

Jackson Hole Ski & Snowboard Club Nordic Program Manual

Mission Statement

To inspire and develop student-athletes through world-class, innovative and accessible ski and snowboard programs that provide opportunities to pursue personal excellence in snowsports and life.

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I. Nordic Program Overview

Nordic skiing is the most ancient form of skiing and at its heart is about moving around winter landscapes. Originally developed in Norway thousands of years ago, Nordic skiing (interchangeably called cross-country skiing) has evolved to become a fast-paced, high-performance endurance sport that requires endurance, strength, and speed. Our program introduces children to the sport at a young age, with age-specific programming for athletes from Kindergarten through collegiate levels. Our main goal is to develop a love for the sport in all our athletes through play and exploration, then as they progress through the program the focus shifts towards structured training and competition. We focus on teaching commitment, time management, teamwork, and goal setting to help student-athletes succeed on skis and in life.

The JHSC Nordic Program has a storied history in Jackson Hole, having produced multiple olympians and countless highly successful athletes starting in 1964. JHSC Nordic practices and races at Trail Creek Nordic Training Center, our home trail system at the base of Teton Pass that the Club manages for the benefit of the athletes and the community. Trail Creek has been our home since 1967, when alpine Olympian Betty Woolsey allowed JHSC Nordic director Johnny Curtis to groom ranch roads for Nordic skiing in the winter. Exploring Trail Creek in the winter remains a unique experience where children can navigate terrain, challenge themselves physically, encounter wildlife, and have tons of fun sliding on snow. The lifetime nature of Nordic skiing is on display at Trail Creek throughout the winter, where our tiniest Lollipoppers share the trails with elite racers and retired citizens alike.

JHSC Nordic offers a progressive slate of age-specific programming ranging from winter-only programs for elementary-age skiers to year-round training for high school athletes. Opportunities for summer and fall dryland training are provided from the middle school Junior Team onward, with the elite Competition team training 11 months per year. In addition to the world-class training right here in Jackson Hole, Prep Team and Comp Team athletes have the opportunity to attend on-snow and dryland camps throughout the Summer, Fall, and Winter. We strongly believe in multisport athletic education and our programs are designed to accommodate participation in multiple sports all the way through middle and high school. Competition opportunities are provided from elementary school onwards but competition does not become the primary focus until middle school and high school where we move towards developing nationally competitive athletes. JHSC Nordic is an elite program that has produced national champions, sent countless athletes to Division I college teams, and regularly ranks among the strongest clubs in the country. In the 2023-24 season we qualified 12 athletes to Junior National Championships where we ranked as one of the strongest clubs in the country, saw record enrollment in our youth teams with over 230 athletes, and graduated two high school seniors to Division I college programs. Recently, JHSC Nordic alumni have graduated to ski for University of New Hampshire, Middlebury College, University of Denver, Colby College, Bates College, Harvard University, and University of Utah. Even if athletes do not decide to ski in college the skills acquired from Nordic training help Club alumni forge successful post-graduate pathways beyond Jackson Hole.

II. JHSC Five Core Values

The Jackson Hole Ski & Snowboard Club focuses on 5 core values that help define the culture of the Club, and the character development that is fostered in the athletes. These values are not just words; rather, they drive decisions and actions at every level, from the leadership of the Club, to the coaches, to the parents and the athletes, and how the Club is represented in the community.

COMMITMENT *We ask much of our student-athletes, parents, coaches, and staff. Each individual's commitment to their personal role, responsibilities, and goals strengthens each individual and the Club. We often say, "you will get out what you put in", and understanding this value applies to all aspects of life. Commitment is about taking a holistic approach and paying attention to all the domains of training and doing what it takes to be the best athlete, person, and Club possible.*

FUN *"Having Fun" is what sustains all our efforts, from those very first days on snow to the hard work it takes to achieve our goals. Fun is enjoying the community of the Club, and being with others that share and support your passion for skiing and snowboarding.*

TEAMWORK *No one can do it alone! Teamwork represents all the ways, both big and small, that we work together to accomplish things far greater than we could accomplish alone. Our devotion to the success of others is as great as to our own success.*

SPORTSMANSHIP *This value extends far beyond the Club, and includes how we represent ourselves, our families, our teammates, and our Club no matter where we are. We are always fair, respectful, humble in victory and gracious in defeat. We treat others how we want to be treated and support others, at all times, recognizing that everyone is responsible for their own path.*

COMPETITION *Competition is about learning to perform, rather than focusing on results. This involves a process of preparing to perform, learning to perform - on-demand - and incorporating all that has been learned through pursuit of the other values. Competition as a value is more about our behaviors and attitudes that lead to doing one's best rather than outcomes.*

III. Athletic Pedagogy

All JHSC programs represent a long-term- athlete-development model, which ensures the highest level of both participation and performance. At younger ages, our programs accommodate any kids that want to get out and experience the sport. Around late middle school and beyond our programs focus more and more on personal and program performance based on national and international benchmarks.

