

Attack Log

A Record of Progress for
Cross Country Canada's
Track Attack Program

Learning to Train



Photo: J. Gibson. Cover: barnstorm creative group

Introduction to Track Attack

The Track Attack program is designed to promote the continued physical development of children within a cross-country skiing context. It recognizes that the age window of nine to 12 is one of the most important periods of motor development, and it is intended to both encourage enjoyment of the sport of cross-country skiing and enhance competence in the basic skills required to excel in it.

To encourage the participant and to recognize progress, Track Attack “Targets” have been established. The Track Attack incentives, which are trading cards depicting famous cross-country skiers, are awarded for the successful achievement of each Target. This Attack Log contains descriptions of each Target, and a place for the related incentive card to be mounted for display.

The Track Attack Targets represent five categories of activity, all of which relate to the aim and objectives of the program. Within each category, there are three Targets, one for each year of the program. The five categories and the Targets within them are listed below:

Technique.

- #1 The Athlete’s Edge – Totally Tuned Technique: Diagonal Stride Like Devon Kershaw
- #2 The Athlete’s Edge – Totally Tuned Technique: Double Pole Like Beckie Scott
- #3 The Athlete’s Edge – Totally Tuned Technique: One Skate Like Chandra Crawford

Attendance at Competitive Events.

- #4 Racing Rocks! - Ski Tournament
- #5 Racing Rocks! - Midget Championships (or equivalent)
- #6 Racing Rocks! – Provincial/Territorial Championships

Participation in Another Dimension of Skiing.

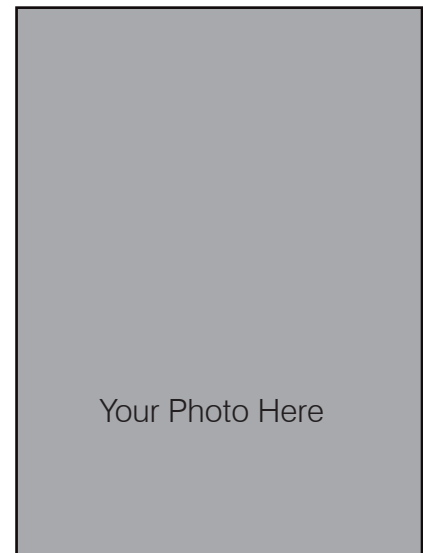
- #7 Off-track Fun - Backcountry Adventure
- #8 Off-track Fun - Snow Camp
- #9 Off-track Fun - Ski Orienteering

Training.

- #10 Fast Track to Success – Practice Sessions
- #11 Fast Track to Success – Ski Preparation
- #12 Fast Track to Success – Roller Skiing

Something Different.

- #13 Outside the Box - Team Sprints
- #14 Outside the Box - Xtreme X-Country
- #15 Outside the Box - Off-season Camp



Name: _____

TARGET #1 - THE ATHLETE'S EDGE



TOTALLY TUNED TECHNIQUE - DIAGONAL STRIDE LIKE DEVON KERSHAW

Below is a sequential checklist of the steps for performing the Diagonal Stride technique. These steps represent the skills you must demonstrate in order to achieve Target #1. Put a check in the appropriate box when your coach indicates that you have successfully completed a step. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ There is a clear and equal push off with each leg combined with a distinct weight transfer from ski to ski.
- ☐ There is a consistent and confident glide on each ski.
- ☐ The forward movement of the arm and backwards movement of the same side leg are synchronized.
- ☐ When viewed from the side, the recovery foot lands beside or in front of (not behind) the gliding foot 100% of the time.
- ☐ When the legs pass together there is good ankle and knee bend so the hips are aligned over the balls of the feet.
- ☐ The rear leg is fully extended at the end of the leg push.
- ☐ There is a distinct forward upper body lean, which aligns with the extended leg at the end of the leg push.
- ☐ Hips rise at the end of the glide phase.
- ☐ At pole plant the hands are close to shoulder height, and elbows are slightly bent.
- ☐ Each pole tip is planted beside the opposite side of the ski boot.
- ☐ The poling action is powerful and consistent, the arms extend past the hips.
- ☐ The pole grip is released briefly in the latter stage of each poling action; the pole thrust is completed through pressure on the pole strap,

Photo: A. Hemmersbach

Diagonal Stride Technique:

