



## AWCA-CRTG 2015-2016

CAPITAL REGION TRAINING GROUP

A Regional High Performance Athlete  
& Coach Development Program for  
Central and Northern Alberta.

### Sanctioned & Supported by





## INTRODUCTION

The Capital Region Training Group is a team of dedicated high-performance cross country ski racers who reside in Alberta's Capital Region; are from various youth development clubs; train together regularly; and who aspire to someday be national and international cross country ski champions. The CRTG was conceived of by athletes to create a platform to support their training and competition goals. The resulting program delivers detailed individualized training programs, weekly coaching, sport science support, a full range of high performance training camps, access to a variety of high quality coaching input, an integrated and well monitored strength & conditioning program, and a race support system at all NorAm events. Additionally, the program provides excellent opportunities for the athletes to gain leadership experience through a series of athlete development camps where they will lead and inspire younger athletes in the Capital Region. Athletes on this team are supported by a combination of well-trained and experienced coaches in the Edmonton region; as well as a diverse range of high performance professional specialists created through a unique partnership with one of Canada's leading National Training Centres, the Alberta World Cup Academy, based out of Canmore, Alberta.

**Eligibility** - An *Athlete* is eligible to become a member if she/he:

- Is committed to the sport of cross country skiing as their primary sport;
- Is training on a year-round basis with over 400 hours recorded in the previous 12 months (consideration given to athletes who are prepared and ready to commit to 400 hours in the current year);
- Has at least 2 full seasons of ski training and racing experience;
- Currently resides in the Capital Region (or central Alberta);
- Is a registered member with a club currently sanctioned by CCA/CCC;

**Acceptance** – An *Athlete* will be accepted as a member if the athlete:

- Meets all the *Athlete* eligibility requirements;
- Supports the shared values of the society;
- Agrees to the CRTG Team commitments, as annually approved by the membership;
- Pays the annual society membership fee and the annual core program fees; (**Note: membership fees are separate from program fees**)
- And if the current budget & resources of the society are sufficient to accommodate the athlete as a member.

### CRTG SHARED VALUES:

- All members will be active and positive communicators with each other and with all related partners in support of CRTG training and competition activities.
- All members will collaborate and communicate positively and respectfully.
- Recognition of the CRTG Team and the athlete's home clubs is valued by all members of the society.
- All CRTG athletes will retain a membership with their home clubs and will recognize their home club on their racing license and in their race registrations.
- All CRTG athletes will race with CRTG as their "Team" and will register on their racing license and in race registrations as being a member of the Team.
- All members (athletes, coaches, and volunteers) believe in being positive and active role models for their home club and will make their best effort to connect with youth development skiers and coaches in their home club several times a year.
- All members value the strength of all regional development clubs and will endeavor to share CRTG related experiences with all clubs in the region wherever possible.
- All members and partners of the society value the pursuit of educational goals at the same time as athletic goals.



**The Academy Network**

The Alberta World Cup Academy initiated a partnership with CRTG (regional high performance team) to provide prospective athletes with a more diverse set of options as they consider their personal path to national and international excellence. The network consists of athletes from clubs across Canada. The combination of the core AWCA Training Centre Team and the Regional Teams form an emerging network that will enhance the ability to provide the highest quality athlete support services possible to a wider geographic ski community.

**Regional Outreach Programs**

Additional benefits of the AWCA Network include access to club coaching seminars and multi-club camp opportunities that will be available to clubs, youth, and development coaches throughout the Capital region. The athletes in CRTG and the Academy believe in giving back to their clubs as they recognize the important role they have to inspire and motivate younger skiers in the sport. The volunteers and coaches in the Academy Network believe that creating positive collaborative learning opportunities is essential to improving both the participation levels and the quality of skiing throughout the cross country ski community.

It is estimated that the 2015-2016 AWCA Network will directly support approximately 25 high performance athletes representing 12 different youth development clubs. It is estimated that its outreach programs will encompass over 30 youth development coaches that will benefit over 500 young cross country skiers in communities throughout central and northern Alberta.

