiq Canada for proper training at each age. The Track Attack programs align with the Learning to Train (L2T) stage of development and the U14 - U20 programs include the Training to Train (T2T) and Learning to Compete (L2C) stages of development.

Focus

L2T

- Increase time on snow and continue use of game and adventure-based activities to work on balance agility and rhythm
- All basic skiing skills in skate and classic technique are refined
- Prolonged low-intensity aerobic activities and longer speed bursts
- Introduce body weight strength, core exercises utilizing proper technique
- Develop and maintain flexibility during growth spurt
- Participates in variety of cross training activities
- Introduce mental, cognitive and emotional development
- Emphasize team environment and social activities
- Basic pre- and post-race nutrition strategies

T2T

- Performance related technique refinement and adaptations for all terrain and conditions
- Aerobic capacity
- Strength development immediately post Peak Height Velocity (PHV) for females; 12-18 months later for males
- Maintain flexibility post growth
- Incorporate medical monitoring tools; training plan
- Adapt pre/during/post nutrition
- Develop mental, cognitive and emotional skills

L2C

- Technique maintained under extreme fatigue and high stress
- Develop aerobic power post PHV
- Developing specific endurance strength and power
- Tactically prepared for specific events
- Single sport focused
- Advanced mental, cognitive and emotional development

Benchmarks

L2T

- Prolonged execution of double poling, one step double poling, free skate, one skate, two skate, offset, step turn, parallel side slipping

- Proper technique choice for terrain, refining balance and weight shift and limiting falls during training and racing
- Understands basic race tactics; respects competitors and sets goals
- Maintain energy level and quick recovery from activity

T2T

- Maintain effective technique through entire race
- Fluidly adapt amplitude, rhythm and glide for variety of terrain and conditions
- Structured aerobic, anaerobic and strength training
- Well hydrated throughout workouts; sufficient energy for required workout and quick recovery
- Utilizes training and competition log to analyze training and performances
- Sets SMARTER goals for training
- Follows race plan
- Visualizes positive performances, past and future
- Respects competitors and enforces rules of conduct
- Trains between 300 and 450 hours per year

L2C

- Adaptable to all conditions, courses and scenarios
- Critical of own technique
- Understands training concepts and utilizes appropriate training zones and modes correctly
- Critical of own training and racing and can critique, analyze and identify trends
- Participates in development of competition phase
- Sets SMARTER short term and long terms goals for training and racing
- Adjust diet to meet nutritional requirements
- Systemized recovery plans
- Consistent monitoring;
- Well-developed coping mechanism; positive self-talk
- Understands basic injury treatment
- Completes school and plans for post-graduation options
- Trains between 400 – 650 hours per year

FEES

Program fees can be found here: <https://bvnordic.ca/registration/>

Our program fees cover all elements of [Athlete Support](#) as outlined below. Personal equipment, team clothing, race registration, racing licenses, camp registration, accommodation, transportation and meal expenses are additional costs.

Fees cover less than 50% of our overall program costs. See the [Financial Information](#) section for more details.

The [Fee Relief Resources](#) section provides a list of resources for families that are needing financial support.

ATHLETE SUPPORT

ADP athletes receive the following support:

Team Training

Athletes are able to attend all coach-directed team training sessions as outlined in their respective program schedule.

Race Support

Athletes will receive race support at races selected by the Head Coach on a yearly basis in accordance with the Race Travel Policy.

Generally, athletes will receive support at:

- BVCCSC races and loppets
- Northern Tech Cups (Terrace - Prince George)
- BC Cups and BC Champs
- up to two western region Tier 1 races
- partial support at Nationals

Team Equipment

Use of team equipment, in particular, use of club skate rollerskis for TA and U14 athletes and club classic rollerskis for U16 athletes.

U14+ athletes receive the following additional support:

Training Plans

Athletes in U16+ will have the opportunity to use the online training log app, [Training Peaks](#), administered by the Head Coach. Athletes will need personal email accounts for this program.

Strength Training

Strength training is an important aspect to athlete development. A strength program is provided for U14+ athletes appropriate to their stage of development from the Head Coach and or local professionals.

Athlete Goal Setting

TA athletes will meet in small groups with their coaches to discuss season goals in an age appropriate manner.

All U14+ athletes will have regular, sometimes individual meetings with coaches to discuss and track their goals.

COACHES AND KEY POSITIONS

Our programs are led by a full time, full year, paid head coach who manages a large team of volunteer coaches.

A roster of who currently holds key positions and descriptions of these positions can be found on the website.