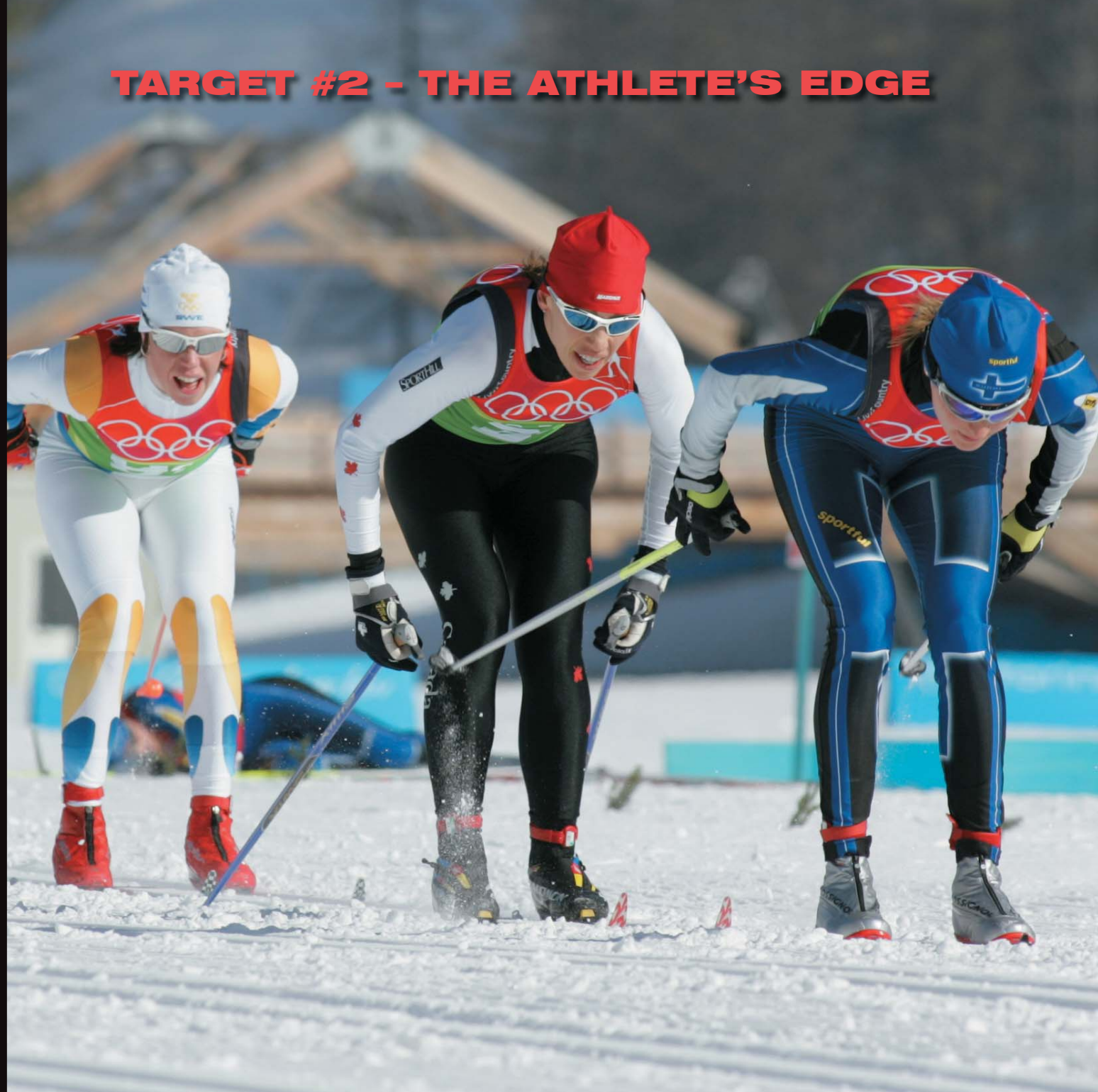
This technique should be practised and assessed on flat or gradually rising terrain with set tracks. In recreational skiing, Diagonal Stride is used when skiing in these types of situations. In competitive skiing, Diagonal Stride is most frequently used on uphill segments of the course; Double Poling and One-Step Double Poling are used on flat terrain.



Devon Kershaw

First Canadian male athlete
to win a World Cup medal for
cross-country skiing in a sprint
competition

TARGET #2 - THE ATHLETE'S EDGE



TOTALLY TUNED TECHNIQUE

- DOUBLE POLE LIKE BECKIE SCOTT

Below is a sequential checklist of the steps for performing the Double Poling technique. These steps represent the skills you must demonstrate in order to achieve Target #2. Put a check in the appropriate box when your coach indicates that you have successfully completed a step. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ Hands reach forward to initiate pole plant; hips are forward.
- ☐ When the poles are planted, the hips are over the balls of the feet, the hands are forward at shoulder level, the elbows are slightly bent but held fairly rigid.
- ☐ Poles are held at a small angle to the snow, pointing backwards. Pole tips are behind the pole handles when they are planted.
- ☐ The upper body flexes at the waist just after poles are planted to provide initial propulsion from the powerful abdominal muscles.
- ☐ As the upper body moves to a horizontal position, the arms start to extend; the arms follow through with a strong extension to the back.
- ☐ Immediately following the pole plant, the skier is clearly pushing on the poles with the upper body weight.
- ☐ The upper body movement is completed by extending the arms to the rear. The progression is upper body, then shoulders, then elbows. The elbows should not collapse in the initial phase of the pole motion.
- ☐ Knees should be slightly bent and flexible through all phases of the movement.
- ☐ After completing the push, the arms and upper body are recovered forward at the same time to initiate another poling action.

Double Poling Technique:

This technique should be practised and assessed on flat terrain with set tracks. For recreational skiing, Double Poling is used on flat terrain for variety and maintaining speed, and on gradual downhill for speed and efficiency. In competitive skiing, Double Poling is used in similar situations when Double Poling is able to generate more speed and power than Diagonal Stride.



Beckie Scott



**Gold medal - 2002 Olympic
Winter Games**



**TARGET
#3 - THE
ATHLETE'S
EDGE**

TOTALLY TUNED TECHNIQUE - ONE SKATE LIKE CHANDRA CRAWFORD

- ❑ Begin as if Double Poling.
- ❑ The skier's weight is placed on the right ski (the gliding ski), while the left ski (the recovering ski) is lifted and angled a bit to the side.
- ❑ The left foot (with the recovering ski) is brought close to the right foot (on the gliding ski) prior to the beginning of the next thrust.
- ❑ The skier's right hip and shoulder are over the gliding ski at the same time the leg push is initiated.
- ❑ The poles are planted with the tips slightly ahead of the binding and a complete Double Poling action is initiated.
- ❑ As the skier pushes/pulls down with the upper body and arms, he/she pushes on the right ski (which now becomes the thrusting ski) and transfers weight onto the left ski.
- ❑ Knees and ankles bend in a pre-loading action before pushing off.
- ❑ The thrusting leg pushes down and to the side, not back, and as the ski is pushed off it remains parallel to the snow.
- ❑ The leg thrust begins with the hip and continues through the knee and ankle.
- ❑ The completion of the poling extension is synchronized with completing the weight transfer to the left ski.
- ❑ As the skier shifts onto the left ski (now the gliding ski), the arms along with the right ski are recovered and the sequence is repeated using the opposite arms and legs.
- ❑ The glide on the left and right ski is consistent.
- ❑ The skier maintains a forward body position throughout the technique, with the hips over the balls of the feet.

