

Re: Nordic Ski Hoppers Program Invitation

Dear _____,

Altius Nordic Ski Club and the National Ski Jumping and Nordic Combined Training Centre in Calgary are pleased to invite you to participate in the **Ski Hoppers Program** at **Canada Olympic Park**. The coaching staff has selected individuals from the COP multi sport camps 2009 and Jump'n' Fly League series that have positive attitudes, and a desire to pursue Ski Jumping / Nordic Combined skiing. The program suggests, but does not require year- round commitment. The upcoming winter session dates are: **Nov. 23 – March 27, 2010**.

The National Training Centre in Calgary is the only place in Canada where athletes have the opportunity to be part of such a rapidly growing internationally recognized program.

Why this Opportunity is Significant? We now have only 60 – 70 participants in all of our programs and the chances for the participation in the Olympics one day are quite high!

Ski Jumping and Nordic Combined are two of the 15 winter Olympic disciplines. In February 2006, Six Canadian athletes represented our country in these sports at the Olympic Winter Games in Turin Italy and returned home with a respectful top 30 finish by Stefan Read. This was Canada's first participation in over a decade, since 1992.

With the announcement of Vancouver as the site of the 2010 Winter Olympic Games and recent recognition of Women's Ski Jumping at the World level, we aim to maximize participation so Canada will have a full team of ski jumpers and Nordic combined athletes at the 2010 and future games.

Is Ski Jumping a safe Sport? No secret - every sport involves risk. With modern ski jumps design and continues update of our introductory training facilities as well as carefully structured hill-to-hill progression, it can be firmly stated that Ski Jumping is one of the safest sports out there.

First steps: Today, the Altius Nordic Ski Club Nordic Ski Hoppers Program at Canada Olympic Park introduces first steps to the two sports, emphasizing overall physical development, enhancing healthy lifestyles and leadership abilities in every participant.

In this package, we have included a flyer outlining the fees, schedules and other important program information. We hope that you find this opportunity interesting, and consider trying out our program. Please contact Alex Levichev, Head coach and development programs coordinator to register or obtain more information (see contact info below).

- We are currently offering a no-charge two-week introduction (program trial). The dates are **Dec. 15 – 27**. Please contact Alex to register. The no-charge intro spots are limited.
- Please also check out our website at www.altiusnordicskiclub.org

Yours truly,
Alex Levichev
Head Coach, ANSC
Ph: 403 630 - 9122
E-mail: SJNCprograms@shaw.ca



ALBERTA SKI JUMPING
& NORDIC COMBINED



Ski Jumping Nordic Combined Training Centre NORDIC SKI HOPPERS PROGRAM, SEASON 2008-2009

The Nordic Ski Hoppers program is geared towards “FUN and FUNDAMENTALS”. Participants are exposed to a broad range of sports and activities, including each of the Nordic disciplines (see below). A supportive and positive environment is provided for all participants, with an emphasis on participation over competitive performances.

This program highlights overall physical development, enhances healthy lifestyles and leadership abilities in each participant. It also provides the base and introduces an opportunity for long-term athlete development in the sports of Ski Jumping and Nordic Combined skiing.

Age Group: 7 – 12 years old

Pre-requisite:

- Completion of COP introductory summer camp/ multi-sport camp
- Desire to ski jump and basic familiarity with the variety activities (see below);
- K10 ski jump capability

Suggested

Commitment: Two to four hours, three times each week (Spring, Fall, & Winter).
One-Six weeks summer session (your choice).

Coaching level: Level 1 - 3 NCCP

Activities:

Year round:

K18 & K38 Ski Jumping, General fitness, Balance, Coordination, Flexibility development activities and exercises, Sport games, and an introduction to sport-specific training.

Other Coached Activities include:

In the Fall and Spring:

Gymnastics at the Calgary Gymnastics Centre - COP, Soccer, Rollerblading, Hiking, Swimming, Training in arenas and recreational centers, Cross training, Games and more

In the Summer:

Biathlon, Mountain biking, Roller blading, Euro Bungee, Climbing wall, Swimming, Running, Hiking, Camping, airplane building, and more

In the Winter:

Cross-country skiing, Ski Trips (X-C, D/hill) and much more



ALBERTA SKI JUMPING + NORDIC COMBINED



Ski Jumping Nordic Combined Training Centre NORDIC SKI HOPPERS PROGRAM, SEASON 2009-2010

2009 Fall Session: 7 week Session, Three days a week:
 Times: Mondays & Wednesdays 6:00 - 8:00 PM & Saturdays 9:00 AM -1:00 PM
OR
 Tuesdays & Thursday 6:00 - 8:00 PM & Saturdays 9:00 AM -1:00 PM
Dates: Sept 15 – November 1st

2009-2010 Winter: 17 week Session, Days of week / times - same as Fall:
 Times: Mondays & Wednesdays 6:00 - 8:00 PM & Saturdays 9:00 AM -1:00 PM
OR Tuesdays & Thursday 6:00 - 8:00 PM & Saturdays 9:00 AM -1:00 PM
Dates: Nov 23 – March 27st

2010 Spring Session: 7 week session, Days of week / times – same as Fall and Winter:
 Times: Mondays & Wednesdays 6:00 - 8:00 PM & Saturdays 9:00 AM -1:00 PM
OR Tuesdays & Thursday 6:00 - 8:00 PM & Saturdays 9:00 AM -1:00 PM
Dates: April 26 – June 20th

2010 Summer Session: 1-7 week session, Full day weekly camps
 Times: Monday – Friday format, 9:00 AM – 3:00 PM
 8:00 AM – 4:00 PM option is available
 Select up to 7 weeks in July and August.
Dates: July 5 – Aug 21st

Invoice Dates & Fees* :

Fall	September 15, 2008	\$550
Winter	December 15, 2008	\$1050
Spring	May 15, 2009	\$550
Summer	July 15, 2009	\$1050 or \$275/week

*Fees include your equipment, hill use, entries to various Calgary training facilities and coaching throughout the duration of the session.

For further information please contact Nordic Ski Hoppers program coach and coordinator Alex Levichev @ 403 630 9122 or SJNCprograms@shaw.ca or visit us at www.altiusnordicskiclub.org