



# **Cross Country Ski and Biathlon Parent Handbook**

## Table of Contents

Understanding Highlands Nordic and Highlands Trailblazers.....	3
Cross Country and Biathlon Air Rifle Programs.....	3
Training Start Times.....	3
Equipment information.....	4
Classic Equipment.....	4
Skate information.....	4
The HTB Ski Swap.....	4
Biathlon Equipment.....	5
Rifles.....	5
Ammunition.....	5
Prone Cuffs.....	5
Family Service hours.....	5
Races and Race Schedule.....	6
Cross Country.....	6
Biathlon.....	6
Ski waxing.....	6
Glide waxing.....	6
Grip waxing.....	6
Parent role and responsibilities.....	7
Appendix 1: Typical Biathlon AR Training Day.....	8

## Understanding Highlands Nordic and Highlands Trailblazers

Highlands Nordic is the cross country ski resort where we come to ski. It is a for-profit corporation which brings in equipment, maintains trails, grooms the trails, etc.

Highlands Trailblazers is the not-for-profit volunteer run club that organizes the training and racing programs and events.

Complete information on this relationship can be found on [www.highlandstrailblazers.ca](http://www.highlandstrailblazers.ca)

## Cross Country and Biathlon Air Rifle Programs

The focus of the Level 5 Cross Country and Biathlon Air Rifle teams is the development of young athletes in a fun and active program:

- Athletes in the Level 5 Cross Country program will be placed in either Skill Development or Race Development by the coaches based upon ski skill acquisition.
- Athletes in the Level 5 Biathlon program will be placed by the coaches into one of three groups based upon skill acquisition.

Both programs are built on Canada's Long Term Athlete Development model.

<https://sportforlife.ca/long-term-development/>

A secondary aim is the development of an attitude of T.E.A.M.-Together Everyone Achieves More. To foster this, various strategies will be incorporated throughout the season. For example, we encourage racers to cheer on all their team-mates at races and not leave the race site until after the awards presentations.

Levels 6-8 Cross Country and Biathlon programs are race focused. Athletes will choose these programs based upon skill level, goals and commitment. Note program descriptions in [www.highlandstrailblazers.ca](http://www.highlandstrailblazers.ca).

## Training Start Times

### Ski Programs

**Start time for Levels 5 through 8:** 9:59, ready to be active.

**End time:** Noon

**Location:** Outside Big Brown Box - this is the portable in the upper parking lot.

### Biathlon Air Rifle

**Start time:** 12:45

**End time:** 2:45

**Location:** Air Rifle range

## Equipment information

All skiers (cross country and biathletes) need both classic and skate equipment

### Classic Equipment

#### Classic Skis

- Grip zone may be fish scale, skins or grip waxed
- Tip and tail are glide waxed

Classic boots - flexible, almost like a running shoe

Classic poles - fit uncomfortably in armpit

### Skate Equipment

#### Skate skis

- No grip zone, glide wax full length of ski
- Head height or slightly longer

Skate boots - stiff, taller than classic boots, have a stiff cuff

Skate poles-reach chin to lips

Combi boots - can be used for both classic and skate (recommended if you are buying boots)

Skis, boots, poles may be leased from Highlands Nordic (skis only to be used in good snow conditions)

## The HTB Ski Swap

The HTB Ski Swap will take place at the end of October. This is a good place to purchase equipment - especially "rock skis". Knowledgeable staff are on hand at the Ski Swap to guide athletes and parents on appropriate equipment purchases. We strongly recommend that skis be purchased only with their guidance during the Ski Swap.

## Biathlon Equipment

### Rifles

- Level 5 uses .177 air rifles. These are provided to athletes as part of their equipment and maintenance fees.
- Level 6 biathletes use Air Arms S400 air rifles, and these are owned by athletes or leased from HTB.

### Ammunition

- All ammunition (.177 pellets) is provided as part of the Equipment and Maintenance fees
- Level 7 and 8 biathletes use biathlon specific .22 rifles. The most commonly used .22 rifle is the Anschutz 1827F.

