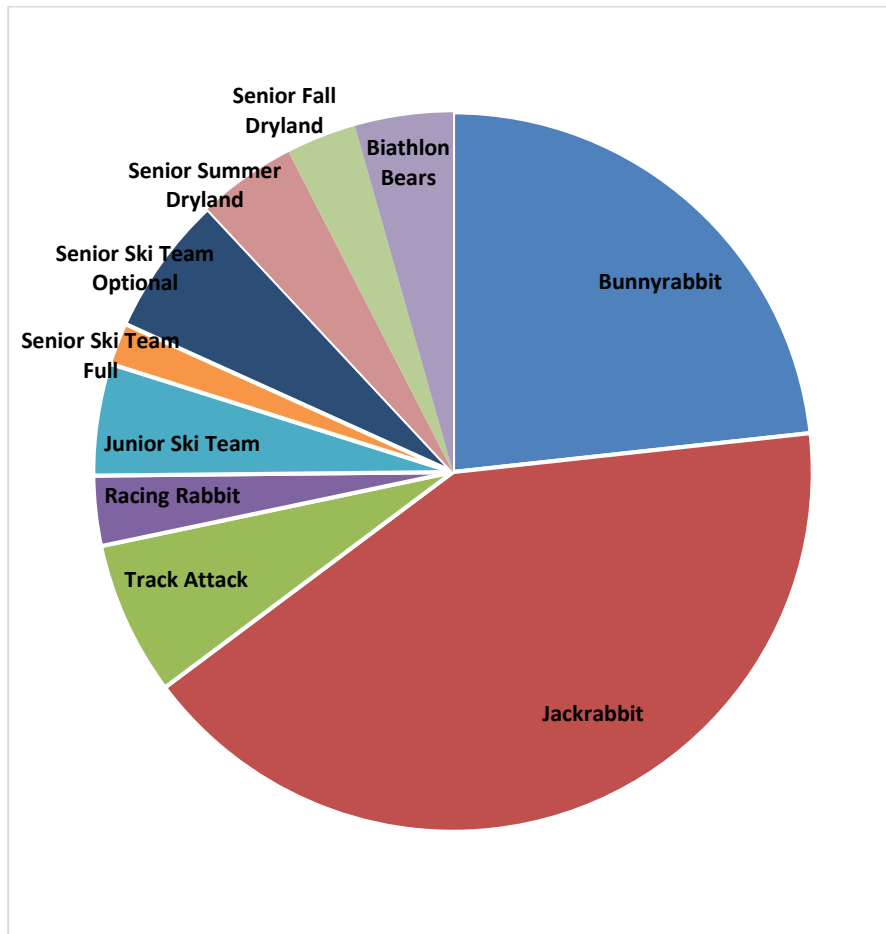


## 2016 Review of Athlete Development Programs - Soo Finnish Nordic Ski Club



Program	Number of Skiers	
	2016	2015
Bunnyrabbit	37	38
Jackrabbit	66	63
Track Attack	11	12
Racing Rabbit	5	6
Junior Ski Team	8	4
Senior Ski Team Full	3	15
Senior Ski Team Partial	10	
Senior Summer Dryland	7	12
Senior Fall Dryland	12	3
Junior Summer Dryland	n/a	13
Biathlon Bears	7	7
Racing Bears (Biathlon)	n/a	1
Biathlon Development	n/a	8
Para Nordic	0	1
	<b>166</b>	<b>183</b>

## Jackrabbit Program 2016 Season Highlights

The 2016 season saw 119 children aged four to 14 participate in Bunnyrabbit, Jackrabbit, Racing Rabbit, Track Attack athlete development programs. Registration started on Zone4.ca in July 2015 and closed January 2016.

There were 31 volunteer coaches and nine high school assistant coaches. The first and second level training programs (Intro to Community Coaching and Community Coaching) were offered in December and were completed in January.

Ten sessions, starting Saturday, December 19th and ending March 12th were held. Saturday, February 6th was cancelled due to extreme cold temperatures (below -18C at 10AM). Hiawatha Highlands closed the trails on Saturday, February 13th due to mild weather and poor conditions.

The first time trial of the season was part of Hiawatha Snowfest on January 23rd and saw a total of 118 of our youth registered in SFNSC programming participate. All Jackrabbits were automatically registered (parents did not have to sign children up and pay a fee on Zone4), but everyone still had the choice to not race. Start time was 10:30AM. The time trial was a classic race, interval start, following the Long Term Athlete Development class divisions. All time trial racers were awarded a unique participation ribbon at the finish line Snowfest clay medals were awarded at the pasta dinner banquet on that Saturday evening. The Hot Dog Team served 400 hot dogs, pulla, and hot chocolate under the blue Club tent.

Racing Rabbit skiers were offered registration fees for the Maple Syrup Stampede to be covered by the program; one member participated on February 6th. The Ontario Midget Championships were hosted at Kawartha Nordic on February 27-28th and two of our young skiers (not on race teams) participated.

Track Attack skiers were invited to participate in the Mabel Lake Ski Tour on February 28, 2016 and fees were to be waived; however, the invitation was late to go out. Next year, plans to include it as an event for this group of children will be made.

The Jackrabbit Olympics event on March 5th was successful. Games included a Mad Dash, Obstacle Course, Jackrabbit Javelin, and Biath-a-Gong. Participants met on the ball field and did a warm up all together to music. Track Attack skiers managed one of the games. A hot dog social and cookie medals followed the morning's fun.

