

# 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.

## **Focus Parry Sound**

- Train and race with Georgian Nordic
- Train and race with PSHS Nordic
- Main focus are school and local races.
- You may be invited to attend one lower key Ontario Cup
- 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 at home and away.
- You will be invited to some Focus Ontario group training sessions.

## **Focus Ontario**

All of Focus Parry Sound plus commit to your own progress –

- Individual coaching, communicating regularly with coach mandatory.
- Good state of health, ready to train daily, taking recovery periods seriously.
- Ready to train on time each session, that means you have to get there 10 minutes early.
- Follow training plan, explain changes you need to make, communicate.
- Logging is mandatory. Weekly email or preferably iLog. All activities need to be logged.
- Hydration, water bottles and snacks are mandatory for each session.
- Roller skiing. You supply your own poles with carbide tips. Time to get your own skate roller skis. Helmets mandatory. Classic roller skis will be supplied for sessions.
- Setting realistic goals with help of coach. Focus on other sports need to be explained.
- You are expected to attend all time trials, roller ski races, speed and strength testing.
- You will be invited to races, one by one, pending how you follow the criteria.
- Signed athlete contract by coach, athlete, and parents.

**Focus Canada** - all of the above plus Coaches will look at the athlete's volume and intensity more closely as well as state of health. Competing at this high level requires a high amount of confidence. This is usually confirmed by the ability to setting goals for all local, school, and Ontario Cup races, 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.