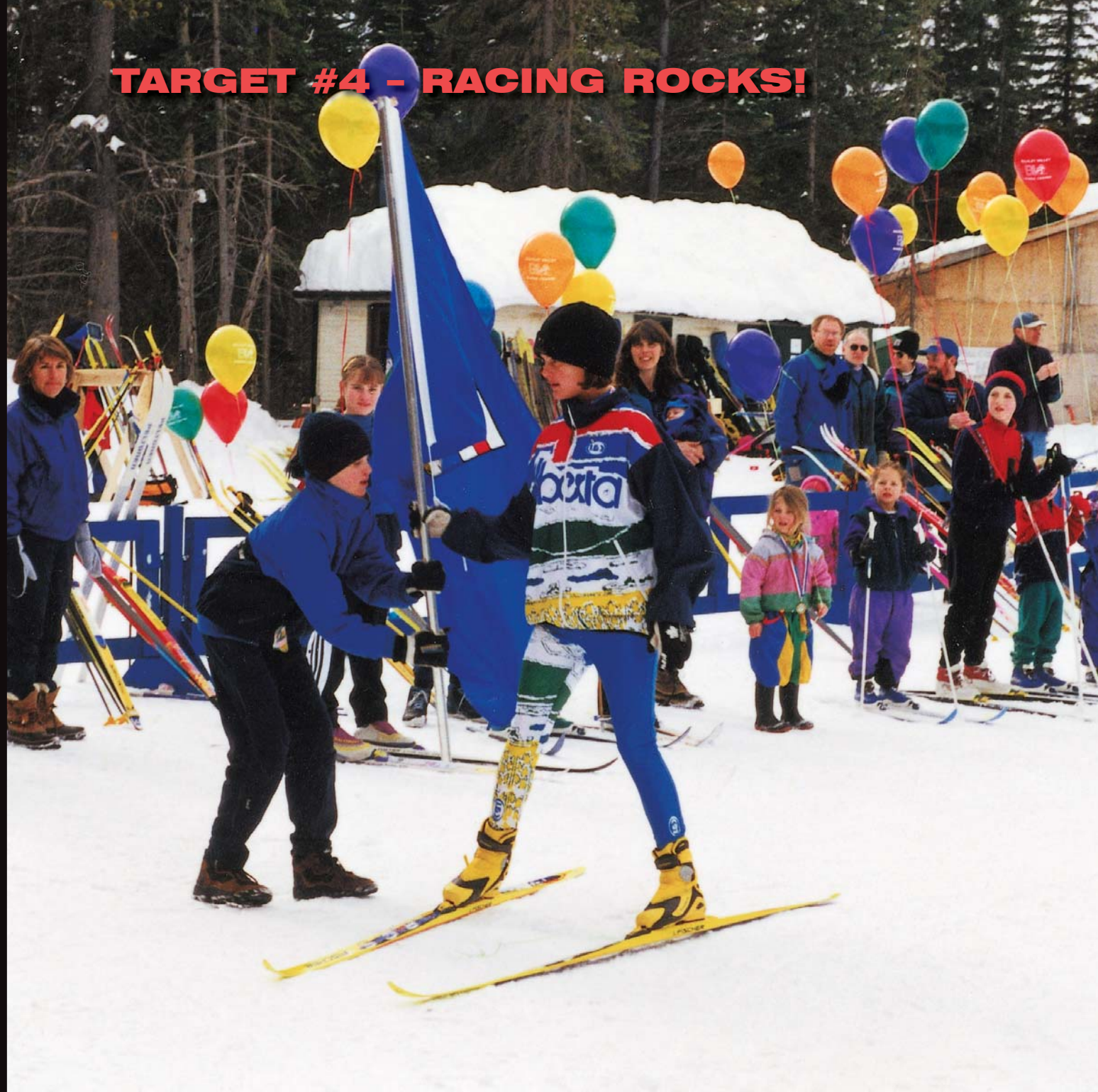
One Skate Technique:

The One Skate technique requires a poling action (arm push) with each leg push. This technique should be practised and assessed on a packed, gentle downhill slope. For recreational skiing, One Skate is used on flat or gentle downhill terrain to maintain speed. In competitive skiing, One Skate is a powerful, dynamic technique used to accelerate on flats and gradual uphills. It is the fastest technique in many situations and is used by racers extensively.



**Chandra
Crawford**

TARGET #4 - RACING ROCKS!



**Gold medal - 2006 Olympic
Winter Games**

SKI TOURNAMENT

Below is a list of the steps that are required in order to achieve Target #4. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

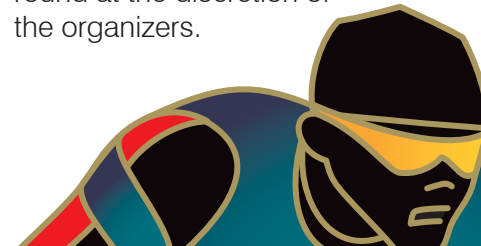
- ☐ I participated in and successfully completed a relay.
- ☐ I called "track" when I wished to pass another skier, and if a skier behind me called "track" I moved to the side at the first request.
- ☐ I executed a correct relay exchange with the other member(s) of my team.
- ☐ I participated in and successfully completed a sprint race.
- ☐ I arrived at the start(s) on time.
- ☐ I cheered for my teammates and the other competitors.
- ☐ I participated in all the Tournament activities in order to earn the maximum number of points for my team.
- ☐ I behaved in a fair manner towards the other skiers at all times.
- ☐ I thanked one of the Tournament volunteers for hosting the event.

