

# Youth Cross Country 2022-23 AGM Report

## Registration

For the 2022-23 season we had 73 skiers registered as follows:

- 16 Bunnies
- 17 Bunny Rabbits
- 21 Jack Rabbits
- 10 Track Attack including 2 registered as Adventure skiers
- 9 Junior Racers
- 15 volunteer coaches
- 1 paid head coach - Leigh Heie
- Numerous parent sweeps and hot chocolate volunteers
- Registration was done through Zone 4.

## Lessons

- We returned to a more regular schedule post COVID. All groups except Bunnies practiced on Thursday evenings and hot chocolate made a return. Track Attacks practiced on Tuesday as well. Junior Racers had Tuesday and Saturday practices when not attending races. Bunnies were held Saturday morning.
- Junior racers also has a summer training program to maintain their fitness and work on skills for the upcoming race season. Activities included roller skiing, running and various cross training activities.
- In late October Roddy Ward travelled to Camrose to conduct a clinic for our Junior Racers. Roddy provided instruction on various skills, technique and mental preparation for races.
- This past season we implemented a formal cold weather policy based on Nordic Canada's policy which is also used by other clubs. This was done in an effort to make the decision to cancel based on cold temperatures more constant.
- A wrap-up barbecue was held on March 16. Thanks to the Camrose Police for the use of their barbecue.

## Competition and Loppets

- Our Junior Racers and some Track Attack Skiers attended 4 Alberta Cup weekends (8 race days over 4 weekends)
  - Alberta Cup 1 and 2 in Canmore December 10-11, 2022
  - Alberta Cup 3 and 4 in Canmore January 7-8, 2023
  - Alberta Cup 5 and 6 in Edmonton January 21-22, 2023
  - Alberta Cup 7 and 8 in Red Deer February 17-29, 2023
- Junior Racers and 1 Track Attack Skier attended Westerns February 2-5, 2023 in Kimberley, BC
- Alberta Youth Championships in Bragg Creek March 30-5, 2023
- Our club also hosted another successful Lapalooza in honour of Ole Heie. Ole remains undefeated
- Our annual Ole Uffda Loppet was held on February 25, 2023

A special thanks to the parent volunteers who made it possible for our youth skiers to travel to Alberta Cup, Westerns and Alberta Youth Champ races. Also thanks to the many community volunteers who contributed to the success of Lapapalooza and the Ole Uffda Loppet.

## Equipment

- Our club recently purchased 18 pairs of skis, 10 pairs of boots and a number of binding plates to continue improving our fleet of youth rental skis and continue phasing out SNS equipment and moving to NNN. Thanks to Fastrax in Edmonton for supporting our club with this purchase.
- Rental skis were handed out in October. Returns were done on the final lesson day in mid March. Families were also given the option to keep rental skis through the school spring break. Many took advantage of this opportunity to extend their ski season
- Thanks again to Peggy Snyder for her work as Equipment manager and keeping our rental program well organized