**ALBERTA WORLD CUP ACADEMY**

The Alberta World Cup Academy (AWCA) is a vibrant, inclusive National Training Centre based out of Canmore, Alberta that provides high-quality programming, in a cost effective manner. We are partners with Cross Country Canada, Cross Country Alberta, and the high performance ski community in Canada. We are nationally and internationally recognized as leaders in athlete development; and capitalizing on high quality human resources is the cornerstone of our success. We provide opportunities to those athletes and coaches who show the aptitude to become internationally successful, and have a strong drive and desire to represent Canada internationally. In the main Academy Team, our coach to athlete ratio is maintained at 8:1, which enables us to provide a holistic approach where the needs and interests of the athletes are addressed individually.

**Alberta World Cup Academy Network**





## 2015-2016 AWCA-CRTG TEAM PROGRAM

It is important to recognize that all services provided through this program are subsidized through extensive volunteer contributions of time and expertise; through fundraising and sponsorship support received from generous supporters of the program; and through the efficiencies created by collaboration among coaches, parent-volunteers, clubs and all the professionals and volunteers in the Academy Network.

### PROGRAM HIGHLIGHTS:

- A flexible program that supports athletes who wish to finish high school and/or pursue post-secondary education at one of the many post-secondary institutions in the Edmonton area (University of Alberta, McEwan University, the Northern Alberta Institute of Technology, Concordia College).
- Detailed individualized training plans which focus on short and long term goals of the athletes (in consultation with club coach, where applicable).
- Training programs, practices, and camps will be guided by professional and volunteer coaches; with support and guidance from national level sport physiologists, strength and conditioning specialists, and physiotherapists.
- Athlete to coach ratio of no more than 12:1
- Integrated and collaborative athlete support systems with the AWCA Network of services.
- Race Support at Canadian NorAm series & Canadian National Championships
- Preparations for qualification races for National Team international competition opportunities
- Race support at Alberta Cup races where necessary or requested.
- Guidance and advice on how to effectively pursue developing personal sponsorship supports.
- Prepare athletes for qualification to the National Training Centre Team (AWCA) and/or other National Team programs.
- Assistance, if required, will be provided in finding a host family in the Edmonton area.

### FULL PROGRAM A: \$1,085/Year

Payment Schedule: \$260 (May 1) + \$75/month (June-March)

#### Full Program includes:

- Weekly coaching May 1 to March 31
- Individualized Training Plans
- National & Regionally integrated high performance strength/conditioning and sport science support
- Team uniform and warm-ups
- Annual Society *Athlete Membership Fee*
- Access to the following additional services (at additional cost but at "Team Rates"):
  - Full Race Support Services at all NorAm events
  - Regional, National and International Camp options
  - Leadership Development Opportunities
  - Advice from AWCA Network coaches
  - Equipment sponsor and supplier opportunities

### FULL PROGRAM B: \$975/Year

Payment Schedule: \$260 (May 1) + \$65/month (June-March)

This program is **only** for athletes not living in the Edmonton region from May to August and who are, therefore, unable to take part in any weekly practices from May to August due to work, school or family reasons. **Program B** includes:

- All items included with **Full Program A**, but with Weekly coaching **only** from Sept. 1 to March 31

### PARTIAL PROGRAM (DISTANCE): \$755/Year

Payment Schedule: \$260 (May 1) + \$45/month (June-March)

This program is **only** for athletes living outside of the immediate Edmonton region for the whole year and who are, therefore, unable to take part in any weekly practices. The **Partial Program** includes:

- All items included with **Full Program A**, except for weekly practices, the strength & conditioning program, and the team uniforms.

**Note 1:** In-Province personal transportation costs are not included in the Team Fee. For out-of-town camps & competitions where the team will be staying together, best efforts will be made to minimize accommodation and food costs. Out-of-province trip fees will be set per trip.

**Note 3:** Access to some of the AWCA-CRTG services will be possible for non-member athletes from time-to-time at unsubsidized rates. Any non-member interested in these opportunities will be considered on a case-by-case basis; and through discussions with the athlete, their parents (in the case of minors) and the athlete's coach.

