



NEW

MULTI-SPORT JUNIOR OLYMPIANS PROGRAM

**For Youth aged 10 – 14
aka the “J-O's”**

“The perfect outlet for all that youthful energy...”

OVERVIEW

The Rocky Mountain Racers ski club (RMR) has initiated a new multi-sport development program for youth – girls and boys. The Junior Olympians program (“J-O's”) will provide opportunities to experience and learn a variety of exciting sports, both summer and winter. This will be done in a way that captures fun and enthusiasm together with skill development.

A fall segment starting in mid-September 2011 includes hiking, mountain biking, running, biathlon shooting, and canoe or kayak opportunities. The winter segment starting in December 2011 emphasizes the Nordic sports cross country skiing and biathlon. Speed skating will also be included. The objectives of the program include development of “physical literacy” and physical conditioning in general, not only sport specific development. All program sessions will be conducted with a hearty group spirit and with high energy.

There are two J-O training groups: one based at Canada Olympic Park (COP) in Calgary, and the second based at the Canmore Nordic Centre (CNC). Each group has training sessions twice per week on assigned evenings. Combined group sessions are scheduled for several weekends. To facilitate the various sports activities, other venues will be utilized in addition to COP and CNC. There will be some competition opportunities.

The J-O program is being coordinated to a certain extent with existing RMR high performance athlete development programs, providing participants with opportunities to interact with Provincial, National, and International level athletes and coaches.

Through this program, participants can try several active sports, before ultimately making any decisions as to long term preferences.

COACHING

RMR has a wealth of experience in high performance athlete development, and a number of our athletes have ultimately represented Canada at the Olympic Winter games in the sports of Biathlon and Cross Country skiing. The J-O program will be under the guidance of our Head Coach, and led by an Assistant Coach with help from senior RMR athletes.

FOR FURTHER INFORMATION

Registration for the fall segment of the program is open until September 9, 2011 (up to ten participants in each of the two training groups). For further information about the Junior Olympians program, please contact RMR at: mike@rmracers.ca or lukemcgurk@hotmail.com