

SKIIS & BIKES  
NANCY GREENE SKI LEAGUE

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## **A. INTRODUCTION**

The Nancy Greene Ski League had its start in the Southern Ontario Ski Zone of the Canadian Ski Association in January of 1968 with a schedule involving 19 teams. Inspired by the dramatic performances of Nancy Greene at the 1968 Olympics, these Ski League races sparked enthusiasm and effort amongst the youngsters beyond all expectations. Since 1968 the Nancy Greene Ski League has developed into one of the most successful C.S.A. activities and since the 1970-71 season, 5,200 racers divided into over 400 teams, are involved in the program in a truly cross Canada activity. The basic philosophy of the Nancy Greene Ski League is that it is fundamentally a fun activity designed to encourage a love of skiing and to avoid intense competitive pressures. However the League will provide a healthy basis for serious competition as the skier matures.

This booklet outlines basic rules of the Nancy Greene Ski League, and contains a few general suggestions for club officials, coaches, parents and for the youngsters themselves.

It is in no way intended to be a handbook on racing techniques, training, or the rules of ski racing. These subjects are covered elsewhere, in the "Canadian Ski Coaches Federation, Entry Level Manual".

The Nancy Greene Ski League has had the enthusiastic support at all levels of the Canadian Ski Association organization. However, there is no doubt that a large measure of credit for the success of the NGSL is directly attributed to the efforts of its chairman, Kell Antoft. His contribution to the league cannot be over-emphasized. Above all the League owes a great debt of gratitude to Nancy Greene herself, for her active interest in "her" league, but even more important, for the inspiration she has provided to all Canadian youngsters who strive to emulate her great achievements.

## Message From Nancy Greene Raine

Dear Young Friends:

This booklet contains information about the Nancy Greene Ski League. This type of racing is designed for young skiers who are just starting to compete.

I hope you will enjoy the excitement and thrills of ski racing, and the fun of being part of the team and working together with your team mates.

I also hope that some of you will go on to enter more serious class competition and then aim for the very top – a World Cup or Olympic Gold Medal.

Good luck. Good Skiing – and I'll see you on the slopes.

Nancy Greene Raine

## **B. RACER ELIGIBILITY**

1. Any Alpine Ontario South Division (AOSD) member club in good standing shall be eligible to organize teams within the southern Ontario ski league.
2. Each racer from each team entered into league racing competition must pay the competitor fees through their home club to the Alpine Ontario Alpin (AOA) on or before January 1<sup>st</sup>, 2010.
3. The age category shall be 7-10 years old. No person who has reached their Eleventh (11) birthday or has not reached their Seventh (7) birthday by December 31, 2009 shall be

eligible for membership on any team entered in the Skis & Biikes Nancy Greene Ski League. The AOSD Coaches Committee recommends that the age for Nancy Greene League participants be 9 & 10 years of age and that athletes 7 & 8 years of age be in a club run development program. This will be implemented at the discretion of each club.

4. All team members shall be members in good standing of their sponsoring ski club and Alpine Ontario Alpin.
5. Nancy Greene racers cannot receive a competitor number or receive National race points.
6. A league race shall be an event in which groups having four and six teams would run as two team races and groups having five teams would run as two and three team races.
7. Nancy Greene races will run all members of the first two teams before going to the next two teams (alternating team members – i.e. A B, A B, A B, A B, etc. then C D, C D, C D, etc.).
8. Nancy Greene races shall consist of one Stubbie Slalom, one Paneled Slalom, one Giant Slalom and one Kombi Race.
9. All courses should conform to the COURSE SETTING GUIDELINES listed in **Section I Also available online at [www.alpineontario.ca](http://www.alpineontario.ca)**

## **C. TEAM MEMBERSHIP**

### **1. Number of Racers**

- a) A team will consist of no more than thirteen (13) members and is recommended to have no less than seven (7) for Competition.
- b) Clubs who wish to carry additional racers on a team (suggested max 14) must contact the AOS Race

Manager prior to the start of the race season.

- c) All team members approved by the AOS Race Manager will be allowed to score, to a maximum of 14 – teams carrying more than 14 will have to declare their scoring athletes prior to the race.
- d) The AOS Race Manager will send a list of the Teams allowed to carry extra racers to each Clubs race administrator.