**Team Registrations and/or Questions:**  
Contact Glen Cowper at [kayakski@shaw.ca](mailto:kayakski@shaw.ca) and/or see bottom of page 7



### INDIVIDUALIZED TRAINING PLANS

All athletes accepted on the team are required to have an individualized training plan that is aligned with the systems and standards of the AWCA Network.

All AWCA-CRTG athletes will be provided an individualized training plan by early May of each year and their program will be adjusted and/or monitored at least once every two weeks throughout the year.

Once athletes have become part of the AWCA-CRTG program they will be contacted by the CRTG Team Manager/Coordinator to discuss the plans for getting their individualized training plan built.

### WEEKLY TRAINING

All athletes on the team will be provided with weekly training prescriptions that align with their individual training programs. While most of the athletes' training hours will be self-directed or athlete-coordinated, regular "Coached" Team Practices will be provided each week except when out-of-town camps are taking place. Weekly Training practices will begin on May 6, 2015 (after the Opening Team Camp). A full schedule of weekly practices will be distributed at the beginning of each month. Practices will be coached mostly by CRTG coaches but guest AWCA coaches will also be involved.

### COMPETITION SUPPORT

All athletes on the team will be provided full race support services and coaching at all NorAm competitions. Each trip will be packaged and priced separately in the Fall of 2015. For planning purposes, the following are estimates for next year's trip fees (includes accommodations, ground transport, coaching, and wax support):

- NorAm 1-2: \$400
- NorAm 3-4: \$400
- 2016 Westerns/NorAms: \$500
- 2016 Easterns/NorAms: \$500
- 2016 Nationals: \$1,000

Support at Alberta Cup races will be available where necessary or requested @ \$30/day

### FIELD & LAB TESTING

High performance field and lab testing, related coaching, and monitoring are all essential elements to achieving successful performance outcomes. An internationally recognized exercise physiologist who has worked extensively with high performance winter sport athletes is a primary advisor in designing this testing program. The program is coordinated under the leadership of the Alberta World Cup Academy with active support from AWCA-CRTG coaches directly working with the athletes in the Capital Region.

### STRENGTH & CONDITIONING

All athletes on the team have access to a strength & conditioning program designed by the National Ski Team strength coach; coordinated through the Canadian Winter Sport Institute and the Alberta Sport Development Centre – Capital Region; and in close consultation with the coaches of the AWCA and the AWCA-CRTG coaches. While each athlete will be given a customized strength & conditioning program to follow, regular strength and conditioning sessions will be run in the Capital Region starting in May of each year.

Athletes that are absent from the regular strength and conditioning sessions will be provided a customized strength and conditioning program to follow with the local resources they have available.

The following schedule outlines some of the key dates where strength and conditioning will be assessed and where field and lab testing will take place. A detailed weekly strength & conditioning schedule will be provided at the beginning of each month.

#### Schedule:

| Camp         | Dates      | Location       | Cost                  |
|--------------|------------|----------------|-----------------------|
| Team Camp #1 | May 1-3    | Canmore        | Included in Team Fees |
| Team Camp #2 | May 30-31  | Capital Region | Included in Team Fees |
| Team Camp #3 | June 6-7   | Canmore        | \$80.00               |
| Team Camp #4 | July 18-19 | Canmore        | Included in Team Fees |
| Team Camp #5 | July 25-26 | Capital Region | Included in Team Fees |
| Team Camp #6 | Sept. 4-7  | Canmore        | Included in Team Fees |
| Team Camp #7 | Oct. 23-25 | Canmore        | \$120.00              |
| Team Camp #8 | Nov. 11-15 | Canmore/LL     | \$160.00              |

**Camp Fee Note:** All camps above include accommodations and food. Where there is no camp fee, all costs (except food) are included within the annual Team Fee. Where there is a fee, it is charged to offset costs of accommodations. All coaching and testing costs are included in the Annual Team Fee.

**Transportation Note:** All personal transportation costs for these camps remain the responsibility of the athlete.

**Participation Note:** To get full value out of these services, it is recommended that athletes participate in all Team and Monitoring Camps. If athletes don't think they can attend one or more of the camps, discuss this with the coaches as soon as possible.