Our programs and staff use the following to structure all JHSC programming:

- U.S. Ski and Snowboard Training Systems Athlete-Centered coaching and programming Positive coaching methods
- [U.S. Ski and Snowboard Training Systems](#)
- Athlete-Centered coaching and programming
- USOPC Connection-based Coaching
- Positive coaching methods - see [Positive Coaching Alliance](#)
- Life skill acquisition based on the Club's core values and character development program
- Technical and Tactical skill acquisition measured by on-snow skill assessments
- Physical fitness and physical literacy measured by physical assessments
- Open communication throughout the "athlete team": Club, Coach, Parents, Athlete, School
- Academic support for student-athletes

Student-athletes in all programs will receive an evaluation appropriate for their age and level of involvement consisting of the following domains:

Domains

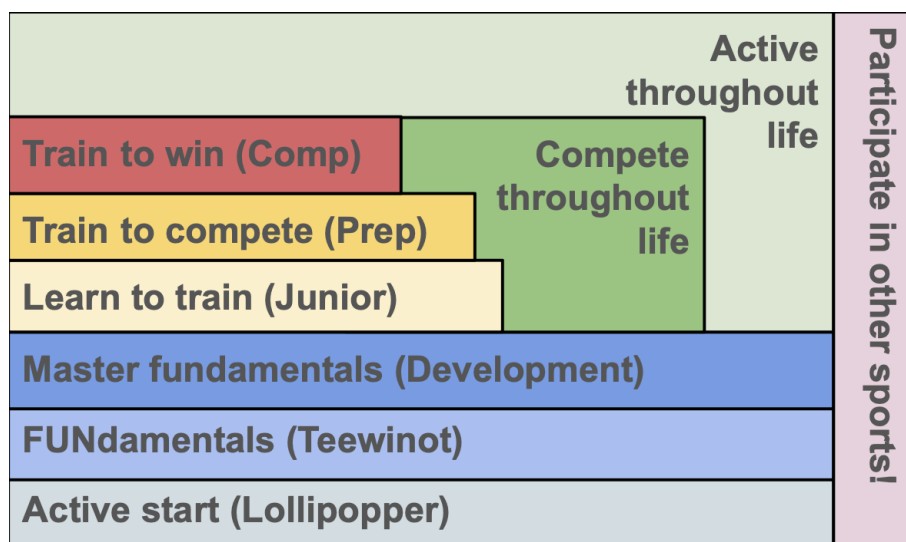
1. General Athlete Development
2. Physical Fitness
3. Technical Skills
4. Tactical Skills
5. Equipment
6. Mental and Social Skills
7. Competition

Most of our coaches represent collegiate or international experience, solid backgrounds in education and coaching, and high levels of certification and professional development. We aim to provide as many kids as possible the opportunities to succeed at the highest levels of competitive skiing and snowboarding, and life!

IV. Nordic Program Description

The Jackson Hole Ski & Snowboard Club Nordic Program is designed and developed around the U.S Ski & Snowboard's Long Term Athlete Development (LTAD) model. Professional coaches pay attention to and understand that each athlete may enter the pipeline of development at a different level that is not necessarily associated with their chronological age. An athlete's biological age, overall physical fitness, technical ability, tactical knowledge, mental and social maturation, and competitive history are all factors that play into which team best suits them. With that understanding, our program is designed to progress athletes to reach the 5th phase of development at the end of their career at JHSC.

Each of our offerings is consciously designed to link with the next. We use and adapt the work of top programs around the country and of national systems from the worlds' best ski nations including the US, Canada, Sweden and Norway. The athletes' individual needs and the programs' goals steer the ship. The Training Systems are charts, and sources for ideas.



The JHSC Nordic program follows the USSA/Norwegian Ski Federation LTAD framework above. Each of our age groups are associated with respective phases of development. Participation in other sports is crucial throughout every phase of development, we emphasize general athletic development through well-rounded athletes and people at each phase. Also important is the emphasis on mastering skills throughout the first three phases and competition and training only becomes important at later stages. No matter if you drop out of JHSC programming, we want to instill a lifelong love of the sport and for everyone to be active throughout life and potentially compete their whole life.

The JHSC Nordic coaches follow a principle of building solid foundations through fun and hard work, encouraging patience, appreciation of personal progress, and a willingness and eagerness to test oneself in higher and higher levels of competition.

The Nordic program offers year round training options for athletes ranging from the Junior Team to the Comp Team. Seasonal options are offered to our Development, Teewinot, and Lollipopper Teams.