Schedule

The training schedule is developed by the Head Coach with consultation from volunteer coaches. Developing our training schedule is always a tricky compromise. For transparency, here are the considerations we weigh when developing the schedule:

- volunteer coach availability
- optimization of Head Coach time with athletes
- maintain traditional BV Nordic training days (T,W,Th,Sat). It is impractical and likely impossible to work around all extracurriculars available to athletes of this age
- optimize sunlight
- parent feedback from previous years

The BV Nordic website will have a general overview of the number of practices a week and which days (subject to change) athletes would practice.

The detailed day-to-day training schedule will be communicated by the group's coach by email or by a shared spreadsheet. Last minute changes to a training schedule will be communicated by email.



EQUIPMENT

DRYLAND

Dryland training activities take place all over the valley. During the fall, after school dryland usually happens at Riverside Park or if roller skiing, at Monkton Rd, Ebenezer Flats and other skill appropriate locations. On weekends or during the summer, training branches out to take advantage of prime hiking in the Babine Mountains or Hudson Bay Range.

Track Attack athletes participating in dryland in the summer and fall will participate in a variety of activities including, running, strength, games, ski striding, hiking, and skate rollerskiing. Junior skate rollerskis are available for TA athletes to borrow on a day-by-day basis.

U14+ athletes participating in dryland in the summer and fall will participate in a variety of activities including running, hiking, ski striding, roller skiing, cycling and strength. Our club has some skate roller skis for U14s to borrow, U16+ should have their own skate roller ski gear. Our club has some classic roller skis available for U16 athletes to borrow but U18 athletes should have their own gear. Occasionally in the summer, our older athletes will go road cycling. This is not a regular activity so cycling gear is not required, although it can often be borrowed.

Athletes and Coaches are expected to follow the club's Roller Ski Policy found on the website. **Helmets, gloves and high visibility clothing are required for rollerskiing and cycling** because athletes are on the roads. This means bright - think neon - highly visible colors that stand out to

drivers. This is for athlete safety and is non-negotiable. Athletes will not be able to join the activity if the proper safety attire is not worn. The club has a limited number of high-vis vests that can fit over your clothing available for loan if needed.

Required Dryland Equipment:

- Trail runners
- Water belt and/or running vest/camelbak
- During and post-training snack
- Eye protection
- Sun protection: hat, sunscreen pre applied
- Bug dope, if necessary
- Appropriate workout attire
- Ski Striding poles (5-10cm shorter than classic)
- Heart rate monitor (U16+)
- Yoga mat
- Roller ski equipment
 - Reflective vest and or high viz clothing
 - Skate roller skis (club skis available to borrow for TA, U14)
 - Skate poles with roller ski tips (measured to upper lip with ski boots on)
 - Classic roller skis (U18)
 - Classic poles with roller ski tips (measured to bottom of relaxed shoulder with ski boots on)
 - Skate and classic (U14+) or combi (TA) boots
 - Helmet (protective knee/elbow pads if desired)
 - Gloves (bike gloves work well)

ON-SNOW

All on-snow training occurs at the BV Nordic Centre.

Required On-Snow Equipment:

- Water belt
- During training and post-training snack
- Headlamp
- Eye protection
- Appropriate workout attire
- Skate skis (5 – 15 cm taller than athlete; appropriate weight range)
- Skate poles (measured to upper lip with ski boots on)
- Classic skis (10 – 20+ cm taller than athlete; appropriate weight range)
- Classic poles (measured to bottom of relaxed shoulder with ski boots on)

- Skate and classic (U14+) or combi (TA) boots
- Heart rate monitor (U16+)

Wax Kit

Glide waxing your skis is an important part of maintaining your equipment. Each athlete is also responsible for grip waxing their skis **prior** to practice on classic ski days. Having a selection of klister and grip waxes (as well as a piece of 100 grit sandpaper) on hand for changing conditions is recommended.

Each athlete should have the following as part of their personal wax kit:

Glide

- Range of non fluoro (NF) glide waxes (-20 to +10)
- Wax iron
- Scraper and groove sharpener
- Bronze-nylon combi brush

Grip

- Range of non fluoro (NF) grip wax (-20 to +3)
- Universal-style (+/- 0) and red (+) klister
- Cork
- Wax remover
- Angled scraper / klister paddle
- Paper towel / scrub pad

CCBC's current waxing policy can be found in the [CCBC Wax Policy](#) section. Nordiq Canada continues to follow the global ski community and FIS in the strategy to eliminate fluoro wax. CCBC (as noted in the Wax Policy) and by default, BVCCSC, supports this strategy.