## AWCA-CRTG TRAINING CAMPS

### Core Team Training Camps

| Camp Title             | Location       | Dates      | AWCA-CRTG Camp Cost                 |
|------------------------|----------------|------------|-------------------------------------|
| Team Camp #1 (Opening) | Canmore        | May 1-3    | See cost and notes on previous page |
| Team Camp #2           | Capital Region | May 30-31  | See cost and notes on previous page |
| Team Camp #3           | Canmore        | June 6-7   | See cost and notes on previous page |
| Team Camp #4           | Canmore        | July 18-19 | See cost and notes on previous page |
| Team Camp #5           | Capital Region | July 25-26 | See cost and notes on previous page |
| Team Camp #6           | Canmore        | Sept. 4-7  | See cost and notes on previous page |
| Team Camp #7           | Canmore        | Oct. 23-25 | See cost and notes on previous page |
| Team Camp #8           | Canmore/LL     | Nov. 11-15 | See cost and notes on previous page |

### Optional Team Mountain Camps

| Camp Title              | Location        | Dates           | AWCA-CRTG Cost                           |
|-------------------------|-----------------|-----------------|--|
| Sunshine Camp           | Sunshine Resort | May 16-18       | \$250.00 (may be reduced closer to camp) |
| Mountain Adventure Camp | Jasper Area     | June 27-June 30 | \$100 (camping & food extra)             |
| Haig & Canmore Camp*    | Kananaskis      | August 8-16     | \$850/Athlete (includes food & accom.)   |

\*Note: This camp is at the same time as the Norway Camp; it is for those CRTG athletes that either cannot go to Norway or choose not to.

### Optional Specialty Team Camps (extra per camp fees applicable; limited space, selections may apply)

| Camp Title                | Location | Dates            | Cost              |
|---------------------------|----------|------------------|-------------------|
| International Junior Camp | Norway   | Early-Mid August | TBD by early June |

Note: The final roster-filling procedure for the Norway Camp will be determined by mid-May. Final group attending should be decided by early to middle of June. Athlete commitments (payments) will be required by July 1<sup>st</sup>.

### Regional CRTG Team Training & Leadership Development Opportunities

**Note:** No fees will be charged for CRTG athletes for these local camps as the camps will be a combination of training/technique for the CRTG athletes and other portions will involve giving the CRTG athletes the opportunity to lead younger skiers from around the Central Alberta Region.

| Camp Title       | Location       | Dates       |
|------------------|----------------|-------------|
| Regional Camp #1 | Capital Region | June 13-14  |
| Regional Camp #2 | Capital Region | July 25-26  |
| Regional Camp #3 | Capital Region | Sept. 26-27 |
| Regional Camp #4 | Capital Region | Oct. 10     |



### AWCA-CRTG Full Program A Team Fee Structure & Summary:

It is important to recognize that all services provided through this program are significantly subsidized through extensive volunteer contributions of time and expertise; through fundraising and sponsorship support received from generous supporters of the program; and through the efficiencies created by collaboration among coaches, parent-volunteers, clubs and all the professionals and volunteers in the Academy Network.

| Base Fees          |                | Camp Fee                |                | Trip Fee Estimate    |                | Flights |
|--------------------|----------------|-------------------------|----------------|----------------------|----------------|---------|
| Date Due           | Amount         | Recommended Core Camps* |                |                      |                |         |
| <b>May 1</b>       | <b>\$260</b>   | Team Camp #1 (May)      | None           | NorAm 1-2            | \$400          | Extra   |
| June 1             | \$75           | Sunshine Camp (May)     | \$255          | NorAm 3-4            | \$400          | Extra   |
| July 1             | \$75           | Team Camp #2 (May)      | None           | 2016 Westerns/NorAms | \$500          | Extra   |
| August 1           | \$75           | Team Camp #3 (June)     | \$80           | 2016 Easterns/NorAms | \$500          | Extra   |
| September 1        | \$75           | Team Camp #4 (July)     | None           | 2016 Nationals       | \$1,000        | Extra   |
| October 1          | \$75           | Team Camp #5 (July)     | None           |                      |                |         |
| November 1         | \$75           | Haig Glacier (August)   | \$800          |                      |                |         |
| December 1         | \$75           | Or Norway Camp          | TBD            |                      |                |         |
| January 1          | \$75           | Team Camp #6 (Sept)     | None           |                      |                |         |
| February 1         | \$75           | Team Camp #7 (Oct)      | \$120          |                      |                |         |
| March 1            | \$75           | Team Camp #8 (Nov)      | \$160          |                      |                |         |
| <b>Subtotal A:</b> | <b>\$1,085</b> | <b>Subtotal B:</b>      | <b>\$1,415</b> | <b>Subtotal B:</b>   | <b>\$2,800</b> |         |