A. Lollipopper Team

1. General Athlete Development

As athletes become comfortable on skis, athletes primarily focus on their body awareness while on skis and slowly incorporate coordination drills and fun technique drills taught through the games approach. "Adventure" skiing on the trails of trail creek slowly becomes a standard part of the practice routine. As a Lollipopper athlete develops, their adventure ski may begin with a ski in the nearby field close to the ski cabin. By the end of the season Lollipoppers learn and explore the wider trail system of trail creek. We require very little of an athlete at this level as our primary objective is to keep light and fun, and instill a love for the sport. As in most phases of development, multi-sport participation is recommended at this age.

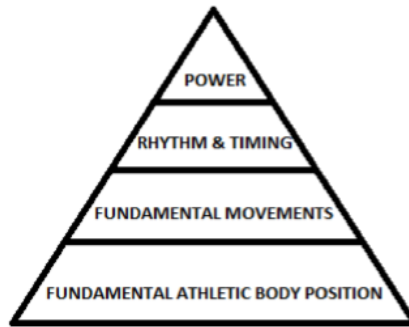
2. Physical Fitness

The Lollipopper Team focuses primarily on fun, adventuring and games. Games like sharks and minnows, ski soccer and diminishing equipment relays teach mobility, endurance and strength. A positive and engaging attitude goes a long way during some of the more physically demanding activities. Although things are meant to be light and fun, coaches will pay attention to how each athlete responds to the group activities that require a little motivation and willingness to participate. We do not offer programming

outside of the winter season, but encourage kids to participate in other seasonal sports and activities that benefit the development of their skiing.

3. Technical

We use the below “continuum of development” model for every team, younger athletes in phases 1-3 primarily focus on fundamental athletic body position and fundamental movements.



Lollipopers not only learn how to be mobile on their skis, and gain a sense of body awareness on skis, but we begin to introduce the fundamental athletic body position and fundamental movements of skate and classic technique. An athlete's technical ability will be partially evaluated based on the JHSC Lollipopper Skill Assessment test and partially on coaches observation during drills, games and adventure skis.

4. Tactical

In the beginning of the season we focus on acquiring basic skills on flatter terrain through games and fun drills. Later in the season we often venture into the woods on adventure skis as athletes become more confident. Athletes at this level are often taught how to approach different and varied snow conditions and terrain. How each athlete manages and responds to the different challenges can be an evaluation point for the coaches.

5. Equipment

In the pre-season parent meeting we outline the necessary equipment needed to participate. The importance of warm clothing is reiterated. We offer lease equipment for these athletes that is sure to fit them appropriately. We plan on providing fish scales for these athletes for classic days, unless the coach decides to use kick wax. One pair of universal skis and poles and combi boots is the extent of required equipment.

6. Mental and Social

It's important that we divide the kids into groups according to their ability and peer groups in this phase. Creating a positive environment and positive reinforcement is essential at this phase. The daily routine is explained to the kids before each practice so the goals of each practice are acknowledged.

7. Competition

Games during practice and the Mini Moose Chase, a .1/2 km race in the stadium at Trail Creek is the extent of competition for Lollipopers.

B. Teewinot Team

1. General Athlete Development

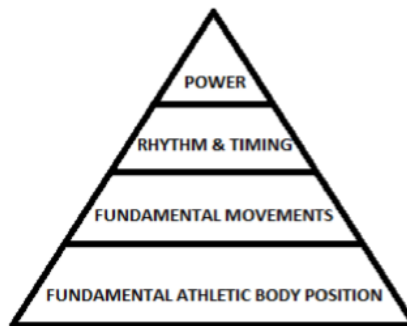
Just as in the Lollipopper program, as athletes become comfortable on skis, athletes primarily focus on their body awareness while on skis and slowly incorporate coordination drills and fun technique drills taught through the games approach. "Adventure" skiing on the trails of trail creek slowly becomes a standard part of the practice routine. By the end of the season, Teewinots learn and explore the wider trail system of trail creek. We require very little of an athlete at this level as our primary objective is to keep light and fun, and instill a love for the sport. The mental and social maturation of this phase enables the group to practice two days per week, one more day than the Lollipoppers. As in most phases of development, multi-sport participation throughout the year is recommended at this age.

2. Physical Fitness

The Teewinot Team focuses primarily on fun activities, but we begin to challenge the kids more with speed play and exercises that allow them to practice their agility and coordination. Slightly more physically engaging and advanced games such as speed ball, capture the flag and treasure hunts are incorporated into the Teewinot practice plans. We do not offer programming outside of the winter season, but encourage kids to participate in other seasonal sports and activities that benefit their skiing.

3. Technical

We use the below "continuum of development" model for every team, younger athletes in phases 1-3 primarily focus on fundamental athletic body position and fundamental movements.



