

# **Cross Country Canada Track Attack Program**

The focus of the Track Attack Program is to help you become technically competent cross country skiers and use your skills to explore a wide range of ski activities.

## **TRACK ATTACK PROGRAM GOALS**

- ☒ Fitness! Fun! Teamwork!
- ☒ Improve cross country ski technique
- ☒ Explore and enjoy many fun off trail ski activities
- ☒ Learn how to wax skis, race with confidence, and learn about wilderness safety

## **Track Attack Program Awards**

The Track Attack program includes 18 sticker awards in total that recognize achievements in each of the following categories:

- ☒ Classic technique
- ☒ Skating technique
- ☒ Dryland skills
- ☒ Skills development camps
- ☒ Becoming a complete skier
- ☒ Cumulative distance skied

As you progress through the Track Attack program, collect each award and stick them on the following pages where they belong!



Stick your  
photo here if  
you wish

Participant Signature

Club

Date of Issue

Date of Expiry

Sex

Place of Birth

Nationality

Date of Birth

Surname

Given Name

TRACK ATTACK PASSPORT

CROSS COUNTRY CANADA



## Diagonal Stride

Diagonal stride is one of the main classic techniques and is mostly used for climbing hills. At the L2T stage, this technique can be practiced on flat or gradually rising terrain with set tracks but should be assessed on gradual uphills.





# Double Pole

The double pole technique is used in situations when a skier is on a gradual downhill or flat terrain where double poling will generate more speed than the diagonal stride or the one step double pole technique.



4

5

# One Step Double Pole

The One Step Double Pole classic technique is usually used on flat terrain or gentle uphills. One Step Double Pole is the technique used when the skier's speed is too great for an effective Diagonal Stride and too slow for using Double Poling. It is a powerful technique that incorporates both a strong leg push and a strong poling action.





# One Skate

One Skate is used on flat and gradual uphill terrain and is the most powerful skating technique. It is used when the skier is moving too quickly to use Offset but still too slowly to be using Two skate. In competitive skiing, the One Skate technique is usually used to accelerate (for instance, at the start and finish of a race) or to maintain a high speed in situations that permit this powerful technique to be used effectively and efficiently. This technique should be practiced and assessed on flat or a gradual uphill terrain.



# Two Skate

Two Skate is the technique used when the slope of the terrain varies from flat to slightly downhill and the skier has already generated quite a bit of speed. It is a technique that is commonly used when the skier is interested in maintaining speed as opposed to accelerating. This technique should be practiced and assessed on flat or gradual up/downhill terrain.





# Offset

Offset is the technique used to climb hills in skate skiing, when a skier's speed is too slow to use the One skate technique efficiently. This technique should be practiced and assessed on gradual and increasingly steeper uphill terrain, as much as the strength of the skier permits.



# Rollerskiing

The purpose of a Rollerskiing activity for young skiers is to simply introduce kids to the concepts of rollerskiing and teach them basic skills and safety practices. By the end of an introductory Roller Skiing practice season kids should know what rollerskiing is, what equipment is used, safety considerations and have worked on some basic skills.





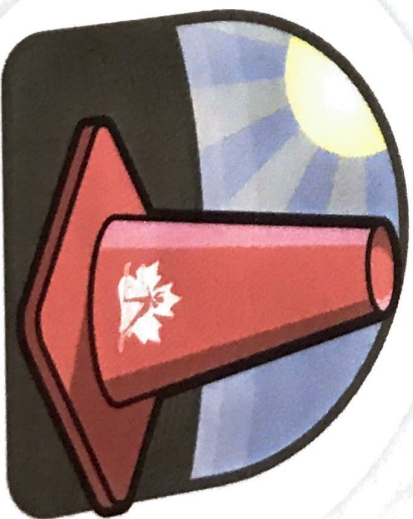
# Ski Striding

Ski striding is a dryland training technique to simulate skiing when there's no snow. Diagonal stride technique has two parts: a kick phase and a gliding phase. Ski striding is a very efficient simulation of the kick phase. It strengthens the right muscles and it trains them to fire in the correct pattern to optimize your kick.