Ski Tournament:

A Ski Tournament is a one-day extravaganza of special activities. It includes an individual sprint race and traditional relay as well as games. The objective of the event is to encourage participation, teamwork and good technique.

A traditional relay format has teams of three or four persons. The first skiers from each team start at the same time, and then hand off to the next skier at the end of the first leg. This continues until each member of the team has completed the prescribed course.

An individual sprint race begins with a time trial to rank the skiers. Following that are the "elimination heats" which usually have four skiers each. The two fastest skiers from each heat move forward to the next round. The remaining skiers in that heat may move to a consolation round at the discretion of the organizers.



Shirley & Sharon Firth

Twin sisters both competed
for Canada in four consecutive
OWG

TARGET #5 - RACING ROCKS!



MIDGET CHAMPIONSHIPS

Below is a list of the steps that are required in order to achieve Target #5. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in a Midget Championships event.
- ☐ I prepared a list of everything I would need and packed for the trip myself, including my ski equipment.
- ☐ I brought my skis to the event cleaned and prepared the way my coach asked me to do.
- ☐ Each night I made sure I had my clothes and equipment ready for the next morning.
- ☐ Together with my coach I developed a general plan for pre and post race activities
- ☐ I found out in advance what the procedure would be for picking up my bib and I picked it up on time.
- ☐ I learned that competitors must follow the marked course from start to finish and must pass all controllers, and that a competitor who departs from the designated course must return to the point of departure before continuing.
- ☐ I drank replacement fluid and ate snacks within an hour of finishing the race.
- ☐ I made sportsmanship one of my personal goals for this event, and achieved the expectations I set for myself.
- ☐ I remembered to take all of my personal belongings with me when I left the venue following the day's activities.
- ☐ I thanked an event volunteer for hosting the event.

Midget Championships:

The objectives of the Midget Championships are to: (1) bring young skiers together for a weekend of cross-country ski competition and fun; (2) encourage achievement through team effort; and (3) encourage good ski technique.

This is a special competitive activity for skiers in the Learning to Train and Training to Train stages of athlete development. If a province or territory does not offer this event, participation in either the Arctic Winter Games or a Provincial/ Territorial Winter Games can be substituted.



**Bjoern
Daehlie
(Norway)**

Most Olympic medals won by
a male athlete

TARGET #6 - RACING ROCKS!



PROVINCIAL/TERRITORIAL CHAMPIONSHIPS

Below is a list of the steps that are required in order to achieve Target #6. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in and successfully completed a provincial/territorial championships.
- ☐ I inspected the course with my teammates and/or coach the day before the race.
- ☐ I practised the difficult sections until I felt comfortable skiing them at race pace.
- ☐ Prior to attending I found out what foods would be appropriate the morning of a competition, and when would be the best time for me to eat.
- ☐ Each competition day I ate an appropriate breakfast that was high in carbohydrates. I kept a record of what I ate and when, so that over a period of time I can learn what works best for me.
- ☐ I completed a pre-race warm-up, as discussed with my coach.
- ☐ I learned that once skiers enter a zone where the corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor.
- ☐ I learned that if I withdraw from a competition due to an accident or any other reason it must be reported to the officials at the finish line, and my bib must be returned to the race organizers.
- ☐ When I finished racing, I changed out of my wet clothing as soon as possible and went for an easy ski (warm down) with some of my ski-friends.
- ☐ I did my warm-down at a slow pace.
- ☐ I thanked a race volunteer for hosting the event.

Provincial/Territorial Championships:

A Provincial/Territorial Championships is the premier provincial/territorial competition hosted by CCC Divisions each year. These age-class events are held in accordance with CCC Rules and Regulations.

