



EDC/CDT

Capital Development Team

Equipe Développement de la Capitale

Introduction

The Capital Development Team (CDT) is an all season program for both Cross Country Skiers and Biathletes that are in the Learn to Compete and Train to Compete stage of development. The objective of CDT is to offer training and racing opportunities to Junior and Senior men/women athletes and students who are looking at goals in the high performance arena of cross country skiing and biathlon. Athletes who are accepted in this program must be highly driven and committed to achieving their personal excellence.

Opportunity

The Capital Development Team hopes to give opportunity to those athletes who are looking to join a competitive team and/or a training group to add to or to supplement their activities on provincial, varsity or club team.

Within close proximity of three major Universities, as well as many CEGEPs and Colleges, this program offers the opportunity of nordic skiing at a highly competitive level while pursuing post secondary studies at a part time or full time bases.

One of the things that makes CDT so unique is that we offer training and racing to both cross country ski and biathlon athletes. This allows the athletes to gain experience and learn from both teammates and coaches within their own sport as well as from a neighboring sport. The Gatineau Park allows team members excellent cross training options such as trail running, mountain biking, road biking and paddling; all within close proximity.

Program Overview

- High quality coaching for junior, U23 and senior level to maximize the achievement of individual athlete and team personal excellence
- High performance, year-round physical training plan
- Monitoring of all training
- Personalized mental training plan
- National and international race experience

Athletes Selection

The CDT will be limited to a maximum of 12 members. 6 spots will be open for male athletes and 6 spots for female athletes. Team members will be selected by a committee consisting of the three coaches and a Chelsea Nordiq board member.

Partial Membership

When possible, additional athletes can join CDT for parts of the year (training camps, race support, etc). Partial membership fees will be prorated based on participation. Decisions will be taken by the Selection Committee on a case-by-case basis.

Biathlon

Biathletes who apply will benefit from training alongside high performance nordic athletes and will be able to maximize training partner potential, quality and variety of training. Athletes will partake in intensive shooting sessions and camps (coordinated with Quebec Biathlon, Biathlon Ontario and Biathlon Canada) throughout the year.

Coaching & Support

Head Coach- Maurice Samm

- Certified Competition Development Coach in NCCP
- Intro to Competition Biathlon Coach
- Bachelors of Arts in Physical Education, Outdoor Leadership, Environmental Sciences
- Bachelor of Education
- Head Coach of the Chelsea Nordiq Ski Club (2010-)
- Has coached many athletes to National and International podiums in Biathlon and Cross Country Skiing

Nordic Coach- Katie McMahon

- Competition Development NCCP Certification (2016-)
- Bachelor of Science- Kinesiology
- Masters in Sport Psychology
- Coach with the Chelsea Nordiq Ski Club (2013-)
- Manager of the Chelsea Nordiq Ski Club (2017-)

Biathlon Coach – Eric Schryer

- Biathlon & Nordic coach with Chelsea Nordiq (2015-)
- NCCP Competition Introduction.

Draft Training Calendar

Weekly Training Times:

Ski training:	Tuesday, Thursday morning, Sunday morning
Shooting training	Tuesday, Wednesday evening, Saturday morning.

Note: Training times are subject to change based on athlete need and coach discretion

Training Camps:

Jericho, Vermont:	July
Ottawa/Gatineau:	August
Lake Placid, New York:	September
Jericho, Vermont:	October

Draft Racing Calendar

Cross Country

Western Canadian NORAMs December

Eastern Cup Race December (depending on schedule add'l races in Vermont, New York, Maine)

World Junior/U23 Trials Races, January

Eastern Canadian Championships February

Quebec Cup (or other races) January to March

Biathlon

Noram Races in Canada and Eastern USA starting in December

World Youth and Junior Trial Races January

Eastern Canadian Championships February

Canadian National Championships March (depends on Provincial Qualification)

5 Quebec Cup Races January - March

Facilities and Equipment

The CDT's training facilities include, but are not limited to the Camp Fortune race trails and Biathlon Range. The majority of nordic summer/fall training will take place in the Gatineau Park, on designated running trails, bike paths or parkways.

Athletes are responsible for purchasing and maintenance of their own gym membership and all running, roller skiing, skiing, and biathlon equipment.

Renting of biathlon equipment can be discussed with the Chelsea Nordiq Ski Club.

Program Fees

Ski Training:

Summer: \$400

Fall/Winter: \$800

Shooting:

Summer: \$320

Winter: \$320

Program fees include:

- Coaching Fees for training and at races

- Physical and Mental Training program
- Team membership

Not included in the program fees:

- Race registration
- equipment rental or purchase
- Race weekend expenses (lodging, transport, waxing support, etc.)

Chelsea Nordiq has strong fundraising events that each athlete will need to participate in. These funds pay in part or in full wax and coaching expenses at races.

Application Process, Deadline and Additional Information

Interested in applying to the Capital Development Team?

Fill out the application form found at this link: <https://www.surveymonkey.com/r/32SY7QV>

Any questions, feel free to send them to us at manager@chelseanordiq.ca

The deadline for the summer 2017 application is **MONDAY JUNE 12th @11:59pm**

The team will be announced June 20th.