

Youth Cross Country 2023-24 AGM Report

Registration

For the 2023-24 season we had 82 skiers (approximately 10 more than 2022-23) registered as follows:

- 11 Bunnies
- 21 Bunny Rabbits
- 27 Jack Rabbits
- 4 Track
- 11 Junior Racers
- 8 Teen Learn to Ski
- Registration was done through Zone 4.

Lessons

- All groups except Bunnies practiced on Thursday evenings and hot chocolate continued to be a hit. 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.
- This was the first season for a Teen Learn to Ski program. We had a good sized group and will likely continue with this group assuming there is interest and willing coaches
- Thanks to Sarah Bird for coordinating Thursday hot chocolate and Naomi Pattison-Williams for coordinating Saturday hot chocolate, as well as the parents who volunteered each week to prepare and serve!

Competition

- Members of our Junior Racers attended a number of competitions
- 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 cancelled due to poor conditions

- Alberta Winter Games March 1-3, 2024
- Alberta Youth Championships in Bragg Creek March 1-3, 2024, attended with Red Deer Nordic
- Cross Country Nationals in Gatineau, Quebec with Red Deer Nordic and support from Foothills Nordic Ski Club
- A special thanks to the parent volunteers who made it possible for our youth skiers to travel to Alberta Cups, Alberta Youth Championships, Alberta Winter Games and National races.
- Congratulations to Ava Heie for being selected to join the Alberta Nordic Ski Team

Equipment

- 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

Coaching

- Once again Leigh Heie was our Junior Racers head coach.
- In addition to Leigh we had 13 volunteer coaches supporting our skiers.
- Several coaches completed various levels of coaching certification offered through Nordiq Canada and costs were reimbursed by the Ski Club
- As always volunteer coaches are critical to the success of our youth program. I would like to thank all of our returning coaches for continuing to support our young skiers. Our club also had a number of first time volunteer coaches this past season. Thank you for taking the plunge and joining our coaching team. If you are interested in youth cross country skiing and have never coached before please consider trying it out. We can never have too many coaches.