

Blackjack Skier Development Program Scope and Definitions

The purpose of the BlackJack Skier Development program (BJ SDP) is to provide youth of all ages with a solid foundation in the physical, technical, tactical and mental capacities upon which to build their athletic abilities. BJSDP takes an inclusive approach and actively encourages and supports all individuals to develop their athletic skills and potential; to be able to access competitions and training events, and to learn to enjoy cross-country skiing as a life-long passion. This includes developing **athletes to the highest level of Cross-Country skiing and helping them to achieve junior national level racing.** However **the program** makes it possible for all skiers to participate, explore their potential and develop the skills and **also fosters** strong sense of team solidarity and mutual support amongst youth athletes.

The Black Jack Skier Development program is directed and led by a full-time professional head coach Dave Wood, who is NCCP Level 4 certified. **Oversight will be provided by the Black Jack Skier Development Committee; a group of Black Jack members working to maintain and promote skier development under the direction of the Black Jack Board of Directors.**

DEFINITIONS

1. **Racer:** An athlete in the U12 – U23 age categories who is committed to develop their potential as a cross country ski racer and is registered and has paid their fees as a racer. Athletes participating as racers are in the Training to Train and Training to Compete stage of the Long-Term Athlete Development (LTAD) Model.
2. **Track Attacker (TA'er):** An athlete in the U8-U12 age categories who is interested to train and race and is registered and has paid their fees. Within the the LTAD Model, athletes at this level are “Learning to train”
3. **Team Leader:** paid coach or volunteer coach having the top authority in an event, such as a race or training camp.
4. **Coach:** person, paid or otherwise who is directing or supervising the training of an athlete.
5. **Waxer:** A person skilled in the application of grip and glide ski waxes and preferably a good technical skier who can evaluate wax performance.
6. **Driver:** A person with a valid BC class 4 driver’s license-unrestricted.
7. **Food Service:** A person responsible for having nutritious food available on an as needed basis to athletes while on a ski trip.
8. **Skier Development Account:** A financial account managed by the Black Jack Ski club. Coaches and volunteers incurring valid expenses to be charged to this account must follow the expense procedures as laid out by the club Treasurer. This account is funded by volunteer work, the Ferraro Foods gift card program, grants and other sources as available. This

9. Race Recovery Account: A financial account managed by volunteer members of the Black Jack Ski Club with an interest in the BJ Skier Development Program. This account operates outside of the Black Jack Ski Club. Expense procedures laid out by the BJ Ski club will be followed. This account's purpose is to finance race trips and training camps. The funding is generated by athletes who are billed the “refundable” component of training camp and race attendance expenses.

10. Athlete categories

Athlete categories as based on Cross Country Canada rules are defined here for the Black Jack program and fee descriptions. For actual race category determination refer to Cross Country Canada Rules: <http://www.ccski.com/Events/Rules-and-Regulations.aspx> . The competition year runs from July 1 to June 30 of the following year. To qualify for a Ux category you must be less than x years old at the start of the competition year.

Program level	Obsolete BC categories.	Competition categories	Notes
Track Attack	Atom	U8	
	Peewee	U10	
	Mini- midget	U12	
Racer	Midget	U14	
	Juvenile	U16	
	Junior Girl/Boy	U18	
	Junior Man/Woman	U20	
	Senior Woman/Man		
	Senior U23	U23	
Part Time Senior			This category covers athletes who are training in other programs (university team, National Team etc.) during the winter, and have come to BJ for the summer. This category includes Athletes enrolled in full time studies in a University or College who wish to train in the BJS DP May through August.