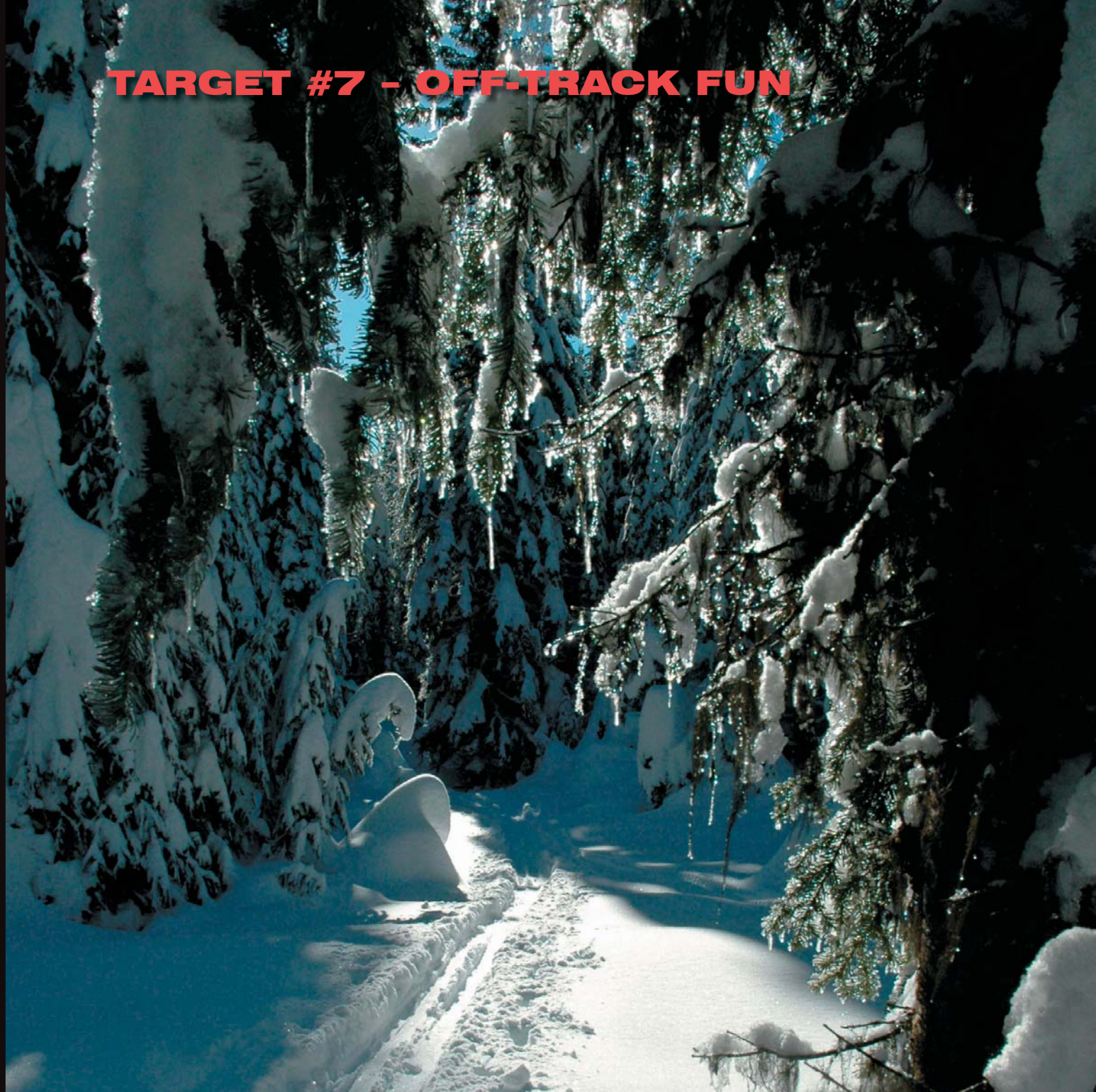
If a province or territory does not offer this event, participation in either the Arctic Winter Games or a Provincial/Territorial Winter Games can be substituted.



**Marie-Josée
Pépin**

**First Canadian to win a medal
for cross-country skiing at the
World Junior Championships**

TARGET #7 - OFF-TRACK FUN



BACKCOUNTRY ADVENTURE

Below is a list of the steps that are required in order to achieve Target #7. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in and successfully completed an overnight backcountry trip.
- ☐ I completed a session on winter safety specific to the requirements of this trip.
- ☐ I learned what type of ski equipment I would need, assembled the appropriate equipment and packed for the trip myself.
- ☐ I learned what type of clothing I would need, assembled the appropriate clothing and packed for the trip myself.
- ☐ With the rest of my group, I helped plan our route on a map in advance of the trip, and used the map to follow our path while on the trip.
- ☐ With the rest of my group, I participated in planning the meals, assembling the supplies and packing them for the trip.
- ☐ I did not litter and packed out what I packed in.
- ☐ I learned to use the tools/equipment required for this particular trip (e.g. compass, avalanche transceiver, probe).
- ☐ I completed my share of the tasks I was assigned as a member of the team.
- ☐ I stayed with my group at all times to reduce the possibility of getting lost.

Backcountry Adventure:

An overnight backcountry excursion could be for a weekend (one or two nights), or longer. It might be a ski to a lake in the vicinity of your home community, a ski to a chain of backwoods cabins that your club (or a neighboring club) has established for this purpose, a true backcountry tour into the mountains, or a similar activity.



**Brian
McKeever**

TARGET #8 - OFF-TRACK FUN

Multiple gold medals -
Paralympic Winter Games



SNOW CAMP

Below is a list of the steps that are required in order to achieve Target #8. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in a snow camp.
- ☐ I packed for the camp myself, including my ski equipment.
- ☐ I learned why flexibility exercises are important, and improved my skills.
- ☐ I learned about appropriate snacks and drinks to take with me when I go skiing.
- ☐ I learned about what to eat/drink and when to eat/drink on race days.
- ☐ I improved my skating and classic technique, including my downhill skills.
- ☐ I learned about ski preparation and ski care.
- ☐ I prepared my own skis for the duration of the camp.
- ☐ I completed the tasks I was assigned.
- ☐ I learned about the routine that skiers follow when they take part in a competition – inspecting the course, picking up my bib, warming up, warming down (and other recovery steps).
- ☐ I enjoyed being with my ski friends.
- ☐ I remembered to take all of my personal belongings with me when I left the camp, and I did my own unpacking when I returned home.

Snow Camp:

In order to meet the criteria for this target, the Snow Camp must be a minimum one weekend in length (a minimum of one overnight) and be held at a location where the skiers can stay together for the duration of the activity.

The camp leader must be a qualified coach - minimum NCCP Level 2 certified (or equivalent).

Ideally the camp will include skiers from more than one club.



TARGET #9 - OFF-TRACK FUN

**Stefania
Belmondo
(Italy)**



**Most Olympic Winter Games
medals won by female athlete
(tie)**

SKI ORIENTEERING

Below is a list of the steps that are required in order to achieve Target #9. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in and successfully completed a ski orienteering activity.
- ☐ I learned how to use a compass.
- ☐ I learned how to read a map.
- ☐ I learned how to find control points using the map and compass.
- ☐ I brought my water bottle and appropriate snacks.
- ☐ I evaluated different routes between checkpoints. Some were well-groomed but long, while others were not groomed but short. Some were hilly and some were flat.
- ☐ I skied with a partner to reduce the possibility of getting lost.

Ski Orienteering:

Ski orienteering is a winter endurance sport that is similar to the orienteering disciplines practised during the summer season. Ski orienteering requires good physical and mental fitness. A ski-orienteering participant needs good skiing and map reading skills – and the ability to combine those two.

