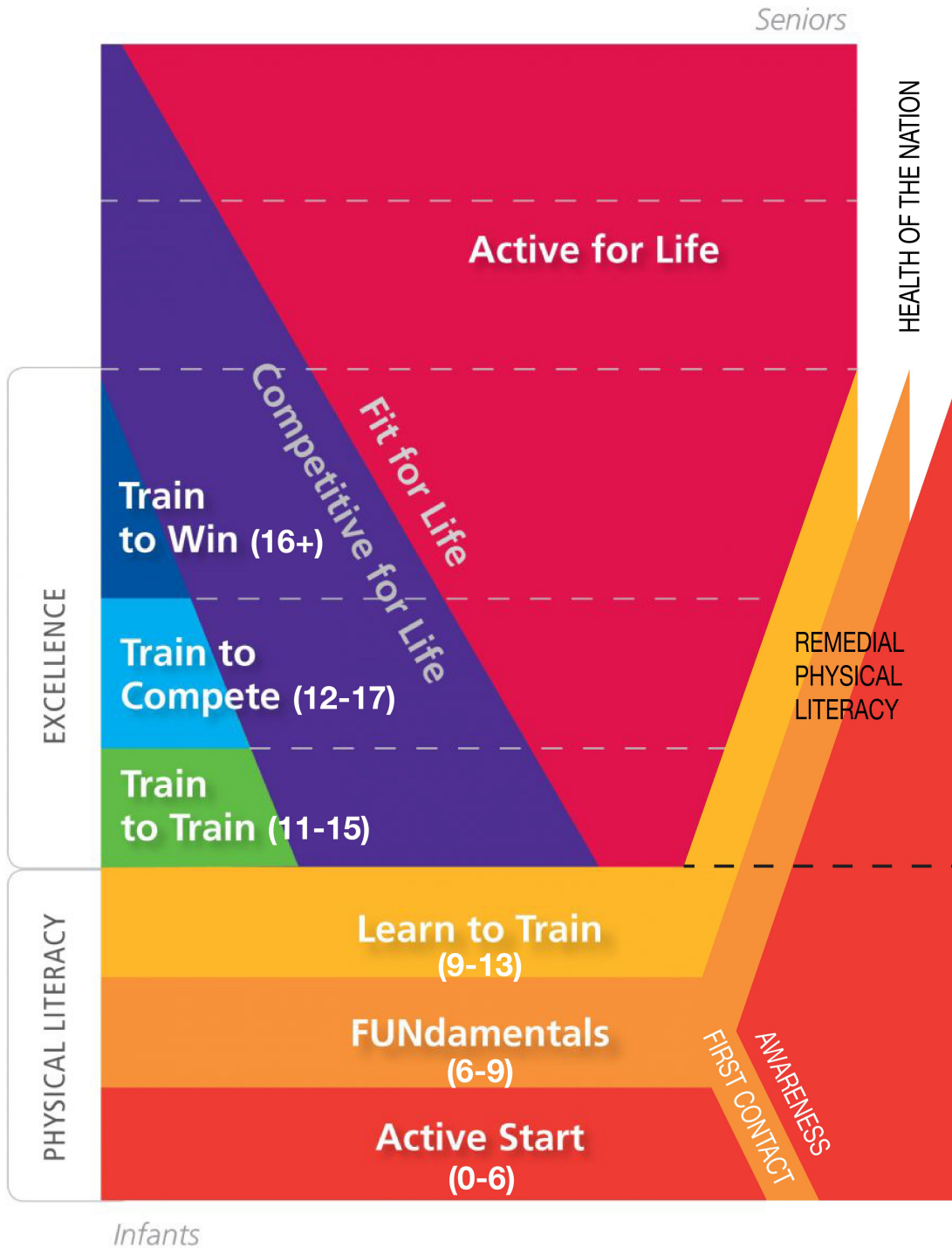


**CXC Congress**  
**Saturday April 29<sup>th</sup> 2017**  
**Youth Committee Agendas**



## Youth Committee

### Learn to Train/Skiwerx Phase

#### 1-3pm

- Youth Committee Goals (review and refine)
  - To align our regional youth programming from Awareness through the Learn to Train phases of the LTAD (Long Term Athlete Development) research.
  - The overall objective of our regional programming is to assist children in the development of a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment.
- Phase Definitions/Goals
  - Awareness
  - First Contact
  - Active Start
  - FUNdamentals
  - Learn to Train
  - Why the full progression is important
    - Physical Development
    - Family Engagement
    - Gradual commitment of time, money and psychological space
    - Gradual exposure to our complex sport
- Defining Skiwerx as the CXC “Learn to Train” phase
  - Programming
    - Coordination
    - Best Practices
    - Ski Technique Progression
    - Race Skill Progression
    - Equipment Care/Waxing
  - Coaches Training
    - Winter programming
    - Off-season programming
    - Documentation, video, classroom, hands-on sessions
  - Licensing
    - Affiliated clubs (full roster licensing)
      - Determining more ways to add value
        - Ability to enter team rosters for Skiwerx Series events
        - Ability to race in JNQ races in the U14 and under divisions
        - Skiwerx Club awards
        - Insurance
        - Equipment purchasing through MyXC
        - Personalized hats \$10 (club specific and name tagged)
        - Community/Regional connection for clubs and skiers
        - Igor Camps in your community
  - Racing/Events
    - Club Events
      - Intro-race formats
    - Skiwerx Series (local, U10-U14)
      - Varied formats, easier entry race

- Districts
      - Minnesota
      - Wisconsin (Review of Beta Version)
      - Michigan
    - Race selection procedures
  - CXC Youth Cup (regional, U12-U14)
    - Update on Dream Camp
    - Review of Ski X
      - Add another day of Ski X to Youth Cup
      - Add rounds
    - Incentives for U12
    - Season-end trip
    - Is the Youth Cup creating better prepared athletes at the U16 level?
    - Rules review/updates
  - Race Manual
    - Review/Updates
    - TD Youth Component
  - Midwest Junior Championships and Festival
    - 2018 Wirth Park, Mpls
    - 2019 ??
    - How do we create a successful traveling event
      - Create a “standards” document (event outline)
- Parental Education
  - Clear path and first pipeline exposure
  - Sport structure
  - Pipeline is simple and united; U14 and younger should not be split between club and school programming; all one group!
- Trail Kids (discussion led by ??)
  - Networking of “Learn to Train” clubs for off-season activities
  - Goals
  - Logistics

## **Youth Committee FUNdamentals phase 3-5pm**

- How to develop the best possible Active Start and FUNdamentals programming in your community
  - Phase Definitions/Goals
    - Awareness
    - First Contact
      - Example; Nordic Rocks
        - Review and future plans
    - Active Start and FUNdamentals
      - FUNdamentals of integrating adaptive programming (Presented by BethAnn Chamberlain, US Paralympics Nordic Development Coach)
      - Example: MYSL Clubs
        - MyXC Expansion (Wisconsin and Michigan)
      - Top five features of a good program
        - Insurance (liability, secondary medical, equipment banks, child protection)
        - High quality curriculum, broken into age/skill levels
        - System of recruiting and training volunteers
        - Sense of community/club
        - Clear communication about the basics of ski culture and a connection to the larger skiing community
    - Why the full progression is important
      - Developmentally
      - Family/Volunteer Engagement (VERY critical)
      - Graduated exposure to a complex sport
    - Coaches Training
      - Documentation, video, classroom, hands-on sessions
      - Resources