



TEAM R.A.D

Program Guidelines 2019-20

Introduction

Team R.A.D stands for **Real Athletic Development**. The program operates year-round for cross country skiers and biathletes, that are in the Learn to Compete and Train to Compete stage of development. The objective of the program is to provide top quality training and racing opportunities specific to athletes in this stage of development with the goal that these athletes will progress to a Cross Country Canada / Biathlon Canada National Team.

It's important to note that athletes accepted in the Team R.A.D program will be highly driven, committed to achieving a high level of performance and excellent team players.

Background

The Team R.A.D program started in May 2016 with a cross country program. The program delivered excellent results in it's initial year by qualifying 3 athletes on National Ski Team programs – Ty Godfrey and Reed Godfrey at the World Junior Championships and Russell Kennedy at the Norway and Canada World Cups. Several medals were won on the NORAM series and at the US Junior Nationals. In 2017-18, Russell raced for Canada at the 2018 Olympics in Pyeongchang, Ty and Reed raced at the 2018 World Junior Championships in Goms, and Aidan Millar raced for Biathlon Canada in multiple IBU and World Cups in 2018.

Fifteen athletes were accepted in the program this past season, and it was our best year so far. Evan Palmer-Charrette, Russell, Aidan, Sam Hendry, and Karly Coyne all raced at the World Championships. Emily Dickson race multiple IBU Cups in Europe and Sam, Reed, Karly and Anna Parent took part in the Canada Winter Games.

The Canmore Nordic Ski Club (CNSC) is a collaborative partner with Team R.A.D in the delivery of the program. CNSC has been operating for more than 29 years and currently has over 500 members. It offers a full range of programs aligned with the Long Term Athlete Development Plan and Sport for Life model. The role of CNSC in this program is to provide organizational, planning and coaching expertise in the development and delivery of the program. In addition, Team R.A.D shares various CNSC resources such as waxing facilities, waxing personnel, waxing equipment/products and office. Members of Team R.A.D are not required to race for the Canmore Nordic Ski Club (see note in fee section).

Overview

The program has four key components:

- high quality coaching specific to junior and early senior level to maximize performance and potential for success later as older senior skier/biathlete;
- constant monitoring using state of the art technology;
- personalized mental training;
- national and international racing experience

Athletes

Maximum team size is currently planned to be 12 athletes for 2019-20 with ideally an even gender split between male and female.

Partial Membership in Team R.A.D

When possible, additional athletes could join Team R.A.D for parts of the year (i.e training camps, summer months, race trips, etc ...). Fees will then be prorated. Athletes accepted in the partial program must be compatible with Team R.A.D objectives and the full-time athletes enrolled in the program.

Coaching & Support Staff - as of March 2019

Head Coach – Alain Parent

- Certified at Level 4 in the National Coaching Certification Program
- Bachelor of Science - Kinesiology
- National Junior Cross Country Ski Team coach for 8 years
- Canadian Team Leader at 8 World Junior Cross Country Ski Championships
- Coach at the 2002 Winter Olympics
- Wax technician at 4 World Championships
- Head Coach Team R.A.D (2016-19)

Biathlon Coach – Rachel Koroscil

- Bachelor of Physical Education and Bachelor of Education
- Competition Development Certified coach in biathlon
- Completed 2 years of Advanced Coaching Diploma
- Completed Apprenticeship program with Biathlon Canada in 2015
- Has coached with Biathlon Canada and Biathlon Alberta Training Centre
- Assistant coach at IBU Cup in Canmore 2015, World Youth/Junior Championships in Romania 2016, World Cup in Canmore, 2016, and World Championships in Hochfilzen, Austria 2017
- Has coached for 8 years, past 3 years with Canmore Nordic Ski Club, Lead biathlon Team R.A.D coach (2017-19)
- 2019 Canada Winter games coach for Alberta