The ski trails are prepared to different standards. Throughout the event the participant has to make decisions about which route is the fastest between the control points. The route choice is made on the basis of the quality of the ski tracks, gradient and distance, all of which can be read from the map.



TARGET #10 - FAST TRACK TO SUCCESS

Angela Schmidt-Foster



First Canadian female athlete
to win a World Cup medal in
cross-country skiing

PRACTICE SESSIONS

Below is a list of the steps that are required in order to achieve target #10. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I completed one full season of practice sessions/special activities.
- ☐ My cross-country ski season began in mid-September and ended mid-March.
- ☐ I completed a minimum of 16 pre-ski season practice sessions/special activities
- ☐ I attended a minimum of one off-season camp (hiking, canoeing, etc).
- ☐ I attended a minimum of one on-snow camp (overnight).
- ☐ I attended a minimum of two activities with the club at large.
- ☐ I attended a minimum of three competitions.
- ☐ I attended a practice session on ski preparation and ski care.

Practice Sessions:

In order to meet the criteria for this target, the program for the season must conform to the CCC Athlete Development Model for the "Learning to Train" stage of athlete development.

Minimum # practice sessions: 10
years of age: 50 sessions; 11 years: 55 sessions; 12 years: 60 sessions
(90% attendance required)



George Grey

Best Canadian result in men's
cross-country ski competition
at World Championships (with
Devon Kershaw)

TARGET #11 - FAST TRACK TO SUCCESS



SKI PREPARATION - GLIDE WAX APPLICATION

Below is a checklist of the steps you need to follow when you apply glide wax to your skis. Put a check in the appropriate box when you have completed a step and your coach has approved it. Once you have completed all steps, your coach will sign this page and arrange for you to receive your incentive card.

- ☐ Securely fasten the ski in a ski form.
- ☐ Clean the ski by using wax remover and a sharp, plastic scraper.
- ☐ When the ski is clean, begin glide waxing.
- ☐ Heat the iron. It should be hot enough to melt the wax without burning it (producing smoke).
- ☐ Lay a thin bead of glide wax on both sides of the groove on the glide zone. If you are preparing a classic ski, do this in the glide zone only, not in the grip zone.
- ☐ Melt the beads of wax with one or two passes of the iron from tip to tail. Use long, continuous strokes (no pausing).
- ☐ Scrape the groove and the sidewalls of the ski with a round grove scraper before it cools
- ☐ Let the ski cool.
- ☐ Scrape the ski with a plastic scraper until all visible wax is removed.
- ☐ Brush with a nylon brush in order to remove any excessive glider from the base.

Waxing and Safety:

Coach and/or parental supervision is required.

When heating of either fluorocarbon or non-fluorocarbon glide waxes is required, the process must be conducted in a well-ventilated area.

Excessive heating of the products must be avoided. The application temperature should be less than 115 degrees Celsius.

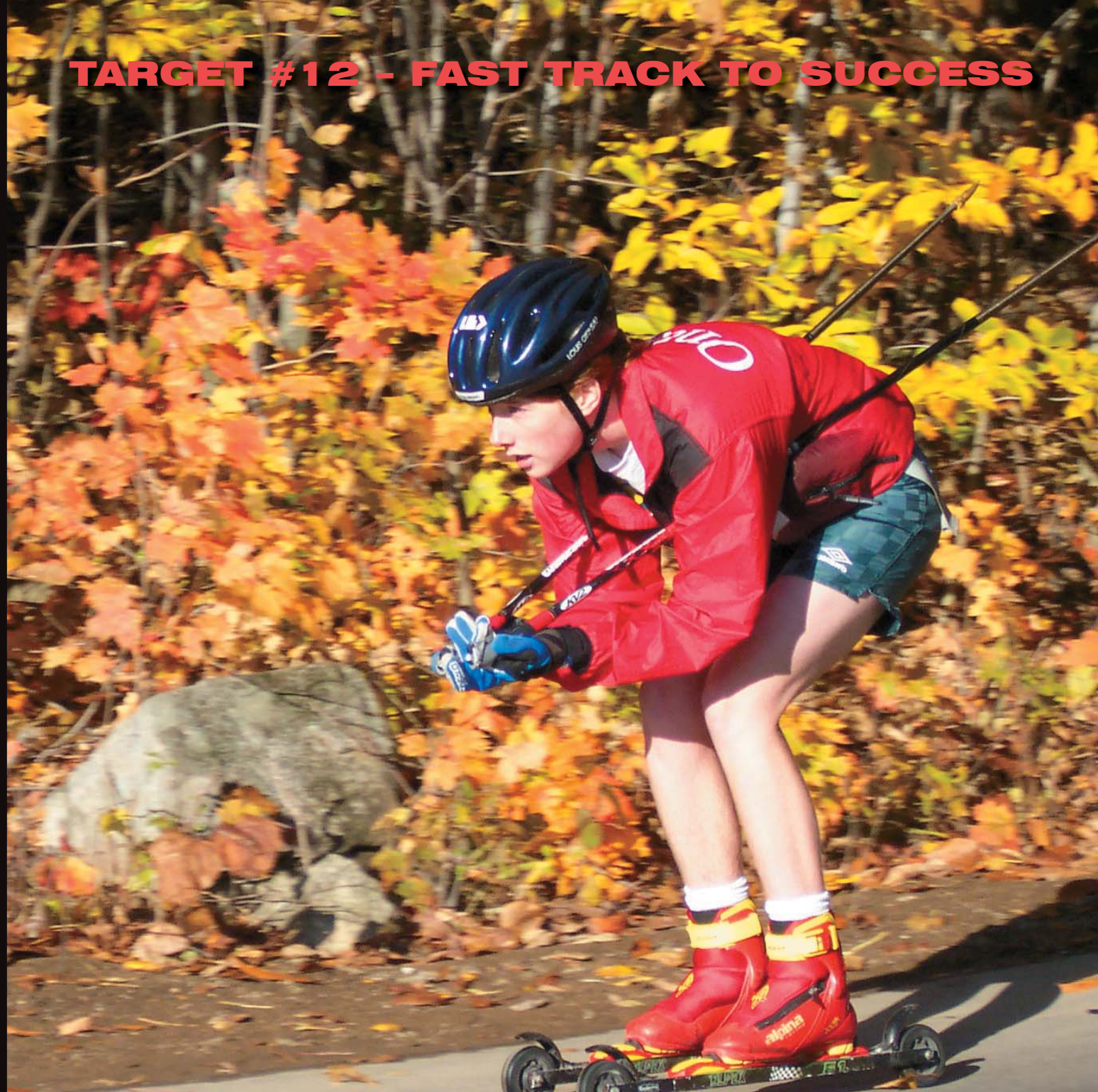
Reliable respiratory protection in the form of a canister mask for organic vapours and dusts must be used by persons within the application area.

