

Racing Rocks! Ski Tournaments 2013

January 23, 2013



The principle objective of a **SKI TOURNAMENT** is to bring together elementary school age children for a memorable and enjoyable day of cross-country ski competition and fun. Other objectives of this program include:

- (1) encouraging achievement through team effort,
- (2) encouraging good ski technique, and
- (3) encouraging participation from youngsters with a wide range of skill levels and ski experience.

Each participant in a Cross Country Canada-sponsored Ski Tournament will receive a free kid-friendly Cross-Country Technical T-shirt. Don't miss out! Apply for a Ski tournament today!



HOSTING REQUIREMENTS

Cross Country Canada (CCC) will sponsor Ski Tournaments hosted by its member clubs based on the merits of the respective proposals it receives.

What is a Ski Tournament?

A Ski Tournament is a one-day extravaganza of competitions and special activities. As a minimum, the Tournament is expected to include an individual sprint race (Mad Dash), a terrain park relay and several other activities. These additional activities might include a treasure hunt, three-legged race, monster skis race, on-snow orienteering contest, Beat the Field, opening and closing ceremonies, etc.

The Mad Dash (individual sprint race) for this age range begins with a draw to determine the start positions of the skiers. Following are the "elimination heats", which should not have more than four skiers each. The two fastest skiers from each heat move forward to the next round. The remaining skiers in that heat may move to a consolation round at the discretion of the organizers.

A Terrain Park Relay has teams of three or four persons and follows the same basic rules that traditional relays do. The first skiers from each team start at the same time, and then hand off to the next skier at the end of the first leg. This continues until each member of the team has completed the prescribed course.

For detailed information on how to organize a Racing Rocks! Ski Tournament contact:
charris@cccski.com

Who is Eligible to Host Ski Tournaments? CCC member clubs

How to Apply? <http://www.cccski.com/Programs/Athlete-Development/Skill-Development-Programs/Racing-Rocks!/Racing-Rocks--CP-Ski-Tournament-2011-2012.aspx>