Teewinot athletes alternate between skate and classic weeks. They not only learn to be mobile on their skis, and gain a sense of body awareness on skis, but we build on the fundamental athletic body position with fundamental skate and classic movements. An athlete's technical ability will be partially evaluated on the JHSC Teewinot Skill Assessment test and partially on coaches observation during drills, games and adventure skis.

4. Tactical

Just as in the Lollipopper program, we allow the kids to play and explore varied terrain. Basic skiing skills and a heightened sense of body awareness is acquired through adventuring, games and drills. Downhills, the NordicX, small jumps and managing agility and obstacle courses become more of a tactical focus at the Teewinot level. How each athlete progresses on specific hills and courses may be a point of evaluation for the coaches.

5. Equipment

In the pre-season parent meeting we outline the necessary equipment needed to participate. The importance of warm clothing is reiterated. We offer lease equipment for these athletes that is sure to fit them appropriately. We plan on providing fish scales for these athletes for classic days, unless the coach decides to use kick wax. One pair of universal skis and poles and combi boots is the extent of required equipment. Some more advanced Teewinots will graduate to specific skate and classic poles.

6. Mental and Social

As with the Lollipoppers, it's important that we divide the kids into groups according to their ability and peer group for the Teewinots. The daily routine is explained to the kids before each practice so the goals of each practice are acknowledged. Each athlete will be assigned to a group within the Teewinot team based on the ability level and their mental, social and physical maturation. We will focus more on process and performance oriented goals and evaluate them on their follow through and effort in a positive manor.

7. Competition

All Devos are able to participate in local races including the Betty Woolsey Classic on December 14th or the Moose Chase on February 15. Parents are required to travel with their athlete but JHSC will provide coaching and wax support at the venue. There are a number of local events that best suit Teewinot athletes as an introduction into racing. A highlight for the 2024-25 season will be the Intermountain Youth Championships held right in our backyard at the Mike Harris Trails in Victor on the weekend of March 1-2.

C. Development Team

1. General Athlete Development

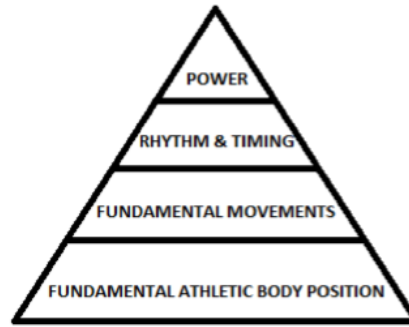
As athletes physically develop and have gone through the earlier phases of development in skiing, and have been connected to other sports at different times of the year, they are ready for the introduction of dry-land training. Fall dry-land that includes the introduction to roller-skiing is offered two days per week starting October 30th until the snow flies. Dry-land activities focus on fundamental movement exercises, games, and ski imitation exercises. The Development team will train regularly, two days per week throughout the season. More advanced Development athletes may be invited to train with the Junior team one day per week.

2. Physical Fitness

Dry-land activities include a body weight circuit routine, light running, games, dynamic stretching, and basic mobility exercises. Hopping, basic bounding technique and explosive drills games are introduced. More complex technical and tactical games and drills are introduced, but modified for skiers at the beginner level. Athletes at all ability levels are encouraged to participate as we continue to promote the idea of multi-sport activity throughout the year. Development athletes are given another month to build upon their skill set and typically go on more and longer adventure skis than the Teewinot team. We do not implement physical tests at this level, but we do incorporate a skill assessment drill set where the kids can perceive their own personal growth and development.

3. Technical

We continue to use the "continuum of development" model for every team. Development Team athletes in phases 1-3 primarily focus on fundamental athletic body position and fundamental movements.



Athlete development continues to focus on the technical elements taught at the Teewinot level while the challenge of skiing in different and more varied terrain requires more balance and coordination. The basic athletic stance is reiterated along with fundamental movements of skate and classic. An athlete's technical ability will be partially evaluated on the JHSC Development Skill Assessment drill set and partially on coaches observation during the drills, games and adventure skis.

4. Tactical

Adventure ski touring is a big part of the Development program. The challenges they encounter while on adventure skis will encourage self taught skills in varied terrain. We continue to alternate between classic and skate weeks and introduce the difference between running and gliding on skis. How to shift tempo gears relative to terrain variances during adventure skis is taught, observed and evaluated by the coaches.

5. Equipment

Just as in the Lollipopper and Teewinot programs, we offer lease equipment to Development athletes. At this level we still recommend that skiers use combi skis, but some choose to purchase skate and classic skis. Having skate and classic specific poles will help the progression of their technique. There is more of an emphasis on teaching the different aspects of waxing for skate and classic.

6. Mental and Social

The coach athlete relationship is very important at the Development level. We try to support and encourage kids to enjoy the sport with positive queues while also teaching the importance of positive self-talk. Communication is clear and the goals of each week are reiterated to the parents and athletes. There is a focus on process-oriented goals with the athletes, while keeping the parents involved in this process through a mid-season and post season evaluation report. If coaches observe an athlete's social or biological age and abilities are at a different level, groups will be formed or that athlete will be invited to join the Junior team one day per week.