|                                 |         |
|---------------------------------|---------|
| Estimated Annual Total (A+B+C): | \$5,300 |
|---------------------------------|---------|

**\*Camps Recommended here** do not include the Canada Camps (late-June & late-September) or the Norway Camp (August). If any AWCA-CRTG athletes are interested in participating in either of these camps they should express their interest as soon as possible. Locations for Canada Camps are still being finalized; Norway Camp costs and dates will be finalized by late May.

**Notes:** The above Trip Fees are “estimates”; Trip Fees will be billed based on “Actual Cost”. The AWCA-CRTG will make every effort to keep all trip costs as low as possible and successful fundraising will lower overall costs.

**Note for Non-AWCA Network Team Athletes:** Athletes that express interest in race support services will be considered on a case-by-case basis and, if accepted, they will be provided ski service support at a average daily rate of \$70/day

### 2015-2016 AWCA-CRTG TEAM PROGRAM REGISTRATION

Interested athletes should send an email to Glen Cowper at [kayakski@shaw.ca](mailto:kayakski@shaw.ca) with details describing, affirming and/or confirming the following:

- Personal Contact Information: Name, Email Address, Mailing Address, Cell #, Home Phone #
- Performance Information: FIS#, CCC#, Best CPL Points Achieved at a race; Personal Best CPL end of season (Distance and Sprint), Top 5 results in the last two ski seasons (event/race/position)
- Estimated Training Hours Last Year (Aerobic + Strength):
- I am committed to the sport of cross country skiing as my primary sport and my short, medium and long-term goals are .....
- Number of full seasons of ski training and racing experience
- Home Club:
- Confirm that you support the shared values of the society (see page 2)
- Agree to the CRTG Team commitments, as annually approved by the membership (see pages 4, 5, 7, & 8)
- Pays the annual society membership fee and the annual core program fees  
(**Note: membership fees for athletes are included in annual program fee**)



## AWCA-CRTG ATHLETE RESPONSIBILITIES

### ***Training Plans***

Athletes will be provided with comprehensive training plans based on their individual development as an athlete and focused on their individual goals. Training plans will be developed in consultation with the athletes' previous, and/or current, coach (where applicable) but all athletes will follow their AWCA-CRTG Training Plan as their "primary" guide for the year. Training plans will include, but not be limited to:

- Age appropriate year round prescription that sequences volume, intensity, strength, and psychological training
- Regular monitoring and adjustments based on Athletes changing circumstances and needs
- Education on health maintenance, recovery & relaxation techniques
- Sequencing of the most effective ways to improve technique.

### ***Uniforms***

- Team racing and training clothing will be provided.
- Athletes will be expected to exclusively wear AWCA-CRTG Team clothing at all NorAm races, unless on National Team supported trips. The exception is that AWCA-CRTG athletes can wear their club uniform at all provincial level races, except where those races are NorAm races. In all races, however, all AWCA Network Athletes are expected to wear their Jackets in all podium presentations.
- A club logo may be displayed on the racing suit and on the training jacket with the location and size of the representation to be determined at the AWCA Program Director's discretion.
- Racing and training clothing will accommodate commercial markings leaving room for each athlete's club logo. Allowance for individual sponsors will be made at the discretion of the Program Director.

### ***Training Equipment***

- Athletes will be expected to have: classic and skate roller skis & poles (as well as helmet & reflective shirt/vest); racing skis, boots and poles for both classic and skate skiing; rock skis for marginal conditions; good quality trail running shoes; training water belt; and a fully functional heart rate monitor.
- Other equipment and clothing recommendations will be discussed with each athlete after they have registered.