# Dryland Ski Camp

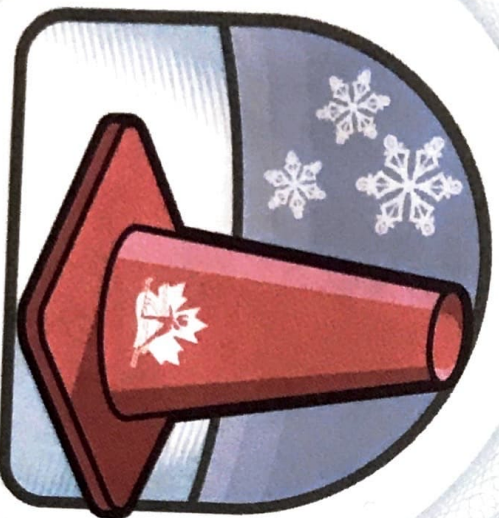
Dryland ski camps give young athletes the opportunity to focus on ski techniques and skills, teamwork, self reliance and good eating habits. They can motivate, promote friendships, influence lifestyle choices and provide a positive introduction to cross country skiing as a life sport to improve fitness and wellbeing.





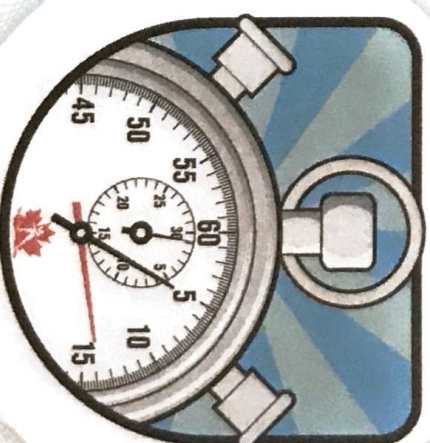
# On-Snow Ski Camp

On-snow ski camps give young athletes the opportunity to focus on ski techniques and skills, teamwork, self reliance and good eating habits. They can motivate and good friendships, influence lifestyle choices and provide a positive introduction to cross country skiing as a life sport to improve fitness and wellbeing.



## Racing

Racing is a fun and satisfying way to test your skills and compete with other skiers of the same age. All the training has prepared the skier to enjoy the sport of cross country skiing and racing is another component that is introduced at the Track Attack level.





# Spirit

The mind and body work together to achieve success. The Spirit award is given to a skier who exhibits a positive mindset, is supportive of others, shows perseverance, and is a team builder.



# Waxing

Waxing skis is a necessary part of cross country skiing and the application of kick wax (at a minimum) is something that every Track Attack skier should be able to understand and do.





# Off Trail Fun

The Off Trail Fun award is aimed at getting young skiers to participate in special activities that take them off groomed trails. The idea is to expose the skier to a variety of ways in which to enjoy skiing in nature and to help them to think about terrain, safety and a bit of adventure.



# Distance – 50km

Learning how to cross country ski well is a committed process. Many kilometers need to be logged to learn a skill. Cumulative distance is therefore a good measure of how well skills are practiced and learned.





# Distance – 100km

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# Distance – 150km

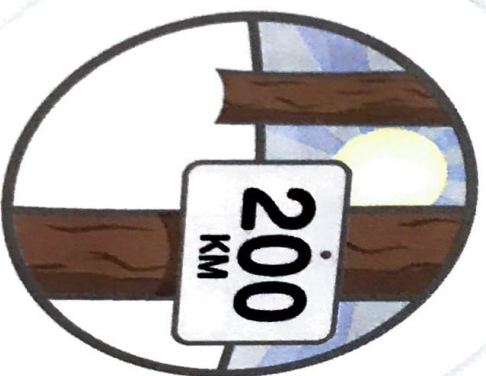
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# Distance – 200km

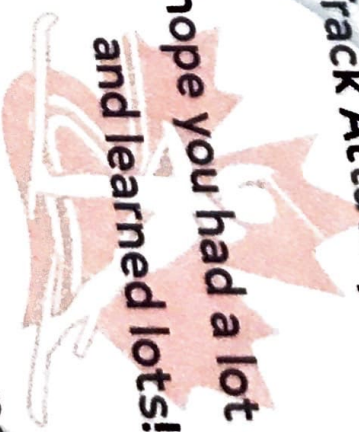
Learning how to cross country ski well is a committed process. Many kilometers need to be logged to learn a skill. Cumulative distance is therefore a good measure of how well skills are practiced and learned.



# CONGRATULATIONS!

You have completed  
Cross Country Canada's  
Track Attack program!

We hope you had a lot of fun  
and learned lots!



Make sure you ask your parents or  
your coach what cross country ski  
programs you could sign up for now  
that you have completed the Track  
Attack program.