## **2. ONLINE MEMBERSHIP ACA WAIVER**

- a) Each AOSD League racer must complete the MANDATORY online Alpine Canada registration/waiver before she/he is allowed to race.
- b) NO racer shall compete in any AOSD League race without having completed the Alpine Canada online waiver.
- c) There will be no exceptions

## **3. TEAM DECLARATION**

- a) The Club Race Coordinator / Team Manager must complete the Online “TEAM DECLARATION FORM” at least 1 week prior to the start of the first scheduled race in a series, ALL team members must be included. You will not be able to add an athlete to your Team Declaration if they have not completed their online waiver
- b) AOSD League racers will only be permitted to race on ONE (1) League Team unless granted permission from the AOS Race Manager
- c) Team members that are declared in spots 8 - 13 on the team declaration form may be moved from one team to another team prior to the third scheduled race. Changes must be emailed to and approved by the AOS Race

manager [admin@alpineontario.ca](mailto:admin@alpineontario.ca)

- d) NO Changes will be permitted after the third (3<sup>rd</sup> race) with the exception of a season ending injury or illness to an athlete (see C. 4)
- e) During the course of the racing season, new skiers may be added to the team prior to the 3<sup>rd</sup> event. The Team Declaration MUST be updated to ensure the online waiver was completed to cover the skier under the same conditions outlined above.

#### 4. Athlete Injury

**NOTE: THIS ONLY APPLIES IF YOU HAVE 13 RACERS OR LESS ON YOUR TEAM**

- a) In the event a member of team suffers a major injury or prolonged illness which will preclude that racer from competing in all remaining races for that year, the club may replace the injured racer with another racer who may (but need not) be a member of another team.
- b) If the replacement racer is a member of another team, the club shall be permitted to fill the spot vacated by the replacement racer, and all subsequent vacancies, in the same manner.
- c) If the club proposes such a replacement, the AOS Race Manager must be contacted via email [admin@alpineontario.ca](mailto:admin@alpineontario.ca) within 6 days of the injury or illness, informing her of the replacement.
- d) All such replacements shall be effective for the remainder of the season
- e) A RACER IS ONLY PERMITTED TO BE RACING ON ONE (1) TEAM

# **D. RACE ORGANIZATION**

## **1. Overview & Schedules**

- a) Alpine Ontario South Division shall be responsible for the organization of all AOS Leagues and schedules
- b) A staff member of AOS along with a member of the AOS leagues committee will supervise the administration of league racing activities.
- c) It is entirely acceptable for all managers involved to change the date and/or location, if it is mutually agreeable by all six teams and the Alpine Ontario South Division AOS Race Manager is advised prior to the race in writing (excluding semi-finals and finals).
- d) Once the league schedule is set, any team that refuses to participate in a race for no apparent reason will be disqualified and forfeit the race and not be eligible to participate in the AOS League Finals
- e) Teams will be disqualified if any team changes the schedule without the knowledge and confirmation of the AOS Race Manager. Teams will be barred from further competition for the remainder of the season.
- f) It shall be the responsibility of the Alpine Ontario South Division office to establish a schedule of races to be held by each area group as well as the semi-final and final races.
- g) It shall be the responsibility of the team managers to contact the host club and confirm time and place of each individual race within the schedule.
- h) It shall be the responsibility of the Alpine Ontario South Division office to keep a record of all results for all AOSD League races

## **2. Jury Composition**

- a) A Jury must be formed prior to the race (complete Jury Roster form).
- b) Each participating team shall appoint one member to the Jury. The Jury members should be a minimum Level 1 official or CSCF Level 1 coach with knowledge of race rules, procedures and responsibilities.
- c) The League Technical Delegate will be the final Jury member, who shall act as chairman.
- d) The chairman shall only vote in the event of a tie.

## **3. Responsibilities of the Jury**

The Jury monitors the adherence to the rules throughout the entire race.

They have the following general responsibilities:

- Application implementation and enforcement of the rules and modifications as set out by FIS, ACA and AOS (AOS rules and modifications being those indicated in the league rule books).
- Course inspection – prior to start of training and race and during the race
- Supervision of start and finish
- Rights to: Cancel, interrupt or postpone a race; change start interval; shorten the course
- Rules on all provisional runs and protests
- Approve the methods of timing and calculation

## **4. Duties and Responsibilities of Jury Members**

Each member of the jury must sign off on the League Safety Form in order for the race to begin. It is important that each jury member carefully inspect the course and race environment.

