

Criteria for consideration - Junior Race Team: (Dec. 6, 2014)

- minimum age 11
- must be a reasonably proficient skier in both classic and skating techniques (this program is not intended to teach basics for beginners)
- must be committed to make skiing a primary winter activity, attending sessions 3 times per week on a consistent basis
- must be willing to train in the fall season, September through to first snow for basic fitness development
- must show a willingness to work hard at training sessions
- intended as a developmental step towards the race team
- athletes may be eligible for selection to out-of-province races as selected by the club each season (criteria to be announced)
- athletes wishing to be considered for selection to the Junior Race Team should express an interest at the end of a ski season or the start of fall training season. Attitude, attendance, and effort at fall training sessions will help determine readiness for the group.
- Skiers wishing to be considered for the Junior Race Team must have demonstrated an interest in racing and shown significant race attendance for at least one season.

Criteria for consideration - Race Team: (Dec. 6, 2014)

- minimum age 13
- sufficient maturity level physically and emotionally to train at a high volume and intensity
- must be a proficient skier in both skating and classic techniques
- must have a desire to make cross-country ski racing a primary winter activity
- must be committed to attend training sessions during the fall and winter
- must be willing to consistently attend workouts with the group, and when unable to attend, willing to complete the training independently

-must have a desire to race in most of local races, including Wednesday night races, and all Manitoba Cup events

-must have at least one prior season of demonstrated interest and attendance at local races

-willing to be part of CCSAM High Performance program including attendance at training camps, and involving submission of regular scorecards throughout the year

(See the CCSAM website <http://www.ccsam.ca/> and check the information under Competitive Skiing > High Performance Program)

-willing to record training information for analysis by coach Club athletes use Sportlog to record their daily training, and coaches have access to this data for monitoring purposes. Coaches will provide information on how to start a Sportlog account.

-race team athletes will be eligible for selection to out-of-province races as selected by the club each season (criteria to be announced), and will be eligible for selection to regional and national events as outlined in the High Performance Program information

-athletes wishing to be considered for selection to race team should express an interest at the end of a ski season or the start of fall training season. Attitude, attendance, and effort at fall training sessions will help determine readiness for the group.