



## THE WALDEN CROSS-COUNTRY FITNESS CLUB PROGRAMS

Box 506, Naughton, Ontario  
P0M 2M0

**Phone 705 692-2321**

The objective of our Club is to develop and promote outdoor fitness, recreation and leisure opportunities for residents of the City of Greater Sudbury and surrounding area.

The WCCFC provides a system of maintained trails for multi-purpose all-season use (cross country skiing, walking, running).

The club hosts community running and cross country ski events. Everyone is welcome to join in.

The club runs the following programs:

**Youth Ski Programs:** WCCFC youth programs follow our National Sport Organization (CCC) and Provincial Sport Organization (CCO) format to excite children and families into our sport.

**The Bunny Program** is a Cross Country Canada Skill development program. It is designed to introduce children five years of age and younger to the sport of cross country skiing and the healthy lifestyle associated with it.

The **Jackrabbit Program**, which is directed at skiers in the “FUNdamentals” stage of development (children six to nine years of age), is the second level of the new program. It has been developed in parallel with the second level of the competency-based NCCP, which provides coaching materials specific to the needs of skiers this age. Program materials include an enrolment kit, an age appropriate booklet that provides a comprehensive record of the young skier’s ski career and “technique” and “program” award stickers to chart the different levels of achievement. The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instil a lifelong interest in the sport, thereby enhancing their quality of life and health.

The **Track Attack Program**, which is designed at skiers in the “Learning to Train” stage of development (skiers ten to twelve years of age) is the third level of the new program. It is being developed in parallel with the third level of the new NCCP system. Program materials include a program-specific enrolment kit, an age appropriate booklet and coaching materials specific to this stage in the skier development progression. The objective is for the participants to become technically competent cross-country skiers and to utilize those skills to explore a wide range of cross-country ski activities, from backcountry excursions to ski tournaments.

**Junior Development** is a training group that meets from September to the end of snow. The age group is from 10 years to 18 years. The goal of this group is to improve the teams fitness level so when snow comes skills will be learned quickly and easily.

**Youth Racing** is a group who trains with the Junior Development group but has decided to add the challenge of competition to their lives. The group attends training camps, events, and participate on their high school’s running, cross country skiing and other sports. The objective of this group is to learn how to compete in a healthy environment.

### **Youth Biathlon Programs**



#### **Biathlon Bears**

Focus: Introduction to Biathlon  
Biathlon air rifle program for ages 10-12 with a focus on skill development and fun. There is a mandatory joint participation in either RS-Unlimited or RS-Track Attack cross country ski programs.

## **Junior Racing Team – Biathlon**

Focus: Training and Racing

The Biathlon Racing Team trains along with the Junior Development group. The larger the training group, the better results in the winter. The Junior Racing Biathlon program for youth aged 12 to 18 who have completed the Radical Skiers program or reached a comparable level of skiing and training. The program provides biathletes the opportunity to develop their skiing and shooting skills with physical conditioning, shooting education and proper skiing techniques. The Junior Racing program follows Biathlon Canada's Long Term Athlete Development (LTAD) model. The Junior Racing Team will travel and compete at regional, provincial and national events.

## **Adaptive Skiing**

This is a new program WCCFC will be offering programs in the fall of 2008.

Recreation Program  
Learn to ski lessons  
Racing programs

## STANDING OR SITTING

### SITTING

Lower limb weakness due to illness or injury qualifies the individual to use a sit ski, very similar to a sled. The skier is strapped into the sled and uses poles for propulsion.

### SIT SKIS

Sit skis come in a number of configurations. Some have very little upper body support; some strap the upper body to the sled.

### STANDING

Upper body limb weakness, arm or leg amputee and visually impaired (ranging from vision impairment to no vision). Standing Skiers use the same equipment as able-bodied skiers. Visually impaired skiers frequently ski with the aid of a guide. Clubs will help skiers find guides.

Programs are for: Amputees,  
Cerebral Palsy, MS, Spina Bifida,  
Spinal Cord injuries, Visually Impaired,  
Brain Injury

Winter is an excellent time of year to become fit, improve your fitness and challenge yourself at a new sport.

***Come on out and try cross country skiing***

**Qualified Coaches coordinate and run WCCFC programs.**

The coaches in our club are given the opportunity to become trained in the NCCP Community Coach workshops for the Youth programs. The Junior Development coaches have taken their Competitive Coaching Introduction Learn To Train Workshops. The workshops are offered by Cross Country Ontario.

### **Contacts:**

**Adaptive Skiing:** Patti Kitler 692-3818

**Youth Programs:** Rusty Hopper 692-0491

**Junior Development:** Patti Kitler 692-3818

**Biathlon Programs:**

Alvin Punkkinen 692-0967

**Club info:** Len Wiseman 692-4616