For at home glide waxing, any NF wax is fine, you need not use approved CCBC waxes for every-day use as long as the wax you are using is NF. Glide waxing your skis with a hot wax and iron once a week to maintain them is highly recommended, as well as following races. If you will not use your skis for an extended period of time, storing them with a layer of unscraped wax is the best way to keep the bases in top shape.

LOCAL DISCOUNTS

Please contact the Head Coach if you have questions about purchasing new equipment and finding the correct fit for your athlete.

McBike:

Race Team: In October, Peter at McBike generally hosts a race team night where a small discount is given on gear.

The Head Coach will be available to assist with equipment selection upon request.

Used Gear:

A local Ski Swap is held annually in November that sells used nordic and alpine gear.

The “BV Nordic ADP Gear Exchange Private Group” has been created on Facebook to offer used gear to other ADP athletes.

TEAM CLOTHING

The BV Nordic Team will have the following team clothing available for purchase through an online store with [Jakroo](#):

- Warm Up Jackets
- Warm Up Pants
- Vest
- 1 Piece Race Suit
- Race Tops
- Race Bottoms
- Headbands

Athletes and parents will be notified when the online store opens in October to place bulk race team clothing orders. The online store will remain open all season however prices may increase

There is no requirement to purchase any team gear.



RACING

SCHEDULE

In the early fall, the Head Coach will outline which events that ADP will be supporting in some capacity. This is not an exhaustive list of events for the season. Families are encouraged to participate in other events (e.g. loppets), if they fit more appropriately in their schedule. Contact the Head Coach if you would like to borrow team wax equipment for an event. The following links provide a complete provincial and national event calendar:

[Cross Country BC](#)

[Nordiq Canada](#)

ACCOMMODATIONS

Accommodation at races is a family responsibility and not organized by the BVCCSC. However, there is typically a recommended hotel and all team activities will be centered around the team accommodation (e.g., team meetings, rides, team dinners, etc.).

The head coach will always be provided with private accommodations at away events which may or may not be at the team hotel.

Youth under 16 years of age are required to travel with an adult, those over 16 may stay independently, but need an adult on trip, not the head coach, who is their designated responsible person.

TRANSPORTATION

Travel to races will be in personal vehicles and does not fall under the realm of the BVCCSC. However, when travel involves the head coach, it is governed by both BVCCSC and Safesport Policies.

WAX EQUIPMENT TRANSPORTATION

Each away race requires the transportation of wax equipment. Usually one or two large pop up tents, multiple bins, multiple pairs of test skis, ski racks, etc. Generally, this task requires a pickup truck. The volunteer family that transports this equipment to a race will be reimbursed 50% of their overall fuel expenses for the return trip. The expenses should be submitted to the NSDP Director for arranging reimbursement.

SKI PREPARATION

Athletes should attend races having **cleaned and well-marked grip zones and have skis labeled with the athlete's name**. Race day glide and grip wax applications and base structuring will be applied at the event. On occasion, for some Northern Cup events outside of Smithers, parents may be asked to arrive with skis already glide waxed. Notice and a wax recommendation will be provided in advance, in these cases. In general, race wax applications are covered by our program fees. There may be an additional wax charge at National level races such as Canada Cups and Nationals that will be communicated ahead of time. There will be a lead wax technician at each event.

The Club offers numerous opportunities to increase ski wax knowledge during the season.

Beginner Wax Clinic (generally November)

- For parents looking to learn the fundamentals of grip and glide wax applications, including proper pre-event preparation.

Wax Technician Clinic (generally November)

- For parents who understand the fundamentals of grip and glide wax applications and are interested in volunteering as technicians at events.

For individuals looking to further their wax technician training beyond our club offerings, **CCBC** typically hosts an in-person wax technician training typically in November.

REGISTRATION

Athletes are required to register for their races individually as members of “Bulkley Valley”. It is customary that athletes must register and pay to participate in relay races as part of the individual registration form, however the Head Coach will be responsible for assigning and registering specific relay teams.

Race Notices and registration information will be sent to athletes as they become available.

RACING LICENSES

[Nordiq Canada Racing Licenses](#) are required for athletes in U16 or older who intend on competing in BC Cups, Western Championships, Canada Cups and National Championships. It is recommended that U14 athletes, or where developmentally applicable, younger athletes, have a Nordiq Canada Development License. Race licenses allow athletes to accumulate CPL points that are used for rankings, start order seeding, and in some cases selection criteria.

An Event License can be purchased during the Zone4 registration for applicable races where an athlete does not have a Race license, which allows you to race, but does not allow for CPL point accumulation.

When completing your license application, you will need the [Race License Club Details](#).