Biathlon assistant coach – TBD

Sport Psychology - John Coleman

- Sport psychology consultant with Canadian National Biathlon Team
- Sport psychologist with the Canadian Cross Country and Biathlon Para Team
- Doctor of Philosophy (PhD), *Wonder and the possibilities of human performance*
- Sport psychologist with Team R.A.D (2016-19)

Physiotherapy – Hugh Simson

- Masters Degree in Physiotherapy from the University of Vermont
- Special interest in Active Release Techniques in the treatment of back, hip, knee, foot, and shoulder injuries
- Owner OneWellness Physiotherapy

Team Physician – Andy Reed

- Medical degree from the University of Newcastle Upon Tyne in the UK (1994)
- Certified by the Canadian Association of Sport and Exercise Medicine
- Lead Team Physician of the Canadian National Biathlon, Cross Country and Paranordic ski teams since 2005

We are continuously looking for specialists to get involved to make our team even better.

Draft Training Calendar

The program runs from early May to late March. Athletes that join Team R.A.D during the year in which they finish high school will also start the program in early May although full time training in Canmore may be delayed until the school semester is finished. The training season will include 5 or 6 training camps around and away from Canmore. Draft training camp schedule below:

Date	Training
May 1	Program start date; training sessions begin
May 2019	Camp #1- On snow and dryland camp
July 2019	Camp #2: Kaslo, BC
July 2019	Camp #3 Haig Glacier
August 2018	Camp #4 TBD
October 2019	Camp #5 High Altitude Camp

Draft Racing Calendar

Team R.A.D athletes participates in most NorAm Race Series. The Alberta Cup Series (Cross Country) or Calforex Cups (Biathlon) is often attended in order to practice racing skills. Biathlon and Ski Nationals will also be attended.

There might also be an international tour in 2019-20. Location TBD.

The Team R.A.D race schedule is flexible to accommodate individual athlete's race goals and schedule.

Facilities

Training mostly takes place at the Canmore Nordic Centre and at other outdoor locations in and around the Bow Valley. Team R.A.D has access to the CNSC Team Room at the Canmore Nordic Centre. Strength and conditioning training is at the Bill Warren Training Centre.

Program Fees

Program fees are \$5000

Program fees include:

- All coaching in training and races
- Access to BWTC gym
- Functional Screening Assessment and retest
- Ongoing medical monitoring via our team physician
- Personalized training program
- Personalized and group mental training
- Use of personal, state of the art monitoring technology
- Ski fleet testing

Not included in the program fees:

- Races and camps: travel, accommodation, food
- Canmore Nordic Centre Provincial Park annual pass
- Ground transportation to training
- Ski equipment
- Racing licenses
- Team R.A.D race and warm up suit
- Waxing cost at races (approximately \$400/yr)
- Race entry Fees
- Additional biathlon specific requirements:
 - ✓ Canmore Nordic Centre Provincial Park range pass
 - ✓ Ammunition
 - ✓ Rifle and shooting equipment
 - ✓ Biathlon Alberta/Canada Memberships

NOTE: Athletes not racing for Canmore Nordic (as per their racing licence) need to cover their share of coach/waxer expenses at races. This includes hotel, transportation, food, etc...

Community Integration and Support

It is recognized that athletes participating in Team R.A.D may be living away from home for the first time. We endeavor to find local families to billet athletes if they are interested in this option.

Application Process, Deadline and Additional Information

Athletes interested in applying to Team R.A.D or getting more information need to complete the Athlete Application Form and submit it by e-mail to Alain Parent at alain.parent@canmorenordic.com. We would like to name our team by May 1st, 2019, but we could accept more athletes after that date if there is room in the program.

TEAM R.A.D Athlete Application 2019-20

Name:	
Address:	
E-mail address:	
Phone #:	
Club:	
Sport:	Cross Country <input type="checkbox"/> Biathlon <input type="checkbox"/>
Date of Birth:	
Education Status:	

Why are you wanting to join Team R.A.D?

Highlight your past results and progression over the past 3 years

What are your short-term goals for cross country skiing or biathlon?

What are your long-term goals for cross country skiing or biathlon?