



CXC Junior Development Program 2009-2010

Goal

To create a clear pathway of athlete development that impacts athlete performance while maximizing training and sport specific education. The foundation of the program is to provide year-round, sport specific, skill-based training programs focusing on long term development directed by high quality coaches and assisted by sports science professionals.

Vision

The vision is to identify talented junior cross country ski athletes on a continuing and consistent basis; provide high quality programs that positively impact performance; develop partnerships with athlete's coach and club that will lead to increased success for the Midwest and Great Lakes Junior Olympic Teams and US Junior National Teams in the international arena.

Purpose

The CXC Junior Development Program will provide high level opportunities for the progression of athlete development within the Central Region. Key components to individual athletic progression within the programming include monthly specific goal oriented training camps, detailed training plans customized to individual needs and program goals, one-on-one contacts with a full time coach, and race support at selected Midwest/Great Lakes JOQ races. Another primary purpose is to offer opportunities for the exchange of coaching ideas and curriculum while working with athletes and their coaches together to improve coaching at all levels within the Central Region.

Training Camps

Camps will start in May and conclude prior to the race season in December. Depending on the age group, older athletes will participate in seven camps lasting up to 2 weeks while younger athletes will participate in four camps lasting up to 1 week.

*Note: camp dates and location will be finalized on April 1, 2009.

Early May Camp (J3/J2 and J1/OJ): Program Orientation and Testing Camp (3 days)

- Fitness evaluation and analysis
- VO2 Max testing and analysis
- Individual training intensity levels identification
- Biomechanical technique analysis (Dartfish Software)
- Annual training plan and goals development.

Mid June Camp (J3/J2 and J1/OJ): Volume Training and Technique Camp (7 days)

- Ski specific and general distance training
- Training along with CXC Elite Team members and coaches





Early July Camp (J3/J2 and J1/OJ): Regional Elite Group "REG" Camp (12 days)

- Fitness evaluation and analysis
- VO2 Max testing and analysis
- Individual training intensity levels evaluation
- Training along with CXC Elite Team members and coaches
- Field testing of blood lactates
- Daily technique sessions
- Biomechanical technique analysis (Dartfish Software)
- US Ski Team coaching

Mid August Camp: TBD (10 days)

- Training along with CXC Elite Team members and coaches
- Field testing of blood lactates
- Daily technique sessions
- Biomechanical technique analysis (Dartfish Software)

September Camp: US Olympic Training Center "USOTC" Camp (10 days)

Training and travel to Lake Placid, NY to train along side other national regional elite juniors, seniors, and the US Ski Team in their fall camp prior to the 2010 Olympics. Eat, sleep, and train at the US Olympic Center the same as National Team athletes of many different sports.

- Training along with CXC Elite Team members and coaches
- Field testing of blood lactates
- Daily technique sessions
- Biomechanical technique analysis (Dartfish Software)
- US Ski Team coaching

*This USOTC camp is limited to three men and three women. The selection criteria starts with Tier 1 athletes being automatic selections with coach's discretion used for the remaining available slots among Tier 2 athletes. This is an exclusive camp for CXC Junior Development Program Athletes and is priced separately from the base program costs.

October Camp (J3/J2 and J1/OJ): Fall Testing and Evaluation Camp (2 days).

- Fitness evaluation and analysis
- VO2 Max testing and analysis
- Individual training intensity levels evaluation
- Biomechanical technique analysis (Dartfish Software)

November Camp (J1/OJ) : Yellowstone On-Snow Camp (10 days)

- Ski specific and general distance training
- Training along with CXC Elite Team members and coaches
- Field testing of blood lactates
- Daily technique sessions
- Biomechanical technique analysis (Dartfish Software)



Training Plans

Each athlete and the athlete's club coach will work with full time CXC coaches to assess an individual's position, set achievable goals, and develop an individual plan to reach their goals. Short term plans and long term visions will be developed. Steps for progression development will also be determined and preset. An individual lifestyle assessment with priority determinations is an integral aspect of plan development.