### Prone Cuffs

Prone cuffs are necessary for Levels 6 and above. Prone cuffs are provided to biathletes who require them. However, athletes are recommended to purchase prone cuffs from providers like Larsen and Anschutz.

## Family Service hours

HTB relies on members to perform many jobs and take on many roles in order for the club to function.

In 2019, the HTB Board initiated a “bond hour” program to assure that everything needed for the Club’s functioning was done.

Each family is responsible for a certain number of “work hours” based upon the program in which it is involved (Chipmunks, Ski Skills Development Program, Winter Adventure, etc.). At the end of the season, if the required number of Service Hours are not fulfilled, the credit card used at registration is debited. Our goal is to have a smooth working club, not to debit credit cards.

More information can be found on [www.highlandstrailblazers.ca](http://www.highlandstrailblazers.ca)

## Races and Race Schedule

### Cross Country

Level 5 Race Development is a beginner race program, so athletes attend at least 2 races during the season.

Level 6 is a race program; we focus on the Paraffin Race Series, which takes place in a number of the local ski areas, including Highlands Nordic. You can figure on arriving 1-2 hours before start time, racing, post race short cool down/ practice and awards ceremony. These events are good for both Level 5 Race Development and Level 6.

Levels 7, 8 are race programs.

See program descriptions at [www.highlandstrailblazers.ca](http://www.highlandstrailblazers.ca).

The culmination of the season for Level 5 Race development and Level 6 (age 13 & below) is the Youth Championships which usually takes place near the beginning of March. This is a multi day event which is highly anticipated by the athletes, coaches and families.

Registering for races on [www.zone4.ca](http://www.zone4.ca): as “Highlands Trailblazers”

### Biathlon

Level 5 Athletes will participate in our local races hosted at Highlands.

Team members in Levels 6 through 8 are expected to participate in local and regional Biathlon and Cross Country races. Volume of races increase as biathletes progress.

The culmination of the season for Air Rifle athletes (across all levels) is the Ontario Air Rifle Championships which usually takes place near the end of February. This is a multi day event which is highly anticipated by the athletes, coaches and families.

### Ski waxing

- We will have wax clinic(s) for parents if desired.
- All skis need to be waxed (even “no wax” classic skis)
- How do you know which wax to use?

### Glide waxing

- Tip and tail of “no wax skis”
- Tip and tail of “waxable” classic skis

### Grip waxing

- On grip zone of “waxable” classic skis

## Parent role and responsibilities

### Your role as a parent of an HTB athlete:

- See Parent Code of Conduct [http://xcskiontario.ca/wp-content/uploads/2018/04/XCSO-Parental\\_Guardian-Code-of-Conduct-final.docx.pdf](http://xcskiontario.ca/wp-content/uploads/2018/04/XCSO-Parental_Guardian-Code-of-Conduct-final.docx.pdf)
- Support the goals of your athlete, other athletes, and the club
- Volunteer for jobs/roles as needed (see service hours)
- Help your athlete arrive on time for practices and events
- Support coaches, volunteers, and club officials to do their best job possible
- Remember; most coaches, all officials, and the Board are volunteers
- Help your athlete fulfill the Athlete Code of Conduct [Ontario Athlete Code of Conduct](#)
- Help your athlete fulfill team roles and expectations
- Help your athlete follow proper nutrition and recovery guidelines
- Recognize that athletes at this age need to have fun with their peers in order to grow as athletes/skiers
- Parents of air rifle biathletes are required to assist in setting up and tearing down the range (mats, targets, target strings, loading mags etc.) at each practice.
- Have Fun!

## **Appendix 1: Typical Biathlon AR Training Day**

Finish cross country skiing training at 12:00 noon.

Change next-to-skin clothes, hydrate, eat lunch, and recover from morning's workout.

### **Parents and athletes meet at the air rifle range at 12:45.**

Prepare range for training with assistance of parents:

- Setup paper targets
- Setup metal targets and lay out target reset ropes
- Layout wind flags
- Layout mats

Load ammo into magazines

Zero rifles

Training drills, games, and races.

Teardown range at end of day - reverse of setup.

**Expected finish time: 2:45**