7. Competition

All Devos are able to participate in local races including the Betty Woolsey Classic on December 14, the Teton Ridge Classic, and the Moose Chase on February 15. More experienced Devo athletes may be interested in competing in our Regional Intermountain Qualifiers, held throughout the Northern Rockies. For the 2024-25 season these races will be held in Soldier Hollow on January 17-18, West Yellowstone on February 8-9, and Sun Valley on February 22-23. Parents are required to travel with their athlete but JHSC will provide coaching and wax support at the venue. There are a number of local events that best suit Devo athletes as an introduction into racing. A highlight for the 2024-25 season will be the Intermountain Youth Championships held right in our backyard at the Mike Harris Trails in Victor on the weekend of March 1-2.

D. Junior Team

1. General Athlete Development

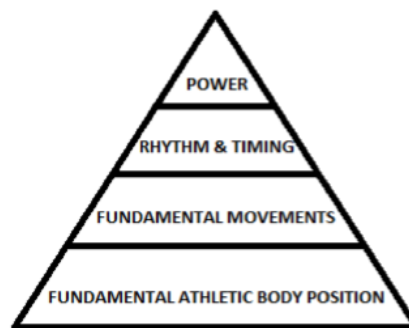
We build upon each athlete's progression by introducing two summer training sessions, and there is an opportunity to interact with Prep and Comp team athletes one day per week in the summer. Regular scheduled training for the season starts with dry-land training the week of October 2nd; with three to four days of training. This 3 to 4 day schedule will remain consistent through the remainder of the season as the coaches pay close attention to a specific athlete management plan for each individual athlete in this phase of development. Given the wider range of biological development and sometimes ability in this phase, athlete participation may vary from summer training 2 days per week and 4 days per week in the fall and winter to starting at 3 days per week in just the winter season. An athlete's level of involvement will primarily be determined by their personal goals and how they are progressing and responding to the weekly practice schedule. The overall emphasis is fun and enjoyment of the sport, but we incorporate more complex training through the framework of fun and games. Strong athletes with no prior experience in the sport are encouraged to participate.

2. Physical Fitness

Junior team athletes are encouraged to participate in multiple sports throughout the year where overall physical fitness and activity is emphasized. We offer two days/week of summer training which can be easily combined with other sports or activities. Summer training sessions focus on roller ski agility, basic body weight strength, on foot agility and mobility exercises. Regular scheduled training begins in November, where we incorporate all of these activities. We also begin to incorporate a fundamental movement assessment and focus on neuromuscular development during the dry-land period of training. Athletes enter the testing realm with a one mile run during dry-land, a basic strength and plyometric test, and an on snow skill assessment drill set.

3. Technical

We continue to use the “continuum of development” model for every team. Junior athletes tend to have a wide range of physical and social development, where some athletes focus on fundamental movements and body position while others focus on rhythm and timing. Power application is not a focus of development at this stage.



We do incorporate structured training on the Junior team and balance aerobic, anaerobic, and strength conditioning activities during Fall dry-land. Neuromuscular adaptation and strength training becomes more important as athletes at this phase begin to focus on rhythm at timing and power application. On snow training includes a balanced routine of speed play, games, adventure skis (aerobic) relays and intervals (anaerobic) and some specific strength exercises like no pole skating, single sticking, and double pole progression drills. At least once per week there is an emphasis on maintaining correct body position, equal weight transfer and providing specific technical feedback for individuals. Technical video review takes

place twice per month.

4. Tactical

Just as in the Development program, adventure skis, speed play and games play a large role in training. As the athletes naturally become more competent and confident on their skis we continue to teach the concept of tempo and how to shift gears in varied terrain. Athletes begin to learn when to apply V2, V2 alternate, V1, Double Pole, Double Pole Kick and striding depending on terrain variances. Interval workouts, time trials and relays give the athletes an opportunity to become familiar with pacing and how to ski effectively and efficiently in a group and alone. Before each race there is a discussion about their race plan and how they plan on mentally approaching their race.

5. Equipment

We recommend one pair of skate and classic skis and poles. Younger Juniors may use combi boots for skate and classic. We recommend that older Juniors get skate and classic boots as the support and design will help with their technical progression. These athletes learn to wax their own skis for skate and classic at practice. Roller skis and bounding poles are provided by the club during the summer and fall months.

6. Mental and Social

Athletes create process performance goals and one outcome goal. We hold this session in the middle of the season so they have a better grasp on what they want to accomplish. Midseason and end of season reviews are offered to the athletes and parents from the coaches. Feedback includes a review of their overall attitude towards the team and coaches along with the JHSC mid and end season evaluation that is based on these 7 elements in this phase of development. There is discussion of positive self-talk, focusing on their individual progress vs. their competitors and what they can and can't control. Several times, usually before big races we go over a pre-race routine that they can execute come race day. Athletes are broken up into different groups relative to their social and biological age for key workouts like distance and interval/relay sessions.