Once a plan is developed for an athlete, monitoring, tracking, and logging will be done with Polar Pro Training Software and monitor.

Equipment Support

Each athlete will have the opportunity to train and race on CXC sponsor equipment. Skis, bindings, boots, poles, race and warm up clothing, wax and accessories will be provided at no cost for use during the season on a loaner basis, if an athlete chooses to sign an Equipment Loan Agreement. At the end of the season, an athlete will have the option to purchase the used equipment at a discounted price, or they may simply return the equipment.

Race Support

Athletes that participate in the CXC Junior Programming will have coaching and wax support at selected Midwest/Great Lakes JOQ races if they choose such support.

Athlete Opportunities

The junior programming for the upcoming season will have multiple tier opportunities based on athletic performance and age category. The opportunities will be separated into different age groups and tiers within each age group.

J1/OJ Age Category

Tier 1 - Total Program Cost: \$3,000.00

An athlete that shows the commitment and results for this tier will be training and committed to Nordic skiing on a year round basis. The three main components are six training camps (44 camp days), a 12 month individual training plan along with coaching supervision, and optional equipment usage.

Qualification Criteria:

- 1 top 5 result at USSA JO's
- 2 top 10 results at USSA JO's
- Top 10 ranking among returning juniors on the year-end USSA National Ranking List
- Qualifying for the J1 Scandinavian Cup Trip
- Member of Junior/U23 World Championships Team
- Coach's discretion

Important Note: This tier will be eligible for an additional \$1,000 grant from CXC and the Midwest Junior National Team's sponsors if requirements of the grant are met.



Tier 2 - Total Program Cost: \$4,000.00

An athlete that shows the commitment and results for this tier will be training and committed to Nordic skiing on a year round basis. The three main components are six training camps (44 camp days), a 12 month individual training plan along with coaching supervision, and optional equipment usage.

Qualification Criteria:

- 1 top 10 result at USSA JO's
- 2 top 20 results at USSA JO's
- Top 20 ranking among returning juniors on the year-end USSA National Ranking List
- MN, WI, MI High School State Championships overall winner
- Coach's discretion

Tier 3 - Total Program Cost: \$5,000.00

Any athlete that is starting to show commitment to Nordic skiing; has a overall top fifteen in the Minnesota, Wisconsin, or Michigan State Nordic Meets, or is selected based on coach's discretion is eligible for this tier. The three main components are six training camps (44 camp days), a 12 month individual training plan along with coaching supervision, and optional equipment usage.

J2/J3 Age Category - Total Program Cost: \$3,350.00

First and second year J2's and second year J3's are eligible for this tier. Athletes at this level and age should begin to express a passion for Nordic Ski racing. The level of program exposure is intended to introduce the athlete for the first time to full time year round training and the professional camp atmosphere. The three main components are four training camps (19 camp days), a 12 month individual training plan along with coaching supervision, and optional equipment usage. Athletes at this age can be accepted to the J1/OJ program based on coach's discretion.

Lake Placid/US Ski Team Camp - Total Camp Cost: \$950.00

This camp is by invitation to qualified CXC participating athletes. It is an eight day camp with two additional days of travel. Transportation, lodging, food, and coaching are all included. This camp is additional cost and camp days to the base fee and camp days of all base tiers.

Application and Selection

Application deadline for CXC Junior Development Program is April 10, 2009. Applications should be filled out completely along with an accompanying letter of intent.



Application Form

***REQUIRED FIELDS**

***First Name**

***Last Name**

***Parent First Name**

*** Parent Last Name**

***Parent First Name**

*** Parent Last Name**

*** HS Team/Club Name**

*** Team/Club Coach's Name**

*** Team/Club Coach's Contact Info**

***Street Address**

***City**

***State**

***Zip Code**

***Phone**

***E-Mail**

***Date of Birth (MM/DD/YY)**

***Gender**

Male Female

