

Program Progression Document -- Ongoing developing document - written on paper not stone :)

All programs are volunteer-driven. The head coach is the only paid position. We GREATLY APPRECIATE all the Energy and Enthusiasm and Commitment of our parents and community volunteers. Thank you!! :)

ADP Group	LTAD	Ski Gear Requirements	Roller Skis, Heart Rate Monitor	Expectations for Athlete	Parent Duties	Coaching Involvement	Fundraising	Races	
Bunnies	FUN	Fish Scale skis and snow suit		Love to ski and have fun	Lodge Duty and Ski Helper- See Handout	Parents required to support coach and child		n/a	
Rabbits	FUN	Fish Scale Skis for first levels of rabbits. Classic Skis that can be used as skate skis for second levels of Rabbits. Classic Poles		Love to ski and have fun	Lodge Duty and Ski Helper- See Handout	Parents needed for coaching and/or for supporting coaches		Local Marathon and fun events	
Extendos	FUN/LTT	Classic and Skate Skis and Classic and Skate Poles.		Love to ski and have fun, keen to develop technique and proper training habits. support local races encouraged but not required	Lodge Duties and Ticket Booth- See Handout	Parents needed for coaching and/or for supporting coaches		Local Marathon and fun events, encouraged for local races	
Track Attack-Bantams (Tacos)	LTT	Classic and Skate Skis and Classic and Skate Poles.		Love to ski and have fun, keen to develop technique and proper training habits, support local races (participant or team support/volunteer) encouraged but not required	Lodge Duties and Ticket Booth- See Handout	Parents needed for coaching and/or for supporting coaches	Bottle Drive, Other TBD	Local Marathon and fun events, encouraged for local races. Midget Champs option	
Track Attack-Midgets	LTT/TTT	Classic and Skate Skis and Classic and Skate Poles.	may use club roller skis	Love to ski and have fun, keen to develop technique and proper training habits, support local races (participant or team support/volunteer) encouraged but not required	Lodge Duties and Ticket Booth- See Handout	Parents needed for coaching and/or for supporting coaches	Bottle Drive, Other TBD	Local Marathon and fun events, encouraged for local races. Midget Champs option	
Junior Racing Development Program									
Midgets- optional for 2nd year and based on stage of development and coach resources.	TTT	Classic and Skate Skis and Classic and Skate Poles. Warm Up Skis for Races	Need to purchase roller skis and poles.	Committed to Training Program with more Racing, support local races, mentor younger athletes (volunteer 2 x/season for Rabbit event or session)	Lodge Duties and Ticket Booth- See Handout	Head Coach develops program, 2-3 assistant coaches to work with group	Bottle Drive, Nationals Fundraisers, Other TBD	Local Marathon and fun events, local races. BC Cups. Midget Champs option	
Juveniles	TTT/LTC	Classic and Skate Skis and Classic and Skate Poles. Warm Up Classic and Skate Skis	Need to purchase Classic and Skate roller skis and poles. Heart rate monitor	Committed to Training Program with more Racing, support local races, mentor younger athletes (volunteer 2 x/season for Rabbit event or session)	Lodge Duties and Ticket Booth- See Handout	Head Coach develops program, 2-3 assistant coaches to work with group	Bottle Drive, Nationals Fundraisers, Other TBD	Local Marathon and fun events, local races. BC Cups, Westerns, Nationals	
Juniors	LTC	Classic and Skate Skis and Classic and Skate Poles. Warm Up Classic and Skate Skis. Spare Poles.	Need to purchase Classic and Skate roller skis and poles. Heart rate monitor	Committed to Training Program with more Racing, support local races, mentor younger athletes (volunteer 2 x/season for Rabbit event or session)	Lodge Duties and Ticket Booth- See Handout	Head Coach develops program, 2-3 assistant coaches to work with group	Bottle Drive, Nationals Fundraisers, Other TBD	Local Marathon and fun events, local races. BC Cups, Westerns, Nationals	