### ***Athlete Responsibilities***

- Athletes are expected to communicate any concerns or suggestions in an open and respectful manner. Athlete feedback is encouraged throughout the AWCA Network so that continuous improvements can be achieved.
- Athletes will be expected to log and report all training in a timely manner.
- All athletes are responsible for providing and maintaining an appropriate and functional inventory of summer and winter training equipment, clothing, and footwear.
- Sponsors are important to the survival of the Academy and its network of teams. Athletes are, therefore, expected to conduct themselves in a manner that reflects well on the Academy, AWCA-CRTG, and their sponsors at all times.
- Athletes will be asked to communicate with and service sponsors from time to time during the year as defined by the AWCA Program Director and, in the case of AWCA-CRTG, by the Coordinating Coach.
- Sponsorships for skis, boots and poles will be the responsibility of each athlete. The Academy Network will, on a best effort basis, facilitate sponsor relationships.
- Wax and ski service sponsorship will remain the domain of the Alberta World Cup Academy. Athletes will be expected to support and promote Academy Network sponsors.
- Athletes will attend and support community service with their home club
- AWCA-CRTG Athletes are encouraged to volunteer as much as possible for a youth program in a regional club, at regional camps, and/or at youth events. AWCA-CRTG athletes will be asked to record their volunteer hours in the recording log provided.





## 2015-2016 REGIONAL OUTREACH PROGRAMS

The following AWCA Network programs are designed to generate regional multi-club collaborative experiences, while creating opportunities for club coaches and athletes to learn and share new ideas. Programs will be facilitated and/or led by AWCA Network coaches.

### AWCA COACHING SEMINARS

Intended for club coaches of athletes in the Learn-To-Train and Train-To-Train stages, these seminars will include, but will not be limited to, the following key topics:

- Ski technique improvement for classic and skate
- Technique Improvement & Progressions for L2T and T2T age groups
- Systematic approach to providing feedback to athletes that respects multiple coach inputs
- Waxing & equipment selection
- Strength and Conditioning Overview
- Creating an effective race support environment

#### Capital Region Coaching Seminar Schedule:

| Session   | Dates          | Location       | Cost    | Areas of Focus  | Facilitating Coaches |
|-----------|----------------|----------------|---------|---|----------------------|
| Season #1 | May 24         | Capital Region | \$75.00 | Baselines, RS, Training Programs, Trail-Running & Strength                                    | AWCA & CRTG          |
| Season #2 | June 13-14     | Capital Region | \$75.00 | Integrated with Regional Athlete Development Camp (Field-Testing/Technique, etc.)             | AWCA & CRTG          |
| Season #3 | July 25-26     | Capital Region | \$75.00 | Integrated with Regional Athlete Development Camp (Regeneration, Mental Training, Monitoring) | AWCA & CRTG          |
| Season #4 | Sept. 15 (eve) | Capital Region | No Fee  | Technique Talk & Fall Intensity Practices, and Creating an effective Race Support Environment | AWCA & CRTG          |
| Season #5 | Sept. 17 (eve) | Capital Region | No Fee  | Creating an effective Race Support Environment  | AWCA & CRTG          |
| Season #6 | Oct. 25        | Canmore        | \$75.00 | Technique & Race Season Preparation   | AWCA & CRTG          |

Interested in registering, please send email to: [kayakski@shaw.ca](mailto:kayakski@shaw.ca)

### AWCA-CRTG REGIONAL ATHLETE DEVELOPMENT CAMPS

Open to athletes in the 12 to 15 age range, these fun multi-club camps will include ski technique improvement for classic and skate, trail running, as well as agility and field testing. Athletes from the AWCA and the AWCA-CRTG teams will also be training during these camps so attending younger athletes will have the opportunity to learn directly from these more experienced athletes.

**Note:** Some of these camps coincide with our Coaching Seminars; discounts of 25% for coaching seminars will be applied for those coaches who have athletes in these camps. Camp fee includes coaching; transportation and food are the responsibility of the athletes. Parents are encouraged to attend all camps.

