



Highlands Trailblazers

Cross Country Ski

and

Biathlon

Parent Handbook



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Understanding Highlands Nordic and Highlands Trailblazers

Highlands Nordic is the ski area where we come to play. It is a for-profit corporation which brings in equipment, maintains trails, grooms the trails, etc. Highlands Trailblazers is the volunteer run club that organizes the programs and events.

Complete information on these programs can be found on www.htbski.ca

Cross Country and Biathlon Air Rifle Programs

The focus of the TA/Jr Devo and Biathlon Air Rifle teams is the development of the young athletes in a fun and active program. These programs are based upon Canada's Long Term Athlete Development model. <https://sportforlife.ca/long-term-development/>

Track Attack and Jr Devo fall under Learn to Train

Black Bears and Polar Bears are Learn to Train while Racing Bears and Biathlon Development Program are Train to Train.

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.

Training Start Times

Track Attack and Junior Development

Start time: 9:59, ready to be active.

End time: Noon

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

Note: Due to Covid 19, other meeting places may be necessary and those will be communicated ahead of the training session(s) as necessary.

Biathlon Air Rifle

Start time: 12:45

End time: 2:45

Location: Air Rifle range



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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". Due to Covid 19 restrictions, the dates/times may change. 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.



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Biathlon Equipment

Rifles

Black Bears and Polar Bears use .177 air rifles. These are provided to Bears athletes as part of their Equipment and maintenance fees.

Racing Bears and Biathlon Development Program 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

Prone Cuffs

Prone cuffs are necessary for Racing Bears and the Biathlon Development Program. Prone cuffs are provided to biathletes who require them. However, athletes are recommended to purchase prone cuffs from providers like Larsen and Anschutz.

Bond 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 (Jackrabbits, Track Attack, etc.). In order to assure that these are fulfilled, on registration, a post-dated cheque is issued; at the end of the season, it is returned if hours are fulfilled or deposited if not. Our goal is to have a smooth working club, not to deposit cheques.

More information can be found on www.htbski.ca

Races and Race Schedule

Cross Country

Track Attack is a beginner race program; while we do not insist that the athlete races, we highly encourage entering at least one or two events for the above reasons (T.E.A.M.).

Jr Devo 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 Track Attack and Jr Devo athletes.



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The culmination of the season is the Youth Championships which usually takes place near the beginning of March. This is a multi day event which is highly anticipated and is open to both Track Attack and Jr Devo teammates.

Registering for races on www.zone4.ca: as “Highlands Trailblazers”

Biathlon

Team members (excepting Black Bears) are expected to participate in local and regional Biathlon and Cross Country races. Volume of races increase as biathletes progress through the program.

- Booathlon, Duntroon - run and shoot, Sunday
- Snickers, Duntroon - Saturday and Sunday
- Q-cup: Chelsea (Gatineau), Friday to Sunday
- Ontario AR Championship (location TBD), Friday to Sunday
- Other Biathlon races as recommended by AR lead coach

Cross country races like SOD Paraffin and Ontario Youth Championship races as recommended by Biathlon AR lead coach.

Ski waxing

Due to Covid 19, waxing will take a different format (TBD) than in previous seasons.

- 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
- How?

Grip waxing

- On grip zone of “waxable” classic skis
- How?



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
- Support the goals of your athlete, other athletes, and the club
- Volunteer for jobs/roles as needed (see bond 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
- Have Fun!



Appendix 1: Typical Biathlon AR Training Day

Typical training day

Finish Track Attack or Junior Devo at 12:00 noon.

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

Parents and athletes meet at the 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