Recommended minimum age: 12



TARGET #12 - FAST TRACK TO SUCCESS

Dave Wood



First coach to lead Canadian athletes to medals in cross-country skiing events at the Olympic Winter Games and World Championships

ROLLER SKIING

Below is a list of the steps that are required in order to achieve Target #12. Put a check in the appropriate box when a task has been completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I roller skied a minimum of ten times, in group sessions, under the supervision of a qualified coach.
- ☐ I roller skied on a smooth, paved flat road with minimal traffic.
- ☐ I learned about roller ski safety and how to care for my equipment.
- ☐ I wore my helmet and reflective vest each time I was roller skiing.
- ☐ I do not wear a walkman when I am roller skiing.
- ☐ I practised and mastered turning and stopping.
- ☐ I practised and mastered the basic roller ski speed control techniques.
- ☐ I can double pole with my hips forward on pole plant.
- ☐ I can balance and glide with my full weight on one ski.

Roller Skiing:

Roller skiing is a sport-specific off-season (dryland) activity that helps to prepare a skier for the winter season. As such, it forms an important component of a complete seasonal plan for cross-country skiing.

It takes practice for a skier to achieve a high level of competency. There are progressive steps that skiers should follow when they first learn to roller ski, in order to ensure their safety and long-term success with this activity. Roller skiing is a good way to reinforce good technique habits. It is also a good way to acquire bad habits – so pay close attention to technique execution.

The recommended age to begin roller skiing is 12 years.



**Raisa
Smetanina
(Russia)**

**Most Olympic Winter Games
medals won by female athlete
(tie)**

TARGET #13 - OUTSIDE THE BOX



TEAM SPRINTS

Below is a list of the steps that are required in order to achieve Target #13. Put a check in the appropriate box when a task has been completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in and successfully completed a Team Sprint competition.
- ☐ Together with my coach I set specific objectives (performance goals) in advance of the activity, such as making an effective changeover in the exchange zone or doing an effective warm up prior to the start of the race.
- ☐ With my team-mate, I practised Team Sprints ahead of time, including a rehearsal of the start procedures.
- ☐ I followed the pre-race plan that my club coaches prepared for race day, including arriving at the race site at the pre-arranged time, checking in with my team when I arrived, picking up my skis to test the wax, reporting back to my coaches if I had problems with the wax, and doing my warm-up.
- ☐ I prepared appropriate snacks and a replenishing drink to take with me on race day.
- ☐ I executed correct relay exchanges with the other member of my team.
- ☐ Together with my team-mate and our coach, we analysed the race so that we would have a better understanding of how to do a Team Sprint the next time we did one.
- ☐ I thanked a race volunteer for hosting the event.

Team Sprint:

A Team Sprint is a two-person sprint relay. The first skiers on each team start together and race the course, then hand off to their team-mates, who then ski the course. The second skiers then hand off to the first skiers who ski the course again. And so on. According to the rules of competition, each skier will complete three legs before the race is over. Note that race organizers may chose to modify the rules when hosting races for younger skiers.



Sara Renner

**TARGET #14 -
OUTSIDE THE BOX**



**Silver medal - 2006 Olympic
Winter Games**

XTREME X-COUNTRY - DOUBLE CROSS

Below is a list of the steps that are required in order to achieve Target #14. Put a check in the appropriate box when a task is completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in and successfully completed a Double Cross activity that featured competing in pairs or groups of four on a course that demanded fast turns, jumps and shifts in technique.
- ☐ I inspected the course in advance with my coach and decided what kinds of technique would be appropriate at various points.
- ☐ I warmed up carefully, through skiing and stretching activities.
- ☐ I participated as a member of a team and encouraged my team-mate(s).
- ☐ I had a radically good time.
- ☐ I thanked a volunteer organizer for hosting the event.