International Ski Federation (FIS) licenses are required for athletes intending to compete in internationally sanctioned competitions or earn FIS points in the Open category at Canada Cups, Trials, and Nationals. A Nordic Canada Racing License is required to purchase a FIS license and they must be purchased together. If you are considering a FIS License, please contact the Head Coach.

CANADA POINTS LIST

Points are awarded when licensed athletes compete in NC or FIS sanctioned events (e.g., BC Cup or higher-level events; not Teck Northern Cups). The [Canada Points List](#) (CPL) publications will be generated for both distance and sprint events.

The CPL is used for provincial (BC Development Squad and BC Ski Team; not BC Talent Squad) and national team selections, eligibility for CSI-Pacific Athlete Carding.

Since point calculations are based on a reference factor of the fastest two skiers in a category, there is the potential for younger athletes to earn greater points by competing in an older

category. Athletes and parents should not concern themselves with “chasing points” or “racing up” unless specifically instructed by the Head Coach.

PROVINCIAL TEAMS

There are three tiers of provincial team programs:

- BC Talent Squad, ages 13 to 15
- BC Development Squad, ages 14 – 17
- BC Ski Team, ages 16+

For more information on the provincial team programs, including camp / trip schedule, selection criteria, nominations and external course credits, visit: [Provincial Team Programs](#).

The Head Coach will be responsible for any required applications to provincial teams.

Camps

Local

All Track Attack to U20 athletes will have the opportunity to participate in two local training camps:

- Teck Regional Dryland Camp
- Teck Regional Snow Camp

Provincial

The [Teck Regional Camp Schedule](#). “The Teck Regional Camp Program is an integral part of a progressive provincial athlete development system. It targets athletes 9 to 14 years of age, and provides an affordable, accessible step into CCBC’s Provincial Camp Program.”

The [Provincial/Regional Camp & Provincial Trip Schedule](#). This schedule contains all of the Teck Regional Camps as well as the camps designed for specific levels of provincial teams. Opportunities often arise for athletes that did not make the provincial teams to still attend age appropriate training camps. These opportunities are generally only available to athletes that attended at least two of the BC Cups (BC Cup 1, BC Cup 2, BC Champs) for that year.

Volunteering and Fundraising

Many hands make light work.

Although ADP enjoys the support of employees, we are still very dependent on volunteers to make the program work. Our employees have other responsibilities outside of ADP (Masters Performance Program, Rabbits and Ski S'kool).

As with other snow sports, our expectations of parent involvement are high. We are always looking for ways to improve our program and less work for volunteers is often a consideration. Our current model is one that has worked for us for the last couple of years. These volunteer expectations often alarm new parents to ADP but we think you will find these tasks not that onerous once you have done them. The ADP families form a strong sense of community over the years and the good outweighs these volunteer requirements.

All ADP families (Track Attack - U20) are required to commit to contribute in **all** of these **three** pots:

1. Fundraising

- a. **ADP Duties** ADP families (athletes should help) are required to do a number of ticket checking, on-snow parent, lodge cleaning and/or lodge parent shifts each year. The club pays the ADP a fee for these shifts. The registration details will be sent out via signup.com in mid November. A deadline will be set for mid December, and any families that have not yet registered for their shifts will be manually, randomly registered and signup will be frozen. If you are unable to complete your shift, you will be responsible for finding a replacement family to trade with. All ADP families, regardless of how they are contributing to the club in other ways, are expected to do these shifts. Our club president cleans toilets as well as volunteer coaches that coach hundreds of hours a year. So many ADP families give to the club in very significant ways that we wouldn't have the population to complete these duties if we exempted them.
- b. **Virtual Auction:** Held in the Fall. ADP families are required to provide an item to be auctioned. In addition, families and athletes may approach local businesses for auctionable items. Popular items from the past included homemade tortillas, desserts.
- c. **Event Catering:** ADP parents prepare and host lunches at our snow camp and at our local races. We are paid a per person fee for each meal. A food committee of 5+ parents will be required for each race or event.
- d. **Ski Swap:** Every November ADP hosts a ski swap fundraiser with the Smithers Alpine Ski Club. Over the two days of ski swap, ADP parents and older athletes volunteer to fill the ~30 volunteer spots assigned to our club.
- e. **Bottle Drive/Bottle Donation:** Often held in the Fall. Bottles and cans can also be dropped off year-round at the Bottle Depot under the "Bulkley Valley Cross Country" account and all of those funds will go towards NSDP.