#### Capital Region Midget/Juvenile Athlete Development Camps

| Camp Title                | Coaching  | Dates       | Camp Fee     |
|---------------------------|---|-------------|--------------|
| Regional Camp #1 (Open) * | These camps will be led by AWCA-CRTG Coaches & attending Regional Coaches; with some camp sessions being led by AWCA-CRTG Athletes. | June 13-14  | \$20/Athlete |
| Regional Camp #2 (Open) * |   | July 25-26  | \$20/Athlete |
| Regional Camp #3 (Open) * |   | Sept. 26-27 | \$20/Athlete |
| Regional Camp #4 (Open) * |   | Oct. 10     | \$20/Athlete |

Interested in registering, please send email to: [kayakski@shaw.ca](mailto:kayakski@shaw.ca)



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## COACHING & TECHNICAL SUPPORT

The AWCA Network has assembled a wide variety of high quality coaching and technical expertise that will benefit all AWCA Network athletes. The following provides an introduction to the coaches & technical support available within the Network.

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### **Mike Cavaliere**

ALBERTA WORLD CUP ACADEMY DIRECTOR

Mike co-founded the Academy in 2008 with support from the Alberta World Cup Society. Under his leadership, the Academy has grown into the largest and most successful National Development Centre in Canada – with the distinction of being one of two National Training Development Centres in the country and the only one in Western Canada. Mike brings both national and international experience, as well as a keen insight into developing successful, high performance Athletes and Coaches for the National Team. Prior to founding the Academy, he served as the Coach of the National Team – producing Canada’s most successful Olympic Winter Games in history, winning Gold (Women’s Sprint) and Silver (Women’s Team Sprint) at the 2006 Olympics in Torino, Italy. Alberta World Cup Academy Athletes consistently dominate the Nationals, earning a total of 87 podium positions to date. Some Athletes have exceeded expectations, making their international debut while still with the Academy. Four Academy Athletes qualified for the 2014 Olympic Winter Games in Sochi, Russia and two qualified for the 2010 Olympic Winter Games in Vancouver. Mike has also contributed to developing Coaches for both the National Team and Clubs. Chris Jeffries and Stefan Kuhn, both achieved their NCCP Level 3 designation and are studying for their Level 4 at the National Coaching Institute in Calgary. Eric Groenveld, former Assistant AWCA Coach, is now the Head Coach at Foothills Nordic Ski Club in Calgary.

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### **Chris Jeffries**

ALBERTA WORLD CUP ACADEMY HEAD COACH

Chris joined the Academy in 2010 and became Head Coach in 2011. Prior to joining the Academy, he was Head Coach for Foothills Nordic Ski Club - one of the most successful club teams in Canadian cross-country history - where he led the club to two Canadian Club Champion titles. On the international stage, Chris coached at the 2009 World Junior Championships, was the U23 Coach at the World Juniors in 2013, and was Head Coach for the Canadian Team attending the 2015 Scandinavian B Tour. As an Athlete, Chris competed in the 2006 Winter Olympic Games in Turin, Italy. As a Member of the National Ski Team for 7 years, he also competed in two World Championships (2003, 2005) and numerous World Cups. He is a former National Champion in the 50km Classic (2006). Chris has his NCCP Level 3 certification and is completing his Level 4 with the National Coaching Institute in Calgary.

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### **Pavlina Sudrich**

ALBERTA WORLD CUP ACADEMY COACH

Pavlina will work alongside Head Coach Chris Jeffries in leading the direction of our team into the 2015/2016 racing season. Pavlina Sudrich is a well-known coach within the ski community. Originally from the Yukon, she ran the development program at Nakkertok for a number of years and was the Head Coach of Cross Country Ontario from 2011-2014. Sudrich, who has helped run the Canadian B Tours in Europe for the last two years, has just returned from the World Cup in Finland and recently joined us at the 2015 XC Nationals in Thunder Bay. Pavlina’s wide range of experience and unparalleled level of enthusiasm will not only strengthen the AWCA, but also contribute greatly to our national system as well as the Capital Region Training Group.