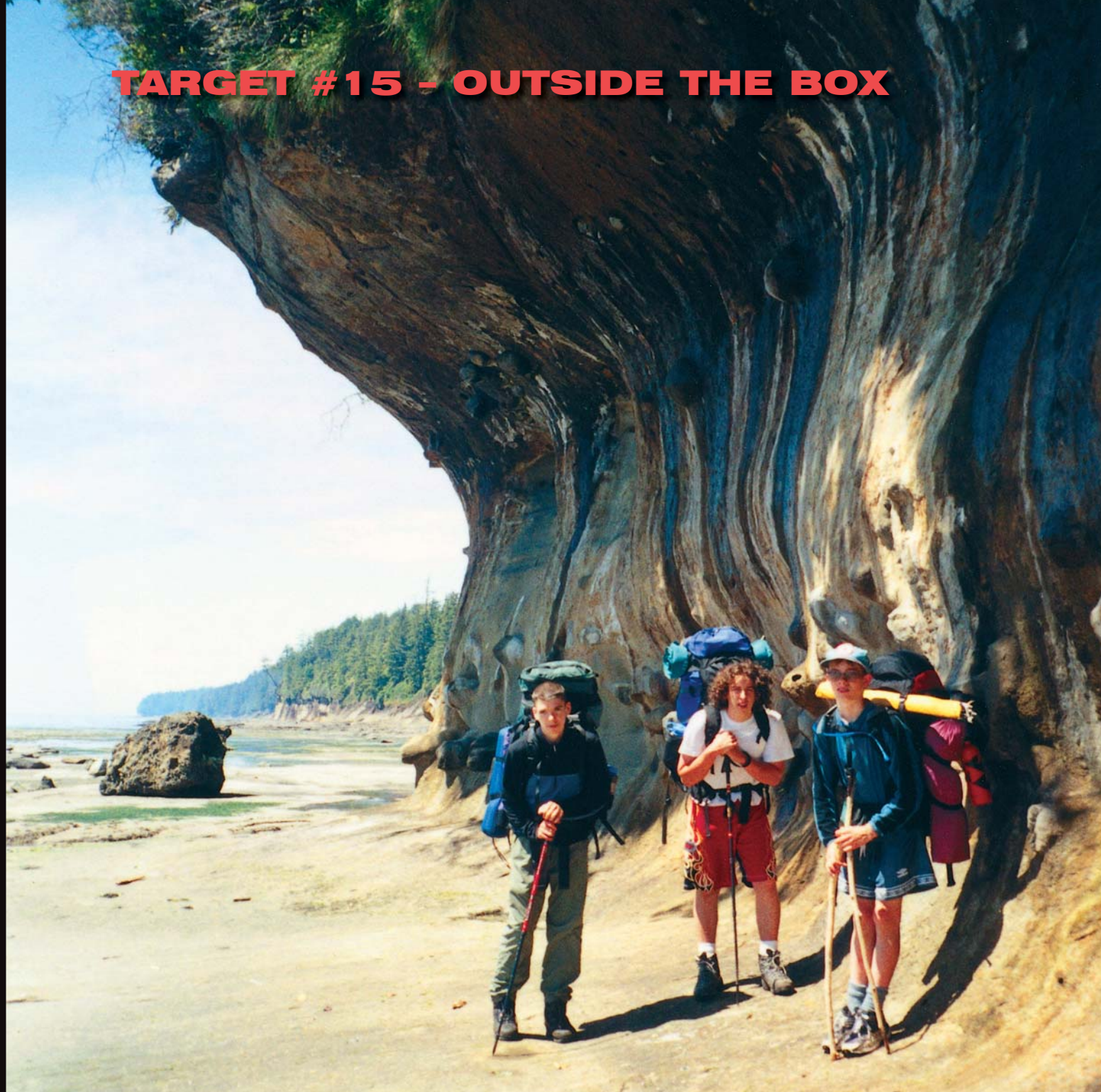
Double Cross:

Since the introduction of skating, higher technology equipment and new race formats such as sprinting, pursuits and mass starts, cross-country skiing has picked up speed and grown in excitement. The evolution continues, with athletes now performing feats on cross-country skis that are more closely associated with freestyle skiing and snowboarding. At the leading edge of this trend is "Xtreme X-Country". In its elite competitive form, it takes place on high speed roller-coaster courses and resembles snowboard cross. At a more basic level, it involves learning to ski through jumps and bumps in your ski club's own "ski playground". Regardless of the level at which it is performed, Xtreme X-Country emphasizes basic athletic skills such as balance, agility, strength and the ability to adapt basic sport skills to an unusual setting. To keep in step with this new dimension of cross-country skiing, Cross Country Canada has developed the "Double Cross" program, designed to enable young skiers to experience the fun and excitement of applying their cross-country skills to challenging terrain in an environment of adventure and intra-group competition.

**Pierre
Harvey**

First Canadian to win a World
Cup gold medal in cross-
country skiing

TARGET #15 - OUTSIDE THE BOX



OFF-SEASON CAMP

Below is a list of the steps that are required in order to achieve Target #15. Put a check in the appropriate box when a task has been completed. Once you have completed all steps, your coach will arrange for you to receive your incentive card.

- ☐ I participated in an off-season camp.
- ☐ I packed for the camp, including any specialized equipment I needed.
- ☐ I learned how to find "zone 1", and how to apply this information.
- ☐ I learned about the equipment I should have for off-season, ski-related activities – roller skis, water bottle & belt, ski poles.
- ☐ I practised "core" strength exercises.
- ☐ I practised some ski-specific strength exercises.
- ☐ I learned about the nutritional needs of an endurance athlete.
- ☐ I learned about re-hydration and why I need to drink lots of water.
- ☐ I practised ski walking and some skating simulation exercises.
- ☐ I assisted in the preparation of camp meals.
- ☐ I did my share of camp duties, and completed the tasks I was assigned.
- ☐ I remembered to take all of my personal belongings with me when I left the camp, and I did my own unpacking when I returned home.

Off-season Camp:

In order to meet the criteria for this target, the camp must be an adventure-based activity. Ideally the camp would be held in a special location such as a national or provincial park, or on a glacier. For example, in Alberta the camp might be a hiking camp on the Skyline Trail near Jasper; if it were in British Columbia, it might be a hiking camp on the West Coast Trail on Vancouver Island; if it were held in Ontario it might be a canoe trip in Algonquin Park.

The camp must be a minimum of one weekend in length (minimum two nights). The camp leader must be a qualified coach – minimum NCCP Level 2 certified (or equivalent).

Recommended age: 12.



Al Pilcher



**Best Canadian result in men's
individual competition at World
Championships**

