

The Program

The Georgian Nordic Racing program is designed to give an athlete more confidence and thus make racing more fun. We are not emphasizing goals focused on ranking and medals. Our main mission is to make our athletes achieve the best they can be, based on their individual goals.

You can pick one of the following, check it out. So you know what will be required in training and preparation.

1. Focus Parry Sound –

- Train with racing team in summer and winter
- Attend local races and school races. Possibly try an Ontario cup near end of season.
- Develop independence and self reliance when it comes to getting to training sessions and races on time, clothing for the day's activities, caring for equipment, waxing your own skis for training sessions
- Lead a balanced life, spending time with family and keeping up with school work
- Commit to your own health by ensuring proper nutrition, recovery, hydration, and sleep
- Be supportive and encouraging of your teammates, treat them with respect
- Participate actively in fundraising and social events
- Be respectful of Georgian Nordic coaches and parents, as well as other competitors, coaches and race officials

2. Focus Ontario -

All of Focus Parry Sound plus this:

- Commit to your own progress and train with team
- Attend group dryland and on snow sessions regularly
- Try to follow daily training plan (flexible, taking all of your other activities into account)
This will start beginning of May of this year
- Keep a training log, daily. That includes all activities and other developments (feeling sick, illness, etc). Sign up with ilog.ca today!
- Take recovery periods very serious
- Keen on attending one or two, Ontario Cups to try higher level competition. Eastern Canadians are an option if you are super keen.
- Carry water bottle belt at every session
- feeling pumped to ski classic and skate 50/50 and dealing with wax issues on your own when skiing alone in any conditions
- Setting realistic goals with help of coaches
- Introduction to learning how to deal with extreme conditions.

3. Focus Canada -

all of the above plus having done a prior season of Ontario Cups. Consider attending a Noram and possibly Nationals by 2015 in Thunder Bay on Lappe Nordic trails.

Coaches will look at the athlete's volume and intensity more closely. Competing at this high level requires a high amount of confidence. This is usually confirmed by the ability to setting goals, having a good training year logged with all intensity and strength done at high "feel".

At this level the athlete will confidently know how to deal with extreme adverse conditions.