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### **Dr. Dave Smith**

CANADIAN SPORT INSTITUTE – DIRECTOR OF SPORT SCIENCE

[insert bio here]

### **Anna Aylwin**

CROSS COUNTRY CANADA – STRENGTH COACH

[insert bio here]

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### **Glen Cowper**

CRTG TEAM MANAGER & COACH (VOLUNTEER)

Glen has been involved in the sport of cross country skiing for over 30 years with a broad range of experiences from his early days as a Jackrabbit Leader & Course Conductor in the 1980's, to running coaching and instructor certification courses in the 1990's. He is a level 2 NCCP cross country ski coach, a level 4 CANSI instructor, and he has a bachelor degree in Physical Education. Over the years he has also enjoyed honing his waxing and race support skills at many NorAm races (including 7 National Championships), 8 Alberta Winter Games, and too many Alberta Cups to count. Glen will be one of the regular coaches running the weekly practices for the AWCA-CRTG Team. In collaboration with the other coaches, Glen will also work with athletes and coaches to design and monitor individualized training plans for as many team athletes as require them and he will coach at as many camps and competitions as possible. Glen has been a long standing member of the St. Albert Nordic Ski Club as well as a member of Edmonton Nordic Ski Club (1991-97, 2008-2011, & 2014-present), Foothills Nordic Ski Club (~1984-86) and the Rocky Mountain Jackrabbit Ski Club (1987-1991)

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### **Vaughn McGrath**

CRTG COACH & COACHING FACILITATOR (VOLUNTEER)

Vaughn has been involved in the sport for over 30 years. He has a bachelor degree in Physical Education, is a level 3 NCCP cross country ski coach, and has been a Learning Facilitator/Course Conductor for the XC NCCP coaching program for over 20 years. Vaughn was the provincial coach in New Brunswick from 1985-1989. During this time he developed his coaching experience by hosting and leading many provincial and regionals camps, and attending a 4 week International Coaching Experience (ICE) assignment with the NST in November 1986 in Labrador City, a ICE assignment with the NST in 1987 at world cup races in Eastern Canada, and a ICE assignment at the World Juniors in 1988. He lead Team New Brunswick at Eastern Nor Ams and National Junior Championships from 1986-1989 and at the CWG's in 2007 in Cape North, Nova Scotia. Since moving back to the Edmonton area, he has been a strong club and sport leader in the Capital Region for many years. Vaughn has been head coach at 4 Alberta Winter Games (2002, 2002, 2004, & 2006); a wax support volunteer at numerous other Alberta Games and Alberta Cups; did an ICE assignment with the National Team Program at the 2005 World Cup; and has led, or co-led, many regional and provincial training camps. Vaughn currently works full time with the Workers Compensation Board in Edmonton and resides in the City of Fort Saskatchewan. Vaughn will be coaching and contributing his considerable expertise and wisdom to the CRTG program, athletes, practices, camps, coaching seminars, and competitions as much as possible.

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### **Ian Murray**

CAPITAL REGION TRAINING GROUP COACH (CONTRACT)

Ian will be a key technical coach for numerous AWCA-CRTG Team camps and competitions throughout the 2015-2016 training year and will also work with, and advise, all CRTG athletes to help them pursue their goals. He has completed 6 (of 6) courses in the NCCP Competition Development Program through the NCI (National Coaching Institute) in Calgary. He has coached and/or been Team-Lead at several NorAm events in recent years; and he was a wax technician at the 2014 World Junior Biathlon Championships. As an athlete, Ian raced in 6 World Cups held in Canada between 2005 and 2012, with a best place finish of 49th. Ian is passionate about helping young athletes make good decisions in their sport, academics and in life. He has an undergraduate degree in Physics, and now lives, works and enjoys life helping others in Canmore, Alberta.

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### **Other Capital Region Coaches are welcome to help out with CRTG:**

The CRTG program is built upon a merging of volunteer and contracted coaching as well as other professional expertise. If other coaches in the Edmonton region are interested in contributing to, and being a part of, this program on a more regular basis, please contact us so we can meet and talk further about how to make the experience valuable to you and to the athletes.

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### **Capital Region Volunteers interested in being involved?**

The CRTG program is also very dependent on the support of numerous other volunteer efforts. If you have an interest in the sport and in helping young athletes achieve their goals, please contact us.