The Family Ski Day, normally held on the Pinder trail system in reverse direction, was modified due to the quick deterioration of the trails on March 12th. The event was publicized as a club wide event. Jackrabbit toys were set up around the ball field area and families were encouraged to ski the trails and play. The barbecue was set up by the KinCentre parking lot and served leftover sausages and cookies from Hiawatha Snowfest.

The annual Club Awards Banquet started an hour earlier this year; doors opened at 4PM and supper was served at 5PM. Each athlete received a package that included a participation medal, a certificate, and a class photo. Children graduating from Level Four were also given a letter inviting them to join Racing Rabbits. All children were given a note concerning equipment requirements for next year (i.e., Level 2 and younger on waxless skis, Level 3 and up on wax skis). A new addition to the program this year was the presentation of the Track Attack group's YouTube video.

Throughout the season, family members and friends of Jackrabbits stepped up to help when there was a need for an extra adult to ski along a class, to open juice boxes, or sculpt moguls for a ski playground. Our program continues to build community and encourage full family participation.

## **Junior Race Team Season Highlights**

The Junior Ski Team was comprised of eight boys and trained on-snow every Tuesday, Thursday, and Saturday. Many of the juniors were able to enjoy competing at local events which included a 2 km classic interval start race at Hiawatha Snowfest and a 7 km mass start classic race at the Maple Syrup Stampede on St. Joseph Island. Six members raced at the Ontario Midget Championships where they participated in a 3 km interval start classic race, a 3 km mass start freestyle race, and a 3 x 625 m mixed team relay race. Many personal bests were achieved and it was a great opportunity for the young racers to both meet and compete against the top skiers in the province. The juniors would like to thank wax technician Ray Gingras for preparing their skis for each race as well as both coaches Greg Prodan and Ian Sinclair who travelled with them to Midgets.

## **Senior Race Team Season Highlights**

The Soo Finnish Nordic Senior Ski Team included 13 youth who trained year-round from June to March. Athletes did a combination of dryland training activities including running, roller skiing, cycling, and strength work in the off season. Once the snow arrived, the athletes met three times a week for team practices, and team members train on their own during the rest of the week.

The seniors competed at several races throughout the season, from the club level to the national level. They travelled across the province, including races in Thunder Bay, Gatineau (Quebec), Temiskaming, Peterborough, and perhaps the furthest distance Soo Finnish Senior Team members have gone - Whitehorse! Members also participate in local events such as the Hiawatha Snowfest and the Maple Syrup Stampede. I couldn't be more proud of their achievements this year. Highlights include Declan's two medals at Easterns, and double gold performance at Midget Championships, Gavan's bronze and silver medals at Midget Championships, and Sebastien's fourth place finish at the sprints in Temiskaming.

## **Biathlon Bears Season Highlights**

Biathlon Bears, an introductory program to biathlon, practiced skiing on Saturday mornings with Jackrabbits or Track Attack and met on Wednesday evenings to work on air rifle target shooting at Anna McCrea Public School. The shooting component started November 18, 2015 and finished March 9, 2016.

Three members attended the Blind River Invitational on March 12, 2016; they performed well and had fun.

Appreciation goes out to Mike Hertz for leading the group this year.

## Volunteers

VP Programs	Amy Wheeler Reich, Joanna MacDougall
Ski Team Administration	Tracy Gingras, Amy Wheeler Reich
Jackrabbit Administration	Diane Charron-Bishop, Matthew Towle, Cassandra Nielsen
Registrar	Cassandra Nielsen, Anna Moody
Time Trial	David Baldwin, Laurie Carlyle
Hot Dog Crew	Tyler Moody, Davey Taylor, Jennifer Mealey
Photography	Jennifer Foote, Lawrence Chong, Monique Wester, Anna Moody, Amy Wheeler Reich, Darren Linqvist, Joanna MacDougall
Jr Bunnyrabbit	Nichole Murray, Julia Robertson, Liliana Speck, Diane Charron-Bishop, Jennifer Nieson, Ian Post
Sr Bunnyrabbit	Carl Rosso, Vivian Hall, Claire McLean, Cassandra Nielsen, Shannon Ramsay, Luke Kahtava, Ella Santana
Level One	Jodie Stewart, Paul deBeer, Heath Bishop, Matt Towle, Steve Holmes, Michelle Delorme, Sharon Quinn, Wes Hill, Nathan Hallett
Level Two	Janice Kloss, Mary Ann Linqvist, Terry Bariciak, Bobbi Rushon, Andrew Quon, Catherine Quon
Level Three	Darren Linqvist, Hanna-Liisa Linqvist, Wendy Meraglia, Neil Cruickshank, Taylor Fawcett
Level Four	Joanna MacDougall, André Riopel, Andrij Kubin, Charlotte Reich
Racing Rabbit	John Santana, Joe Reich, Phil Dopp
Track Attack	Rob MacDougall, Don Hall, Marjorie Hall
Spare Coaches	Maxine Orr, Michael Irvine
Para Nordic	N/A
Junior Ski Team	Greg Prodan, Ian Sinclair
Senior Ski Team	Erin Mallinger, Lawrence Foster
Biathlon Bears	Mike Hertz, Matt Towle