



Walden Cross Country Fitness Club  
 Junior Development  
**Youth Program Registration Form – 2009/10**

|         | First Name | Last Name | Birth Date | Circle the Program |
|---------|------------|-----------|------------|--------------------|
| Child 1 |            |           |            | JD JDR YR          |
| Child 2 |            |           |            | JD JDR YR          |
| Child 3 |            |           |            | JD JDR YR          |
| Child 4 |            |           |            | JD JDR YR          |

|                  |  |         |  |
|------------------|--|---------|--|
| Names of Parents |  |         |  |
| E-mail Address   |  | Phone # |  |

|   |  |
|---|--|
| <b>Help Make This Program Work</b>  | Volunteer in the Club House or Out on the Trails. One Saturday would help. Two would be great. Check the box and Christina Wood will call you. |
| <input type="checkbox"/>  |  |
| Does the child have any physical conditions that the instructors need to know about? (e.g. asthma, allergies, injuries) |  |

Call **Lela Hanson 522-5935** to reserve a space for your child. Team size is limited.

| Youth Programs     | Age Group | Cost  | Team Size |
|--------------------|-----------|-------|-----------|
| Junior Development | 10 to 14  | \$120 | 15        |
| JD Racing          | 10 to 16  | \$200 | 15        |
| Youth Racing       | 12 to 20  | \$450 | 15        |

All children must be registered as Club members, this fee is separate from the Program fees –  
Please complete a Membership Form

Make your cheque payable to Walden Cross Country Fitness Club

All children must have their own equipment. Some rental equipment is available.

|                |   |                 |  |
|----------------|---|-----------------|--|
| First Session: | <b>Junior Development</b><br>Tues Sept 1, 6:15 to 8:00<br>Sat 9:45 to 12:00                     | Windup potluck: | <b>Junior Development:</b><br>Sat. Apr 10, 2010                |
|                | <b>Junior Development Racers</b><br>Tues Sept 1, 6:15 to 8:00<br>Sat 9:45 to 12:00              | Location:       | <b>Naughton Ski Trails</b><br>1 Denis St, Naughton<br>692-2321 |
|                | <b>Youth Racers</b><br>Tues May 5, 6:15 to 8:00<br>Thurs Sept 3 3:30 -5:00<br>Sat 9:45 to 12:00 |                 |  |

Junior Development program introduces skills in running, biking and cross country skiing dryland and on snow techniques. The program is offered to any persons wanting to learn how to enjoy winter and being active year round. Junior Development Racers and Youth Racers program challenge kids to learn how to ski efficiently and try their hand at racing. The Youth Racers Program: athletes receive a training plan designed to help them reach their potential. Qualified coaches will assist the athletes to learn how to train, improve their skills and teach them tactics on how to race.