

Haliburton Nordic Development Team

Pre-Season Parent Meeting & Information Sheet

Welcome to the HNDDT!

We are excited to welcome your skier to the **Haliburton Nordic Development Team**. Our goal is to help young skiers develop strong technical skills, confidence, fitness, and—most importantly—a lasting enjoyment of cross-country skiing.

The Development Team is **not a race program**. Racing is available as an optional opportunity for athletes who are interested, but it is not the focus or expectation of the program.

1. Program Overview

The Development Team is designed for:

- Keen young skiers who are looking for more than the Jackrabbit/Track Attack program offers.
- Skiers who are ready to develop both **classic and skate skiing** skills.
- Athletes who want to improve their technique, fitness, confidence, and overall enjoyment of skiing.

Our focus

Technical Skill Development

Develop strong and efficient classic and skate skiing technique.

Fun, Fitness & Confidence

Build fitness and confidence while enjoying time outdoors with a positive group of peers.

Introduction to Training

Introduce age-appropriate training concepts consistent with the **Long-Term Athlete Development (LTAD)** model.

Dryland Training

Introduce activities such as running and rollerskiing to develop fitness and ski-specific skills outside of the winter season.

Optional Racing

Athletes who are interested may participate in selected races. Racing is **completely optional**.

Future Pathways

The Development Team can provide a foundation for a variety of future opportunities, including:

- High school racing
 - Junior Instructor programs
 - O-Cup racing
 - **Lifelong enjoyment of cross-country skiing**
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2. Schedule & Locations

Fall Dryland Training

Activities: Running, dryland training and roller skiing

Saturdays: 8:30–10:00 AM

Location: Haliburton — location to be confirmed

Season start: Saturday, October 3, 2026

Program runs through: Early March

Winter Training

Wednesdays: 4:30–6:00 PM

Saturdays: 10:30-12:00 PM (will occur at the same time as Jackrabbits)

Location: Glebe Park — Grooming Shed

Being Ready for Practice

Athletes should arrive with enough time to be **completely ready to ski at the scheduled start time**.

This means:

- Equipment is are ready
- Drink belt is filled
- Appropriate footwear and clothing is on

- Athlete is ready to participate

Athlete Drop-Off

Please **do not simply drop off your athlete and leave.**

A parent/guardian should confirm that:

1. The athlete is properly prepared for the session.
2. A coach is present before leaving the athlete.

What if you are late?

If you arrive after the group has left:

1. **Text a coach** if possible.
2. **Do not leave your athlete alone.**

In the winter, our typical practice routine includes approximately **15–20 minutes of warm-up skiing on the trails**, followed by a return to the stadium for dynamic stretching. Athletes arriving late may join the group following this warm-up period.

3. Program Fees

Registration will be completed through **Zone4**.

Program fee: \$200

Additional costs may apply for optional racing, equipment, clothing, or other activities.

4. Equipment Requirements

Fall / Dryland

Athletes should have:

- Running shoes
- Drink belt

- Wristwatch

Roller Skiing

- **Mandatory:**
 - **Bicycle helmet (no exceptions)**
 - **Blaze orange or fluorescent yellow top (mandatory, no exceptions)**
 - Skate boots
 - Skate poles with carbide tips
- Recommended in order of importance. Note: We will make every effort to mitigate risk of falls
 - **Gloves**
 - Knee pads
 - Elbow pads
- Optional:
 - **Skate rollerskis - Optional** (We have secured a few pairs of rollerskis for skiers to use during practice. Some skiers/families may wish to purchase their own)

Safety is our priority when roller skiing. Specific equipment and safety requirements will be reviewed before the first roller ski session.

5. Winter Equipment

Athletes should have:

Skate Skiing

- Skate skis
- Skate boots
- Skate poles

Classic Skiing

- Waxable classic skis fitted appropriately to the skier's weight
- Classic boots
- Classic poles
- **Waxless classic skis are not recommended for this program*****

Additional Equipment

- Drink belt

- Wristwatch
- Appropriate layers:
 - Base layer
 - Light outer layer
 - Warm outer layer for changing conditions
- Spare hat and gloves

Recommended

- Rock skis for skate and classic
- Small wax kit
 - Glide wax
 - Grip wax for waxable classic skis

Ski Preparation

Skis should be prepared/waxed before each practice.

***Why waxable classic skis?

Waxless skis can provide reliable grip, but they generally sacrifice some glide performance. More importantly, learning to work with grip and glide is an important part of developing classic skiing technique.

Understanding how snow conditions affect **kick and glide**, and learning how to adjust technique and ski preparation accordingly, are valuable skills for developing skiers.

6. Safety & Athlete Well-Being

Our priority is to create a **safe, respectful, inclusive, and positive environment** for every athlete.

Our expectations include:

- Safe Sport Principles
- Respect for self, coaches, teammates, volunteers, and other trail users
- Positive and inclusive team behaviour
- A focus on fun, confidence, and personal development

Safety Topics

Coaches will review:

- Roller ski safety
- Cold-weather protocols
- Appropriate clothing and layering
- Hydration
- Trail and group safety
- Equipment safety

Parents are asked to provide current **emergency contact information** and any relevant information that coaches should be aware of regarding the athlete's participation and safety.

7. Communication

Team communication will be through **[group chat / email — to be confirmed]**.

Parents will receive information regarding:

- Practice changes or cancellations
 - Weather-related updates
 - Special activities
 - Racing opportunities
 - Travel
 - Other important team information
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8. Racing — Optional

Racing is not a requirement of the Development Team.

For athletes who are interested, we will provide opportunities to experience racing in a fun and supportive environment.

It's normal for kids(and adults) to feel anxious and be apprehensive about racing. Especially if they've just been "thrown in" in the past. We believe that we can help skiers develop skills and knowledge so they have a chance to enjoy racing.

Specific race opportunities will be determined during the season. Try racing or don't!

9. Parent Involvement & Team Culture

A strong ski club depends on a strong community. **Parent involvement is welcome and appreciated!**

There may be opportunities for parents to help with:

- Practice support and coaching
- Waxing
- Equipment
- Travel and transportation
- Race support
- Team activities

Our goal is to develop **enthusiastic, confident athletes who enjoy being outdoors, enjoy skiing with their peers, and want to keep skiing.**

Team Clothing

Team clothing may be available for purchase again this year.

Details: To be confirmed.

Our Goal

Strong skiers. Confident athletes. Lifelong enjoyment of skiing.

We want every athlete to leave the Development Team with improved skills, greater confidence, stronger friendships, and a genuine love of being on skis.

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