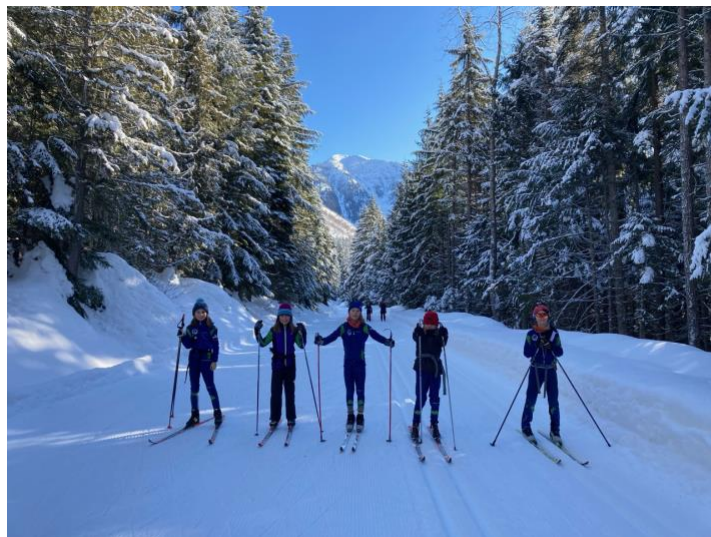


Nelson Nordic Youth Programs 2021/22



Program goals

Nelson Nordic Ski Club offers programs for kids aged 4-18 years old. We strive to provide high quality programs that work on your child's FUNdamental skills from a young age. As they get older, we have programs for both competitive and recreational skiers to provide a well-rounded sport for life program following the Long Term Athlete Development (LTAD) model.

Program Details

Skills Development Program (SDP)

The SDP is for kids aged 4-9 years old and is focused on having fun on skis while working on building FUNDamental movements and motor skills. This program runs through the winter months and relies heavily on volunteer coaches.

Program Age	Schedule	Start & End date	Number of Sessions	Cost
4-5 yr Bunnies	Sun 10:00am-11:00am	Dec 19-Mar 13	10	\$85
6-7 yr JackRabbits Level 1-2	Sun 10:00am-11:00am	Dec 19-Mar 13	10	\$100
8-9 yr JackRabbits Level 3-4	Thurs 4:30pm-5:30pm Sun 10:00am-11:00am	Dec 19-Mar 13	20	\$145

Youth Racing Programs

The racing programs are aimed at continuing to build the FUNDamentals of skiing, working on racing tactics and developing proficiency at both skate and classic technique. Both programs will have the opportunity to travel with the team to out of town races regionally, provincially and even nationally. Fun is still a forefront goal of our programs while building a good team atmosphere and supporting each other. The racing team will be given an individual training plan from the club head coach.

Program Age	Fall Schedule	Winter Schedule	Start & End date	Number of Sessions	Cost
9-12 Track Attack	Tues/Thurs 4:00pm-5:30pm Sun 10:00am-12:00pm	Tues/Thurs 4:30pm-6:00pm Sun 10:00am- 12:00pm	Sept 14-Mar 13	79	\$300
12-18 Racing team	Tues/Thurs 4:00pm-5:30pm Sun 9:00am-12:00pm	Tues/Thurs: 4:30pm-6:00pm Sun 9:00am-12:00pm	Sept 14-Mar 13	79	\$375

Youth Rec Program

The Winter Fit program is designed for kids who love to ski and be active but don't want to compete. We strive to provide programming for all youth; including those who want to get outside and enjoy nature on skis. This is a trial program that will only run if there are enough registrants and coaches for the program.

Program Age	Schedule	Start and end date	Number of sessions	Cost
9-18	Tues/Thurs 4:30pm- 6:00pm	Jan 4-Mar 13	22	\$145

For more information on any of the programs and for registration please go to our website nelsonnordicski.ca or contact our head coach nicole@nelsonnordicski.ca . See you on the trails!