

## **Our Club's Program View on the Following:**

### **Winning:**

Winning is not about coming first. It is about the athlete pushing their OWN limits and constantly striving to do better than their best. They are winners if they give a full effort, even if they don't win the competition or achieve the goals their parents or others have set for them.

### **Control:**

Athletes are encouraged to focus on what they can control, which is themselves. Competition, their skis, the weather, the snow conditions, the officiating, etc. are all things that are beyond their control. We encourage parents to support this and set examples of focusing on what one can control and find ways to make the most out of any situation whether negative or positive.

### **The Competition:**

The competition is the athlete's partner but their real challenge lies within themselves. Athletes focusing excessively on the competition usually results in performance problems. We encourage children to compete against themselves and not get distracted with thoughts of beating someone else. We strive to coach athletes to set appropriate goals and respect their competition and be grateful that they are there to challenge them to do their best.

### **Racing:**

Racing promotes one to grow in cross country skiing as a sport and provides many opportunities to learn and experience life-skills such as setting goals, self confidence, relaxation techniques, nutrition, efficient skiing techniques, friendships, dealing with disappointments, body awareness, emotional awareness, respect, responsibility, acceptance and much more. Racing is FUN and it is our goal to create that experience. However, with any sport there are disappointments and trials, just as there are in life, but if dealt with positively these experiences are what help strengthen one's growth as an individual.

### **Fitness Standards:**

Fitness standards apply to children entering the sport late or wanting to switch into a different training group. Our program strives to assess the needs of each individual athlete. We understand that children develop at different stages. The LTAD model and NCCP coaching courses provide our coaches with up-to-date info on how to assess the needs of the athletes within a certain age group. We appreciate how each child is unique and have created a program to encourage athletes to ski and challenge themselves appropriately. A child can ski with a group as long as the fitness standard is there (they can keep up without struggle) and that the coach approves of the change as it is appropriate under the LTAD models. Coach will use the material from NCCP manuals to assess this. Coach is respected and supported by the club in their decisions regarding athletes moving up or newly joining. Private lesson will be encouraged to help new athletes catch up to their training age group.

Our club strives to assess all levels of skiers needs, however it does come down to coaching resources to make any program run smoothly. We are always looking for and encouraging parents to get involved and help throughout the season, so that we can achieve the goal of assessing all levels of skill and interest in cross country skiing. It takes many people, a community, to create and maintain a club and its programs.

### **Communication:**

Communication is encouraged among all individuals within our programs. It is the only way to assess anything positive or negative. We strive to keep the lines of communication open between the coaches and athletes and the coaches and parents. If a problem has occurred it should be communicated sooner than later to avoid problems.

We appreciate any feedback throughout the season regarding the program. Comments and suggestions are key ways to keep us growing as a club and developing fun successful programs with a love for cross country skiing, health, fitness and life!