In addition, each jury member must be available throughout the race and immediately at the completion of the race (in a pre determined location) to deal with any DSQ's, protests and disciplinary issues.

It is also imperative that each jury member has a thorough knowledge of the race rules and calculations of race results

- DSQs and protests are to be dealt with prior to scoring.

## **5. League Technical Delegate**

- a) Must have a minimum qualification of a Level II Official or a Level II CSCF
- b) League Technical Delegate's responsibilities are:
  - Oversee all safety aspects of the event
  - Be visible on the hill before, during and after the event. Wear the Technical Delegate armband at all times.
  - Be present for the entire event.
  - Ensure that the course is properly inspected by the coaches and athletes before the race commences
  - Record any comments specific to safety.
  - Complete and sign the League Technical Delegate report prior to the race.
  - The League Technical Delegate should not have other responsibilities at the race in addition to performing the function of the Technical Delegate
  - Leagues Technical Delegate will Chair the Jury and vote only if there is a tie

## **6. Scoring**

One manager (or appointed person) from each team to be present at time of scoring.

It is suggested that scoring be done both electronically and by hand.

Host club must provide a suitable area for club representatives to hand score.

## **7. Start List and Format**

- a) A league race shall be an event in which groups having four and six teams would run as two team races and groups having five teams would run as two and three team races.
- b) Each team **MUST** submit their start list via email to the Host Club on Wednesday prior to the race.
- c) The start list will consist of the competitor's last name, first name, gender, age, club on the start list template provided by AOA.

## **8. Race Runs**

- a) There shall be two runs for each team member (even for first run DSQ's and DNF's) but under unfavorable conditions the second run may be waived by the jury.
- b) Both runs shall be in consecutive bib order.

## **9. Host Club Responsibilities**

- a) The club designated as "HOST CLUB" on the league racing schedule shall be responsible for the administration of the race this includes:
  - Course setting
  - Course Maintenance
  - Start lists
  - Timing
  - Gate judging
  - Scoring of race results
  - Submission of the race results and record sheets showing times, DQ'S, DNF'S, DNS, list of officials and the League Technical Delegate report to the

AOA office.

## 10. Lift Tickets

- a) The club designated as “HOST CLUB” will provide visiting club teams with a ticket for every named athlete on the start list plus an additional 6 tickets to a maximum of 19 total
- b) Clubs may wish to sell additional tickets for parents at the club’s discretion but it is not mandatory.

## 11. Start Time

- a) 10:00 a.m. is the **suggested** start time for League races unless otherwise indicated on the Final AOS Schedule posted on the Alpine Ontario website [www.alpineontario.ca](http://www.alpineontario.ca)
- b) If the club wishes to have an earlier start they must receive a written confirmation from each participating club that they have received the notice and acknowledge and accept the earlier start.
- c) The AOS Race Manager must be notified of this change prior to the race.

# E. RACE RULES

The overall rules for ski racing are contained in the FIS ICR, modified where applicable by ACA and AOS provisions, and should be used if a dispute arises that cannot be settled using the published League Rule Book.

## 1. Helmets

- a) Helmets are **mandatory** for all Leagues races. This rule applies for **all league** and **AOS sanctioned events** - from the time the course opens until it is closed. A helmet (as per FIS equipment rules) must be suitable for

ski racing and provide complete head protection. The helmet hard shell and padding must cover the head (front and back) and the ears. Soft eared helmets are not acceptable and the athlete will not be permitted to race.

- b) Helmets must have a smooth top surface, spoilers and edges that stick out are not permitted. Helmet must be fitted to the racer and be fastened with a chin strap. Helmets must satisfy minimum requirements and be certified by a recognized agency (i.e. C.E. (certification for European products), A.S.T.M. (American Standards for Testing and Material), or SNELL). Helmets meant for sports such as hockey or cycling are not acceptable.

## **2. Course Inspection**

- a) No racer may inspect the course from the race hill prior to the League Technical Delegate or their representative declaring the course open for inspection. Furthermore, no racer may in any way participate in course setting or jury inspection of a course on which they will be racing.
- b) Racers will inspect the Course by slowly skiing down alongside or side slipping the course. Racers may not ski down the prepared course or through the gates or practicing turns parallel with those required by gates.
- c) All racers must have their bibs visible at all times before and during the race.