7. Competition

Athletes on the Junior team are invited to all of the Junior National Qualifier weekends (3), and are encouraged to participate in local races including the Moose Chase on February 15. For the 2024-25 season these races will be held in Soldier Hollow on January 17-18, West Yellowstone on February 8-9, and Sun Valley on February 22-23. Younger Junior team athletes may pick one race weekend as a preview to the competitive realm. The Soldier Hollow Super Qualifier at the Olympic venue in Midway Utah is a great event and introduction to competitive racing for athletes at this phase. The final regional race opportunity for Juniors is the Intermountain Youth Championships held right in our backyard at the Mike Harris Trails in Victor on the weekend of March 1-2.

E. Prep and Comp Teams

1. General Athlete Development

Prep and Comp team athletes follow and begin to understand period based training. The periods are broken down into a balanced yearly, monthly and weekly training schedule. The overall yearly plan for these athletes equates to about 400 hours for U16s and 450 hrs for U18 and U20 athletes. However, as athletes are involved in other sports, take time for family vacation and are involved in other activities, the plan is dynamic and can be modified to each individual's needs. Some athletes are involved in other sports, others focus on Nordic training year-round. Coaches pay attention to each athlete's goals inside and outside of Nordic racing and training. This plays a factor in how we design their individual training plan while still adhering to the overarching plan of the team's periodized plan. There is an increase in volume training, but we still emphasize speed, agility, technique and strength given that we primarily race and train at altitude.

While volume training becomes more important at the Prep and Comp team level, there is currently a larger national discussion about the importance of emphasizing speed, agility and overall athleticism on skis. \

Prep Team athletes are encouraged to continue participation in sports outside of nordic skiing to broaden their athletic development and build their athletic range. The coaching staff works closely with th

2. Physical Fitness

We hold training for Prep and Comp team athletes 11 months out of the year from May through March. During Summer, Prep Team athletes train 3-4 days/week with two of those days involving '2 a days' with strength in the p.m. Comp Team athletes train five days/week with the team; with the same strength sessions. On your own training is recommended by the coach one day per week for both teams. For the fall season we offer 5 days per week of training for U16 Prep team athletes and Comp athletes 5-6 days/week. In the winter, all Prep team athletes train 5 days/week and Comp team athletes 5-6 days/week.

Athletes understand the difference between volume and intensity training and have a good grasp of their different training zones. Strength training begins in June and ends before fall camp in November. We do incorporate a very light 'strength maintenance' session one day per week during race season depending on the race schedule. Our strength plan is broken down into 6 different phases. Athletes start with a functional movement assessment in the beginning of June then move through the 6 periods – Anatomical Adaptation, Base Strength One, Max Strength Two, Power One Fundamentals, Specific Strength, Power 2, and High Intensity. Each strength session incorporates mobility exercises and a core stability routine.

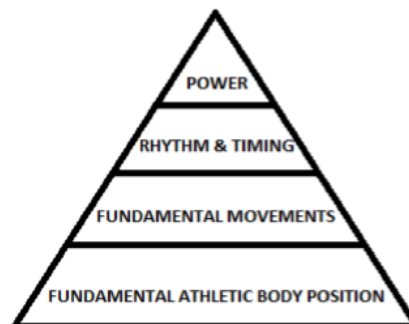
At least once per week throughout the entire year, speed and agility exercises on skis keeps the athletes progressing technically and tactically. Because athletes jump in and out of training at different points throughout the year, training is regularly modified relative to their fitness, background and schedule.

The discussion of nutrition, rest and recovery, and mental training is framed such that the athlete understands that these elements are equally important aspects of the training as any other aspect. Prep athletes are introduced to concepts surrounding nutrition, fueling, getting appropriate macronutrients, and recovery that serve them throughout their entire career as an endurance athlete.

It is highly recommended for both Prep team and Comp team athletes to participate in the three test weeks which take place every two months throughout the preparation period. The first test week is in June and the last in late October or early November. These tests include the 3000m track time trial, a double pole time trial, the Canadian strength test, and a trail running time trial. We also

3. Technical

We continue to use the "continuum of development" model for the Prep and Comp Teams, with the primary focus on the development of power, rhythm, and timing. At this stage athletes are expected to have mastered the fundamental movements and body position of Nordic ski technique.