Racers are in the U14 – U23 age categories and are at the “Training-to-Train” or “Training- to-Compete” stage of development within the LTAD model. The focus for Junior/Senior Racers is to further develop and refine skiers’ skills, technique and fitness and to support them to take part in organized races locally and throughout the province, nationally and internationally. Racers’ programming offers individually tailored coaching as well as organized group training sessions, camps and race support. Thus this level of programming supports athletes to take cross country ski racing as far as they are interested and able, including qualifying for international competitions. Racers offers the following services:

- A full-time professional head coach, Dave Wood, who is NCCP Level 4 certified.
- Training and race activities 11 months of the year.
- Individualized coaching support including goal setting, physiological testing, an individualized periodized weekly training plan and information about relevant resources
- Organized group on-snow and dry-land training sessions for 1-3 hours per day 4-6 times per week
- Guidance on what training camps and races to attend
- Race support, ski waxing and race planning
- Accommodation arrangements for out-of-province and NorAm level events
- New ski preparation (hot boxing)
- Team van transport as is practical
- Access to reduced price equipment purchases.

Track Attack: This level of the BJS DP is directed at U8-U12 athletes who are at 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 from back country excursions to ski racing. Coaches also support these young athletes to attend races in the area and learn how to manage competition. This opportunity for increased and more regular training and competition fosters fitness, skills and a real sense of being part of a team. Parent volunteers support regular training sessions and participation in races. Track Attack offers the following:

- 2-3 Volunteer coaches
- Organized group training sessions 1.5 – 2-hours 3-4 times per week for 10-11 months of the year.
- Both on-snow training and and dry-land training such as hiking, running and roller-skiing from April through October.
- 2 Organized adventure experiences per year, such as winter camping trips, summer hiking trips, exchanges with other clubs and/or experience with biathlon
- This program runs 10 (or 11?) months per year
- Internal ski swap to facilitate exchange of used equipment and access to opportunities to purchase new equipment at reduced prices.
- Basic race support¹ at Kootenay Cup races. BC Cup race support may be provided on special request pending available coaching staff. No additional program fee will be charged for the first BC Cup in a season. The Athlete will participate in the Race Recovery cost system.

¹ Basic race support includes direction on waxing (wax recommendation) and if possible, transportation support.

Typical Events in a year in BlackJack Skier Development (BJSD) Racing Program²

- May - start of new season
- Late May - weekend on snow camp in Vernon, BC at Sovereign Lakes
- June - weekend dryland camp in Rossland, BC
- Early July - Kaslo, BC Dryland Camp (with other clubs: about 60 athletes, typically U12 and older)
- 2nd week of July - Altitude skiing at the Haig Glacier near Canmore, AB. Typically attended by U18 and older athletes.
- August - 2nd camp at the Haig Glacier. Typically attended by U14 and older athletes.
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- End of September - dryland camp in Kimberley, BC with other BC clubs Typically attended by U8 and older athletes.
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- 2nd week of October - Dryland Camp in Mammoth, CA (by selection - usually senior athletes not in high school)
- Late October - Frozen Thunder training and racing on snow in Canmore, AB. Typically attended by U14 and older athletes.
- Early December - Alberta Cup Race, Canmore, AB. Typically attended by U14 and older athletes.
- Early December - NorAm Race at Sovereign Lakes in Vernon, BC
- Mid-December - NorAm Race at BlackJack, Rossland, BC
- January - BC Cup Race
- January - World Junior Trials, locations TBA
- Mid-January - Kootenay Cup Race in Kimberley, BC
- Late January - NorAm/Western Canadian Championships
- Late January - World Junior Championships
- Early February - BC Cup Race
- Early February - Eastern Canadian Championships in Ottawa, ON
- Mid-February - Kootenay Cup - Nelson, BC
- Mid-February - BC Championships
- Early March - Kootenay Cup and BlackJack Loppet, Rossland, BC
- Mid-March - Canadian Ski Nationals
- Late March - Alberta Cup, Canmore, AB
- April - 2 week break

² This list is a sample of what generally occurs. The actual schedule will be determined by the Head Coach and be adapted to the weather and needs of the athletes. The schedule is to be confirmed when the National Race Calendar is published. Locations may change from year to year. All training camp attendance is reviewed by the Head Coach. This is to ensure that all athletes will be training at the individual's capabilities.