## **3. Disqualification**

- a) A racer who has fallen or skied off the course shall be disqualified if she/he fails to give way to an overtaking racer at the first call from a course official, or if she/he interferes with the overtaking racer's run. Subject to the forgoing, a racer who has fallen or skis off the course shall be allowed fifteen (15) seconds to return to the

- course for the completion of her/his run.
- b) A racer may choose to continue on one ski however if they interfere with the overtaking racer they will be pulled from the course by Officials or Gatekeepers
  - c) A gate has been passed correctly when both the competitor's ski tips and both feet have passed across the gate line. If a competitor loses a ski, without committing a fault, e.g. not by straddling a pole, then the tip of the remaining ski and both feet must have passed the gate line. This rule is also valid when a competitor has to climb back up to a gate. (F.I.S. rule 661.4.1)
  - d) Each racer must cross the finish line on both skis or on one ski or with both feet in case of a fall in the immediate finish area. In this case the time is taken when any part of the competitor's body or equipment stops the timekeeping system. (F.I.S. rule 615.3)
  - e) If a racer fails to cover the course on skis or to pass the finish in accordance with F.I.S. rule 615.3 the racer will be disqualified.
  - f) A racer is disqualified if he/she accepts outside help in any form during the race. i.e. if a racer loses his/her ski during the race and the gate judge or spectator hands the racer's ski to him/her and the racer accepts he/she will be disqualified.

#### **4. Re-Run**

- a) A racer may request a re-run if he/she feels that there was interference in the course. The racer must ski off the course at the point of interference and report to an official and immediately make a re-run request.
- b) Example: Racer Bib#1 falls in course and fails to give way to overtaking racer Bib#2. Racer Bib #2 must ski out

of course at point of interference and request a re-run. (No reruns will be awarded to racer if he/she crosses finish line.)

- c) Re-runs may be requested only by the racer or by his/her coach or manager. No other person (parents may not intervene) can request a re-run for interference in the course.
- d) Any re-runs are granted on a provisional basis and are subject to the Jury.

## **F. DISCIPLINARY ACTION / SANCTIONS**

1. Any racer that competes in an AOS League race without having their parent/guardian sign an Alpine Canada waiver will automatically forfeit the race; the racer and racers home club may be subject to monetary sanctions and further disciplinary action

**There will be no exceptions.**

2. Subject to any ruling by the Jury, disciplinary action may be taken by team managers, the chief of race and/or any Jury member against any racer, team, coach or manager for displays of temper, unsportsmanlike conduct, insubordination and/or disrespect to race officials, other racers, participants or spectators.

If disqualified for disciplinary action no points will be awarded, and the matter shall be reported to AOS together with a recommendation by the League Technical Delegate as to whether further sanction is appropriate.

3. The Jury and/or race organizer has the right and authority to take away skiing privileges of any racer. The Jury and/or race organizer can also sanction the coach.

**RACERS MUST OBEY ALL HOST CLUB RULES.**

## **G. REPORTING**

1. By the **Monday** after the race the host club shall email [admin@alpineontario.ca](mailto:admin@alpineontario.ca) the AOS office a complete tabulation of the results of the race showing all disqualifications, individual times of competitors, calculations used in determining the winning team, Officials list and League Technical Delegate form.

### **FAX COPIES WILL NOT BE ACCEPTED**

2. At the end of the race the managers of each participating team should receive a copy of the race results. In addition the final results must be sent electronically to the Race Coordinator for each participating team

## **H. SCORING**

1. In the Nancy Greene Ski League the best run out of at least two runs shall be used to determine the order of finish.
2. The team scoring the highest aggregate of points shall be the winner of any race.
3. Within each group teams will be recognized in a two or three team scoring format.
4. Points shall be awarded as per table, to count no more than ten (10) for each team provided not more than seven (7) of one gender are counted.

