

Kajaks JD Cross Country Program (Ages 9-13): Fall 2026

The JDXC program is designed for athletes aged 9–13 who are looking to develop their cross country skills in a fun, supportive, and positive team environment. Our program focuses on teaching proper running form, building endurance, and preparing athletes with the skills and confidence needed for training and competition. Through age-appropriate workouts and progressive training, athletes will develop their stamina, speed, and power while learning the fundamentals of distance running and overall athletic movement.

Beyond physical development, we emphasize teamwork, positive sportsmanship, and creating an encouraging atmosphere where every athlete can enjoy the sport, challenge themselves, and celebrate their progress. Throughout the season, athletes will have the opportunity to compete in a variety of BC Athletics meets held throughout the Lower Mainland and the Island, gaining valuable race experience while becoming part of the Kajaks family. Whether an athlete is new to cross country or looking to continue developing their abilities, our JDXC program provides a strong foundation for future success and a lifelong love of athletics.

Pre-Season Training

As an added bonus for athletes who registered before the season begins, **Coach Rachel Maika** will be offering optional pre-season training sessions to help athletes get ready for the cross country season. These sessions are included with your registration. This training is optional but encouraged for all registered athletes!

Monday, August 17th	4:45-5:45pm	Garry Point Park
Wednesday, August 19th	4:45-5:45pm	Terra Nova Park
Monday, August 24th	4:45-5:45pm	Minoru Track
Wednesday, August 26th	4:45- 5:45pm	Steveston Starbucks
Monday, August 31st	4:45-5:45pm	Terra Nova Park
Wednesday, Sept 2nd	4:45-5:45pm	Garry Point Park * Try it XC Day
Monday, Sept 7th	9:00am to 10am	Terra Nova Park - Labour Day Family Run

Regular Season Schedule

Start Date: Wednesday, September 9th, 2026.

End Date: Season runs until Wednesday, October 28th.

Regular Practice Schedule

Day	Time	Location	Meeting Location
MON	4:45–5:45 PM	Garry Point Park	Main field by the Japanese Garden
WED	4:45–5:45 PM	Terra Nova Nature Park	Adventure Playground *Gravel Parking Lot
SAT	9:00 AM	Various locations	Race or practice locations will be posted in TeamSnap

*** Grade 6 and 7 athletes will also be given the opportunity to train on **Thursdays from 3:30-4:45pm**. More info to be shared.

XC Meet Schedule

The full schedule of races has not been finalized yet, however, we will be competing in the following races as part of the Lower Mainland JD XC Series:

September 19th: Festival of Cross Country (*South Surrey*)

September 27th: Vancouver Spirit Run (*Vancouver*)

October 3rd: TBC (To be confirmed)

October 17th: JD Provincial Championships (*NanOOSE Bay on Vancouver Island*)

October 24: TBC (To be confirmed)

Fees & Payments

Membership Fee & Payment

The Kajaks seasonal membership fee includes a Kajaks New Balance dri-fit shirt.

Payment Options:

- Online (5% convenience fee applies)
- E-Transfer to info@kajaks.ca (security answer: orange)
- Cheque (in person)
- Payment plans are available. Please contact info@kajaks.ca for more information.

Kajaks offers funding support for:

- Athletes requiring financial assistance
- Newcomers to Canada
- Indigenous athletes

If you have any questions about financial assistance, please contact info@kajaks.ca.

BC Athletics Registration

All athletes are required to register themselves for a 2026 BC Athletics membership as part of signing up for the program, as well as before attending their first practice.

After you have secured your Kajaks JD program registration please click at the BC Athletics link below and register as a Track Rascal for 2026.

BC Athletics: <https://athleticsreg.ca/#!/memberships/bc-athletics-2026-membership>

Both new and returning Kajaks members must email confirmation of their 2026 BC Athletics membership to info@kajaks.ca. Please do so whether you have just registered with BC Athletics or purchased your membership previously.