

Bull Mt Ski Team

Information for Parents – 2017/18

The team follows Cross Country Canada's Long Term Athlete Development model (LTAD) and strives to provide age-appropriate instruction and training for all skiers involved. Further information on the LTAD model can be found at crosscountrybc.ca

Ages 9 and up to whatever! Adults welcome too. Younger energetic skier's welcome.

Practices:

Official season startup will be in Nov/Dec at Bull Mt Ski trails. We have started a dryland training session on Wed at 5:30pm at Sacred Heart until the snow arrives Check the Facebook Page.

Snow permitting we would like to do an all day ski camp Nov 25.

Ski practices will be each Tuesday and Wednesday (from 5:45 pm to 7:00 pm).

Sundays we will meet at 1:00 pm until 3pm.

We will usually alternate weeks between classic and skating techniques.

Racing

Racing is introduced during ski practices and skiers are encouraged to develop a sport for life healthy lifestyle in a team atmosphere.

2017-2018 Competition Schedule:

Dec 30 BC Northern #1 – Prince George

Dec 31 Northern Cup#2 – Smithers

Jan 20 Northern Cup #3 – Vanderhoof

Jan 27 Hallis Loppet

Jan 28 Northern Cup #4 – Burns Lake

Jan 28 Okanagan Cup # - Kamloops

Feb 3-4 BC Cup #2 – Prince George

March 3-4 Midget Championships – Revelstoke (age limits

Here is a link to all of the races:

<http://www.crosscountrybc.ca/competition-schedule>

Training Camps

Training camps are an important part of the program for many skiers. There are age limits and skiers should be registered members of a club program for insurance reasons. Camps consist of age related sport skills, training concepts, exercise and having fun with like-minded co-athletes. Many parents assist with the coaching with these events and costs are kept as a non-profit concept.

Regional Snow and Dryland Camps - For athletes aged ~8-16 from the interior; locations and dates found on the [Cross Country BC website](#).

Cost:

Racing licence fees for skiers born in 2001 or younger who wish to compete in national events cost is **\$15**, skiers born in 1996 - 2000 fees are \$55.00 for, and 1995 or before \$65.00.

Adults join the WLCCSC.

The budget is spent on: coaching courses, CCC insurance fees, Jack Rabbit, Track Attack materials, social events, wax and other equipment.

Coaching:

Athletes are coached primarily by volunteer coaches if you are interested in being involved as a coach contact Rob Sutton at skijackrabbit@gmail.com

Team Email List

Communication to parents is done through an email list. To be added, email Rob Sutton at skijackrabbit@gmail.com

Facebook page can be accessed at : [https://www.facebook.com/ Bull Mountain Jackrabbits](https://www.facebook.com/BullMountainJackrabbits)

Coach Contact and other info: tbone_neli@hotmail.com or Lisa Seabourne 250-398-9588

Equipment

Skiers need equipment for classic and skate skiing

Ski poles for classic skiing and Skate

Boots for classic and skate skiing (Combi boots are recommended for younger skiers).

Waist attached water bottle or other hydration system.

Clothing: If interested we will be doing a group order for warm-up training outfit and if interested a racesuits. Please contact Leanne or Lisa if interested.