Racers will be scored on a team basis, for 2 and 3 team races as follows:

## NANCY GREENE SCORING FORMAT

### PLACE SCORE PLACE SCORE PLACE SCORE

1st	30	11th	20	21st	10
2nd	29	12th	19	22nd	9
3rd	28	13th	18	23rd	8
4th	27	14th	17	24th	7
5th	26	15th	16	25th	6
6th	25	16th	15	26th	5
7th	24	17th	14	27th	4
8th	23	18th	13	28th	3
9th	22	19th	12	29th	2
10th	21	20th	11	30th	1

- Remember after the scoring to add 1 participation point for each racer per team who had made at least one run during that race. (I.e. Red Team has 11 racers who had one run=11 points to be added to their score, a maximum of 13 participation points can be awarded). This includes disqualifications and racers that did not finish (see example 1).
- If a racer is disqualified in both runs or did not finish in both runs, no scoring points shall be awarded for his/her performance. Racer will still receive a participation point.
- In case of a tie for any position, equal points shall be awarded to each competitor for that position and then skip the next point assignment (see example 1 - 8th and 9th place).
- In each event that one team has completed their score placement (10); the other team will score the following consecutive points.
- Team results should be posted only and no individual

winners are to be announced. The emphasis is on **TEAM EVENT**; therefore no awards/trophies/medals shall be awarded for individual performance.

### Example 1

PLACE	NAME	CLUB	M/F	AGE	BEST TIME	SCORE	PARTI-POINTS	VISITOR POINTS	HOST POINTS
1	Danny Catteau	PR	M	10	38.08	30	1	31	
2	Tim MacLeod	PR	M	9	39.20	29	1	30	
3	Scott Munro	PR	M	8	40.61	28	1	29	
4	Merrick Reid	CAL	M	10	40.66	27	1		28
5	Elliott Carter	PR	M	9	40.70	26	1	27	
6	Adam Katarynych	PR	M	9	40.76	25	1	26	
7	Alex Thorne	PR	M	8	41.09	24	1	25	
<b>8T</b>	<b>Trevor Banbury</b>	<b>CAL</b>	<b>M</b>	<b>10</b>	<b>41.90</b>	<b>23</b>	<b>1</b>		<b>24</b>
<b>9T</b>	<b>Chelsea Lee Pearson</b>	<b>PR</b>	<b>F</b>	<b>9</b>	<b>41.90</b>	<b>23</b>	<b>1</b>	<b>24</b>	
10	Jamie Brownridge	CAL	M	9	43.19	21	1		22
11	Jake Reid	CAL	M	9	43.76	20	1		21
12	Cyra Humber	CAL	F	6	44.27	19	1		20
13	Alex Schwass	CAL	M	8	44.63	18	1		19
14	Justin Claessons	CAL	M	8	44.74	17	1		18
15	Ben Lloyd	PR	M	9	45.18	16	1	17	
16	Evan Boyd	CAL	M	10	45.74	15	1		16
17	Keira Azzopardi	CAL	F	8	47.26	14	1		15
18	Lindsay Earle	PR	F	9	47.88	13	1	14	
19	David Klaessen	CAL	M	8	51.76	12	1		13
20	Charlie Reese	CAL	M	9	46.69		1		1
21	Dan LaFrance	PR	M	6	50.13	11	1	12	
22	Nicholas Earle	PR	M	6	52.41		1	1	
23	Jamie MacDonald	PR	M	8	48.65		1	1	
24	JJ Edwards	PR	M	10	45.93		1	1	
25	Will LaFrance	PR	M	8	DSQ		1	1	
26	Toby Sirek	CAL	M	9	48.17		1		1
<b>TOTAL POINTS</b>								<b>239</b>	<b>198</b>

# I. COURSE SETTING GUIDELINES

Courses should be easy, open courses for training and racing

All courses should contain the following:

- Constant rhythm with smooth rhythm changes
- Courses should be set on intermediate terrain, blue runs recommended.
- A large finish area to provide a safe stopping area
- Courses should provide a challenge to athletes while allowing the opportunity for success.

## Guidelines for Stubbie Slalom Courses:

1. Stubbie Slalom gate spacing should be approximately 4 - 8 meters, with a 1-3 meter offset, **but above all must be set to the terrain for rhythm and flow**. The course should be a maximum of 25-30 gates in length but can be less.
2. Stubbie slalom courses should not have any verticals (hairpins or flushes) or delays on race courses. Each stubbie should reflect an edge change.
3. Stubbie slalom courses will be set as single pole gates with one soft gooey flex gate with no outside pole and the courses should be primarily rhythmical in the course set with some rhythm changes.

