
Nordic Race/Biathlon Summer 2018

Thursday May 3, 2018.



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Intro of Coaching Team

Moe - Club Head Coach and Director

Eric - Lead Biathlon Coach

Katie - Lead Nordic Race Coach

Various Guest Coaches



***Competition =
Pushing and
supporting
each other as
we strive
towards
excellence
together***

Team Culture

- Fostering and Supporting **Personal** and **Team Excellence** through **Inclusiveness**, **Quality**, and **Fun**
 - We not only want to be the most inclusive/fastest/strongest team out there, we want to be the ones having the most fun
 - Every single athlete is an essential and contributing member to this team
 - Positive Competition
 - *Nationals Standard*
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Expectations for Athletes

- **Be on time.** Practice starts at the indicated time. Coaches will be available 15mins before and after.
 - Respect for yourself, your teammates and your coaches
 - Arrive prepared with appropriate and functioning equipment (WATCHES and HR Monitors!)
 - Know what your workout is before practice. I.e. check your training plan and website
 - **Communicate** other sport commitment, feeling, etc with coaches *sportlog
 - Come to practice hydrated, fueled, ready to focus, work hard and have fun
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Expectations for Parents

- Respect the Long Term Athlete Development model with your athlete(s)
 - Be a source of positive support for your athlete(s) and their team
 - Communicate relevant changes in athlete(s) health and motivation to coaches
 - Encourage positive competition experiences for your athlete(s)
 - Volunteer as a part of our Chelsea Nordiq community
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Expectations for Coaches

- We will adhere to a long term athlete development model with all athletes and their training
 - LTAD:
<http://www.ccski.com/Programs/Athlete-Development/LTAD-Long-Term-Athlete-Development.aspx>
 - We will support and foster a positive, safe, inclusive team environment at all times
 - We will help each athlete work towards achieving their own personal excellence
 - We will communicate respectfully, clearly and in a timely fashion with all athletes and parents
 - We will continue to constantly learn and better ourselves as coaches
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Code of Conduct

Reminder: As athletes, parents and coaches, we are all ambassadors and representatives of Chelsea Nordiq

Please Read and Understand:

https://docs.google.com/document/d/1f3c0Uc54PFgpItEIZ5596HiUi9p8JlxQdq4z_blu5c0/edit?usp=sharing



How Do I Find Out Where Practice Is?

Club Website: <http://www.chelseanordiq.ca/>

Training Website: <http://training.chelseanordiq.ca/>

Nordic Race Training: <http://training.chelseanordiq.ca/home/nordic-race>

Biathlon Training: <http://training.chelseanordiq.ca/home/biathlon>

**An email will be sent at least 2hrs before the start of practice if there is a last minute change*



Weekly Group Training Schedule

TUESDAY - NORDIC RACE

- 6:30 - 8PM
- Various locations
- Usually running. *Most up to date info always on website & athlete training plan.*
- Bring proper equipment, clothing, water & snack.
- Biathlon will occasionally have shooting sessions tuesday nights. *These practices will often be paired with nordic race / intensity workouts.

WEDNESDAY - NORDIC RACE / BIATHLON

- 6:30 - 8PM
 - Nordic race at the Meredith centre gym. Biathlon at the range.
 - Bring proper equipment, clothing, water & snack.
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Weekly Group Training Schedule

THURSDAY - NORDIC RACE

- 6:30 - 8PM
- Various locations
- Usually roller-skiing (after June). *Most up to date info always on website & athlete training plan.*
- Bring proper equipment, clothing, water & snack.

SUNDAY - NORDIC RACE / BIATHLON

- Morning practices, usually 9 - 11 or 12AM. *Occasional 8AM start times for volume practices
 - Various locations & modes of training. *Most up to date info always on website & athlete training plan.*
 - Biathlon from 1-3PM
 - Bring proper equipment, clothing, water & snack
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Training Plans

Your YTP will be emailed to you after you register for the summer program.

Example:

https://docs.google.com/spreadsheets/d/1Lcdb3OXRmhJC4cWKDyMnIWmaLjm_jaaRm9AXj_pWOMI/edit?usp=sharing

Learn How to Read your Training Plan Group session: [Sunday May 13th](#)

Strength Plan. 

The current strength plan can be found on the training page in the filing cabinet

<https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbm9yZGlxZHJhaW5pbmd8Z3g6NjdINWUzMGJjNzAzNzQ1MA>



Sportlog

Logging hours helps your coaches track your progress

Our expected method of communication when it comes to training

<https://sportlog.ca/en>



Summer Racing

- Monthly Roller Ski Time trials
- Testing
- Summer challenge series
- MEC race series
- Experimental Farm Free 5k race series

“The best way to get better at racing, is to practice racing.”



Equipment -Nordic Race

-Trail running shoes

-Appropriate training clothes (keeping in mind weather and temperature)

-Heart rate monitor and watch

-Rollerskis, boots, poles with RS tips, gloves, helmet. (Both skate and classic equipment with exception of first year juvis and biathletes)

-Water bottle/snack carrying device

**Any practice that has a biking option will also have a running option*

***See Coach Eric for Cyclery Order form for Roller Skis*



Equipement-Biathlon

In addition to the mentioned equipment on the nordic page, biathletes will need:

- A rifle, ammunition, prone cuff (rental rifles available through club)
 - Valid PAL
 - Valid US rifle permit
 - <https://www.atf.gov/firearms/docs/form/form-6nia-applicationpermit-temporary-importation-firearms-and-ammunition/download>
 - Soft case / hard case
 - Rifle lock
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Summer Training Camps

Owl Camp: June 26th - 29th

Lake Placid Camp: July 24th - 27th

Jericho Race camp (biathlon): August 8th - 12th

CNEPH/Juvi Camp: August 17th - 19th

Midget 'Learn to Rollerski' Camp: August 20th - 22nd

Sign Up Sheet:

<https://docs.google.com/spreadsheets/d/1sSPi24SKLRQr1oSV7eLqGQMRkZWv7j01ISyiD2-jGc/edit?usp=sharing>



Volunteering

Club Volunteering Opportunities:

<http://www.chelseanordiq.ca/about-us/volunteering/>

Nordic Race Volunteers needed for:

- Helping manage safety and numbers at large group practices
- Time Trials with Nakkertok throughout summer
- Trip coordination

Biathlon Volunteers needed for:

- Range clean up and maintenance
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Looking Towards the Race Season

2 Fall Training Camps 4-5 Quebec cups

Jeux De Quebec World Junior trials

Easterns 4-5 local races

Nationals

We are looking for trip coordinators , wax techs, range officials, Drivers and people that want to have a lot of fun encouraging our athletes to be awesome !



Annual General Meeting

Who: All Chelsea Nordiq Club Members encouraged and welcome

Date: Monday May 14th

Time: 6:30pm

Location: Cascades Canoe Club, 100, chemin de la Rivière,
Chelsea, QC



Coach Contact Info

If ever you have any questions please contact us

Katie: nordic-coach@chelseanordiq.ca or 819-664-0425

Eric: biath-coach@chelseanordiq.ca or 613-854-6912

Moe: headcoach@chelseanordiq.ca or 819-593-4083



References

Rollerski Order form:

https://docs.google.com/document/d/1gSVn_S20mQWuFwX1IzQYUwvMO-HQxusY39o2jGPDtH0/edit

Welcome Page:

<http://training.chelseanordiq.ca/member-portal/welcome-new-members>

Registration:

<https://zone4.ca/register.asp?id=18023&lan=1&cartlevel=1>