2. **Race Day and Camps** We need tons of volunteers on race days (generally 3 days a year). It's an all hands on deck kind of day and we expect all ADP families to have at least one parent involved. Most families with older athletes have both parents involved. Contributing can be as simple as handing out bibs, helping prepare food in the lodge, standing on the side of the course, rallying kids into the starting gate, etc.
3. **Other Volunteer Roles** ADP and the broader club have many volunteer roles that need to be filled each year. As a parent of a younger ADP athlete, you would be expected to at least contribute with some of these minor commitment volunteer opportunities. As your athlete moves through the ADP program, you can expect to be asked to fill a role that requires a more major commitment.
 - a. **Minor Commitment Volunteer Roles**
 - i. Work Bees
 - ii. Coach (Masters Drop In, Ski S'kool)
 - iii. Food Support Team at a race or camp
 - iv. Wax Team
 - v. Official
 - vi. Grant Writer
 - vii. Away Race Support (bib pickup, start line, on-course, meal arrangements, organizing accommodations, activities, etc.)
 - viii. Shadowing a Major Role
 - ix. etc
 - b. **Major Commitment Volunteer Roles**
 - i. Ski boosters Coordinator
 - ii. Rabbits Coordinator
 - iii. Food Coordinator
 - iv. Wax Lead
 - v. Fundraiser Coordinator
 - vi. Coach (Rabbits, ADP)
 - vii. Race Team Chief of ...
 - viii. Board Member
 - ix. Volunteer Groomer
 - x. Coach Management Team

These fundraisers are revenue streams within our NSDP budget (e.g., they cover coaching wages, team equipment, coach training, etc.). **This fundraising is fundamental to our ability to afford a Head Coach.**

Other fundraising opportunities may arise (e.g., Nationals Dessert Fundraiser) which do not necessarily contribute directly to NSDP revenue but would instead go towards a "special project" like Nationals.

Regarding volunteer buyout. Our programs are dependent on having many parent volunteers. Unlike other clubs, we do not believe that a volunteer buyout option would be sustainable for us.



Coaching

NSDP will support individuals interested in pursuing coach or officials training and we follow the National Coaching Certification Program. You can find more detailed information regarding coach development on the [Cross Country BC](#) website. The first steps are delivered [online](#), including the Intro to Community Coaching (ICC). Following the ICC course, you are eligible to attend the in-person Community Coaching course we host at our Club in the winter. The coaching courses are an excellent place to start learning more about the sport, increase your own ski and coaching skills, and get involved with our youth programming.

For more information on coach and official training, contact the Program Coordinator or visit:

[National Coaching Certification Program](#)

[Officials Development](#) (note: the Level 1 is now a [free online certification](#))

FINANCIAL INFORMATION

Our NSDP revenue consists of three categories: Fees, Grants and Fundraising.

Our goal is to keep our fees relatively stable, with small yearly increases to cover inflation. We attempt to secure yearly grants to provide stability to our revenue.

For fiscal years 2022-24 we will receive approximately \$20k yearly in funding from a combination of two head coach grants. These grants were awarded to us to aid in the transition from a club without a head coach to a club with a full time, full year head coach. This \$20k of funding will disappear after fiscal year 2024 so we are planning for additional revenue sources after that transition. We do not expect fees to change greatly as a result of the completion of the terms of these grants.

Fundraising is a key component in allowing us to keep our NSDP fees stable.

Percentage of Overall Revenue 2021-22	
Fees ADP, Rabbits, Biathlon, Masters, Ski S'kool	39%
Grants	49%
Fundraising ADP Duties, Virtual Auction, Bottle Drive, Catering, etc	12%

Our NSDP revenue consists of three categories: Fees, Grants and Fundraising.

Percentage of Overall Expense 2021-22	
Payroll Head Coach, Program Coordinator, Benefits	65%
Volunteer Support Training, Honorariums, Appreciation	11%
General Expense	24%

Supplies, Gym Rentals, Equipment, Travel Expenses, etc.	
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GLOSSARY

ADP: Athlete Development Program. Track Attack to U20.

CCBC: Cross Country British Columbia

NSDP: Nordic Skills Development Program. A department of the Nordic Club led by the Nordic Skills Development Program Director(s). Includes all skills development programs: ADP, Masters Performance, Masters Drop-In, Rabbits & Bunnies and Ski S'kool.

TA: Track Attack

SUPPORTING MATERIAL

FEE RELIEF RESOURCES

Kidsport: <https://kidsportcanada.ca/british-columbia/provincial-fund/>

A4K: <https://www.a4k.ca/>

Bulkley Valley Youth Sport Foundation: <https://www.bvyouthsport.com/>

CCBC WAX POLICY

CCBC's waxing policy can be found [here](#).

RACE LICENSE CLUB DETAILS

Club Official: Jen Chapman

Coach: Andrea Stapff

Coach NCCP Level: Certified CCD - L2C

NCCP Number: 144857