## Guidelines for Paneled Slalom Courses:

1. Paneled slalom gate spacing should be 7 - 11 meters, gates are paneled like a Giant Slalom gate.
2. The course should be set to the terrain for rhythm and flow and should have a maximum of 25-30 gates but may be less. Use 25mm, 60 cm gates if available.

## Guidelines for GS Courses:

1. Giant Slalom gate spacing should be approximately 15-20

meters with a 4-6 meter offset, **but above all must be set to the terrain for rhythm and flow.**

2. The course should be a maximum of 20-30 gates in length, but can be less.
3. Paneled Flex gates and flags are to be used for GS courses, no larger than 27mm. (25 mm, 60 cm gates preferable) The outside gate **must** be flagged and in place.

### **Guidelines for a Kombi Course:**

1. Use Children's GS slope
2. Consecutive gates must alternate in red and blue
3. SL Minimum distance between Turning gate to Turning gate 4 m (use only single pole for combinations)
4. SL Maximum distance Turning gate to turning gate 8 m.
5. GS Minimum distance Turning gate to Turning gate. No minimum restriction
6. GS Maximum distance Turning gate to turning gate 20 m.
7. Outside gates are not essential but need to be the same as the turning gate if being used
8. Minimum of 30 turns
9. Recommended to have a minimum of 5 different sections
10. Slalom skis recommended.
11. The course should test the skier's ability to react and adapt to an ever changing rhythm and radius, but **allow the competitors smooth transition between the various sections of gates.**
12. Building terrain is optional but not necessary as the course itself should apply enough demand.
13. Use creativity with available terrain.
14. Avoid gates that cause sudden braking and deceleration.

15. Use the entire slope and natural terrain and skiing across the fall line as often as possible.
16. It is recommended to use only a single pole for vertical combinations.
17. The first and last gates should lead the skier comfortably.
18. There should be at least one section of stubby gates.

NG	Panel	Kombi	Stubbie	GS
# Gates	25+	30+	25+	15+
Vertical Distance	7-11M	SL 4-8M GS 15- 20 M	4-8M	15-20M
Turn Shape	_ - _	ALL	Vertical – _	_ - Full
Combinations	-	5 sections	Single stubbie each turn	-
Type of Gate	Panel 25mm / 60 cm	ALL	Stubbie	Panel 25mm / 60 cm

## J. ALPINE RESPONSIBILITY CODE



**THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE**

1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right-of-way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use devices to help prevent runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through the use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability and knowledge to safely load, ride and upload lifts. If in doubt, ask the lift attendant.

**Know the Code – Be Safety Conscious  
It is Your Responsibility**

The Code is officially endorsed by the  
National Ski Areas Association.

## **K. HUSKY SNOW STARS**

Welcome to Snow Stars, Alpine Canada Alpin's (ACA) skill development program for young skiers. This seven step program will guide child, parent and coach through the appropriate skill progression.

The goal of Snow Stars is to encourage the development of

skiers and ski racers of all ability levels in a fun and rewarding environment. Enthusiastic and well prepared coaches play an integral role in the delivery of this program by combining coaching creativity with the Snow Stars' resources.

The Snow Stars program contains seven steps that outline key skills required for children to progress from the beginner to athletic skier, and eventually to learn the basic tactical skills needed for a ski racer. These skills match the Canadian Ski Coaches Federation (CSCF) entry-level progression model and are considered to be the 'building blocks' for ski racers.

## **L. ADDITIONAL EVENTS**

### **Nancy Greene Skill Development Day**

This is a one day Snow Stars/Skill/Terrain Competition in house.

The GOALS of the day are

1. A FUN positive EXPERIENCE
2. FOR ALL participants (maximum participation)
3. IN A SKILL ORIENTED format rather than a race competition format.

### **AOA Family Day Invitational**

This is an Invitational Event for Nancy Greene age athletes – each club has a quota based on their number of Nancy Greene participants. Each club is to send their top competitors to the event. Registration and selection is done by each club. Please see event information on Nancy Greene section of Alpine Ontario Website or contact your Head Coach.

### **AOA Skills Camps**

Alpine Ontario offers a variety of skill camps for Nancy Greene

age athletes. These camps are run mid week so that they do not interfere with club programs. For more information visit the Alpine Ontario website.

## **OTHER EVENTS**

For information regarding other Nancy Greene age invitational events, visit the Alpine Ontario website, Raceline or contact your club Race Administrator or Head Coach.

# NOTES