Technique is worked into a training schedule that balances volume, high intensity, strength, mobility, flexibility, speed, and agility. The coaches understand that there is a balance of needing a certain level of strength to effectively apply one's technique and making sure we're correct with the fundamentals before we apply power. The technical part of training follows every element in the continuum of development, the model of: 1) Fundamental Body Position, 2) Fundamental Movements, 3) Rhythm and Timing, and 4) Power Application. It's important to understand that each individual may need to focus on a different element to better the other element even if not in alignment with the continuum of development. Video review, mimicry, direct and positive feedback, and agility and strength help each athlete better develop every aspect of their technique on this continuum.

4. Tactical

The discussion of race tactics is discussed and practiced during training sessions, especially for sprint racing. Understanding the different pace and speed requirements of sprints, middle distance races, and longer distance races are discussed and worked on in training. Athletes understand how to change gears within each respective distance and continue to learn how to race in a group and as an individual. Tactical discussions between the coach and athletes take place the day prior to the race and the day of the race.

5. Equipment

Prep team athletes have access to top of the line Salomon skate and classic race lease skis for the season. Athletes are required to have at least one pair of skate and one pair of classic race skis and one pair of skate and classic training or warm up skis. JHSC has a fleet of Fischer 'Zero' skis for difficult waxing conditions at races. Athletes wax their own skate and classic skis at practice and are encouraged to do so after every training session. JHSC provides roller skis and bounding poles, but Comp team athletes are encouraged to purchase their own roller skis.

6. Mental and Social

Athletes on the Prep and Comp team are introduced to the concept of the 24 hour athlete. This model helps them understand all of the different factors in their life that contribute to their performance on skis. They are taught and begin to understand what they are in control of and what they are not in control of, and where to place their energy to create the largest impact on their performance. We begin to teach the athletes that they are their own measure, and that they have control over their process, performance and outcome goals. With guidance and feedback from their coaches, they establish their own goals based on their desire to achieve and their perceived personal ability. The coach's job is to teach them to believe that their potential is limitless with the understanding of setting realistic goals. Relaxation techniques and arousal techniques are taught at practice and then again discussed the day prior to each race and on race day. Breathing, yoga, and imagery techniques are taught during practice and prior to competitions to help with anxiety. Race day routines are simulated at practice and reiterated the day prior to the competition. The Prep and Comp team are considered separate teams which place each athlete in the most appropriate learning environment according to their social, biological age and ability level. With that said the Prep and Comp team spend 70-80% of the time together to reinforce comradery and team spirit.

7. Competition

Comp team athletes compete at all of the Intermountain Junior National Qualifier weekends plus US National Championships, SuperTours, and other high level race series. Prep team athletes are encouraged to compete at JNQs (3 weekends) and 3-4 local competitions. Athletes compete at Junior Nationals if they qualify.

V. Skill Assessment Progression

From most basic to most complex

Classic Striding

Lollipopper, Teewinot, Development, Junior, Prep Comp

- Run on foot-then bound on foot, then classic stride on skis.
- Shuffle on skis-then run on skis-then diagonal stride. Use zones or cones to indicate where a skier kicks.

Junior, Prep, Comp

- No poles - Run on foot-then bound on foot, then classic stride on skis.
- No poles-Shuffle on skis-then run on skis-then diagonal stride. Use zones or cones to indicate where a skier kicks.
- Incorporate the double kick or skip kick, with and without poles

Double Pole

Lollipopper, Teewinot, Development, Junior, Prep Comp

- Locked and Loaded – rigged arms with double pole compression, upper abdominal crunch emphasis. No sitting back.

Junior, Prep, Comp

- Double pole at various temps and terrain – emphasizing shorter or deeper compressions dependent on speed.
- Double pole with hop (sprint double pole) – emphasizing hips up forward as hands come forward.

Double Pole Kick

Teewinot, Development, Junior

- Scooter Drill –take one ski off and scoot with one foot while gliding on the other foot.
- Progress to Scooter Drill with and without poles- practice rhythm and timing – hands/poles come up when the foot kicks.

Teewinot, Development, Junior Prep

- Progress to practicing rhythm and timing with both skis on – hand/poles come up when kicking on one ski.

To make any of the above skills more difficult, create zones where the athlete transitions from one skill to the next in specific zones.

Skate- general

Lollipopper, Teewinot, some Development

- Basic balance from ski to ski laterally, standing and with movement.

Lollipopper, Teewinot, Development, Junior

- Athletic body position – show how flexed ankles propel skis forward in a V stance.

Older Teewinot, Development, Junior, Prep Comp

- Four square drill – jumping laterally outside of the box and balancing on one foot. Progress from on foot to on skis

Skate V1

Older Teewinot, Development, Junior, Prep, Comp

- Saddle Feet – Draw two lines with die or paint. The lines get wider and wider apart. Focus on good weight transfer and hips over the gliding foot.
- 3-1 Drill – 3 points of contact (2 poles and one ski at the same time) transitioning to 1 point of contact (one ski). Add in saddle feet to emphasize weight transfer.

Prep/Comp

- V1 with hop. No pole and poles. Rhythm and timing and weight transfer is the major focus.

Skate V2

Junior, Prep, Comp

- Locked and Loaded – rigged arms with double pole compression, upper abdominal crunch emphasis. No sitting back.
- V2 abbreviated stride and full extension

Prep/Comp

- V2 with hop
- V4
- V6

Skate V2 alternate

Teewinot, Development, Junior, Prep Comp

- Focus of rhythm and timing-more basic for older groups

Junior, Prep, Comp

- High-Low. (both sides) Symmetry in the lower body with good weight transfer even though there is poling on one side.
- High – Low with hop (both sides) – more complex for Juniors

To make any of the above skills more difficult, create zones where the athlete transitions from one skill to the next in specific zones.

Competition & Racing

Lollipopper & Teewinots

- Focus on relays, playful competition in practice, and teamwork
- Some race opportunities available, but results are de-emphasized and the importance is placed on the experience

Development & Junior

- Relays, playful competition, and time trials are a large part of practice
- Emphasis is placed on fun experience
- Secondary emphasis is placed on personal improvement and growth mindset
- Regional and local competitions are available for Devos and highly encouraged for Juniors

Junior Hybrid, Prep & Comp

- Primary emphasis is placed on personal improvement and growth mindset
- Results and qualification for elite competitions are a large goal and driver of training
- Local, regional, and high school racing is required and is an integral part of team environment.

VI. Benchmarks for Promotion

These benchmarks are intended to serve as a guide of the skills for coaches to aim to impart on their athletes before they move to the next level of JHSC nordic programming. While most of the movement up the ladder of teams is age- and motivation-based, these benchmarks show what we expect to see from athletes to successfully navigate the transition to the next team. JHSC Nordic is also very open to new athletes starting with the sport at later stages of development, but these benchmarks also give some context for the expectations at the age level they are entering the sport.

Lollipoppers → Teewinots (7-8 years old)

- Athlete can get up from falling on their own
- Athlete can put skis on without assistance
- Athlete can ski to top of Son of Gut Flop and back to Cabin
- Athlete can ski for 1-1.5 hours (including rest and snack break)
- Athlete can diagonal stride
- Athlete has developmental and emotional ability to play group games and team follow instructions

Teewinots → Devos (9-10 years old)

- Athlete can ski to Sam the Truck and back
- Athlete can ski both up and down Grunt and Beaver Ponds, demonstrates competency on Nordic X
- Athlete has both skate and classic equipment and can manage gear & clothing independently.
- Athlete can ski both groomed trail and powder/variable snow conditions
- Athlete is beginning development of weight transfer in both Skate & Classic technique
- Athlete demonstrates teamwork and supports teammates

Devos → Juniors (11-12 years old)

- Athlete is willing to develop their racing experience in Juniors.
- Athlete has a strong understanding of athletic stance and fundamental body position on skis.
- Athlete is able to balance on one ski and glide
- Athlete has been introduced to V1 and V2 skate techniques and can decipher between them.
- Athlete has an understanding of weight transfer in classic stride and basic understanding of double pole.
- Athlete can pay attention, carry out instructions and ask questions.
- Athlete can manage gear independently.
- Athlete can ski to homesite and back.
- Athlete is confident navigating most all terrain on and off trail at Trail Creek.
- Can stop on skis, and can use edges to control speed.

- Athlete demonstrates teamwork and supports teammates
- Shows up to practice with a positive attitude and respect for others.

Juniors → Prep (13-15 years old)

- Solid body position, stacked weight, forward lean.
- Know how to wax skis in both skate and classic (glide and kick)
- Can keep track of equipment and know proper treatment of equipment.
- Can use proper techniques depending on terrain in both skate and classic.
- Can vary tempo and power as needed depending on training intensity and terrain.
- Can navigate downhills at high speeds and turn in technical terrain.
- Can train at varying intensities.
- Know how to address weakness and set goals. Has experience with and knows the difference between general, process, performance, and outcome goals.
- Are motivated to work hard in the sport.
- Know how to be a good sport and treat teammates and competitors respectfully.
- Junior Hybrid is an intermediate stepping stone between Junior and Prep teams for motivated 7th or 8th graders looking to join the Prep Team the following year

Prep → Comp (15-16 years old)

- Committed to dryland training in summer and fall (balanced with other sports if applicable)
- Has personal rollerskis, race skis
- Able to participate in and absorb age appropriate training (U18+ race distances and associated training hours)
- Keeps a training log
- Consistent attendance and knowledge across all areas of training- strength, technique, aerobic endurance, interval training, speed
- Is self motivated and can do a warm up, race, and cool down without supervision
- Asks for a training plan when unable to attend training, able and willing to train on their own
- Is a supportive teammate, sportsmanlike competitor, and positive mentor