

MEET THE STAFF

KIP HARRINGTON

HIGH PERFORMANCE DIRECTOR

The AOA High Performance Program is led by Kip Harrington. Kip is a Performance Level (PL) Certified coach and Level 3 CSIA with experience coaching at the NOR AM, Europa Cup and World Cup level. kipharrington@alpineontario.ca



DUNCAN GIBSON-MACLEAN

COMPETITION MANAGER

Duncan manages the U16HPP and works full time at the AOA office as the Competition Manager. He has a Bachelor of Sports Management from Brock University and his Masters in Sport Management & Health Promotion from the University of Jyväskylä in Finland. Duncan has completed his Level 2 Officials with AOA and is a registered Canadian Rugby Coach working with U14 athletes. duncan@alpineontario.ca



MELISSA LACROIX

SPORT PHYSIOLOGIST - CSIO

Melissa holds a BSc. degree in Athletic Therapy and a MSc in Exercise Science from Mercyhurst University. During her time at Mercyhurst University, she also played on the Division I Women's ice hockey team.



DR. DANA A. SINCLAIR

SPORT PSYCHOLOGIST R.Psych, C.Psych

Dana is a registered psychologist who serves as a consultant for many business organizations and professional sport franchises.

Her current sport client list includes the NFL's Detroit Lions, the NHL's Anaheim Ducks and Calgary Flames, the NBA's Portland Trail Blazers, and a number of individual professional athletes.



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Provincial Governing Body for Alpine,
Para-Alpine & Ski Cross Racing

HIGH PERFORMANCE PROGRAMS (HPP)

U16 HPP



PHOTO CREDIT: CAM POWELL

U19 HPP



PHOTO CREDIT: JARET WRIGHT

ONTARIO SKI TEAM (OST)



PHOTO CREDIT: HERMAN KOESLAG

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AOA HIGH-PERFORMANCE OBJECTIVES



- To bring the best U16, U19 and FIS alpine racers together for conditioning, training and race projects.
- To prepare the U16, U19 and FIS athletes with the broad range of skills needed to succeed through the AOA pathway so that one day these athletes can strive to compete on the NCAA circuit and/or for Canada.
- To provide athletes the required support and resources including physical conditioning, mental training, technical on-snow training and educational support.

CONDITIONING PROGRAMS

The Canadian Sports Institute of Ontario (CSIO) is based in Toronto and provides high performance athletes with physical testing, injury prevention screening, physical conditioning program design and sports science support. The CSIO supports multiple Olympic and Development level athletes and sports.

csiontario.ca



EDUCATION CREDITS

AOA will work with athletes in all three programs (U16HPP, U19HPP and OST) to provide educational support during the off-season summer ski camps. For example in 2019 the U16HPP were offered Grade 10 History and the U19HPP Grade 12 Kinesiology. For both courses a teacher travelled overseas with the groups.

U16 HIGH-PERFORMANCE PROGRAM (U16HPP)

The U16HPP aims to put the best U16s born in 2005 & 2006 together for two on-snow summer ski camps. The group will also follow an off-season fitness program and are offered a grade 10 summer school credit.

Athletes apply to this program in March, 2020.

alpineontario.ca/u16hpp

U19 HIGH-PERFORMANCE PROGRAM (U19HPP)

The U19HPP is designed to put the strongest graduating U16s together with the strongest 1st and 2nd year FIS athletes who do not qualify for the Ontario Ski Team. Members are selected in April to follow the CSIO Conditioning program offered to the Ontario Ski Team. Athletes will be invited to at least one OST pre-season camp and if time/staffing permit could be invited to race alongside the OST.

alpineontario.ca/u19hpp

ONTARIO SKI TEAM (OST)

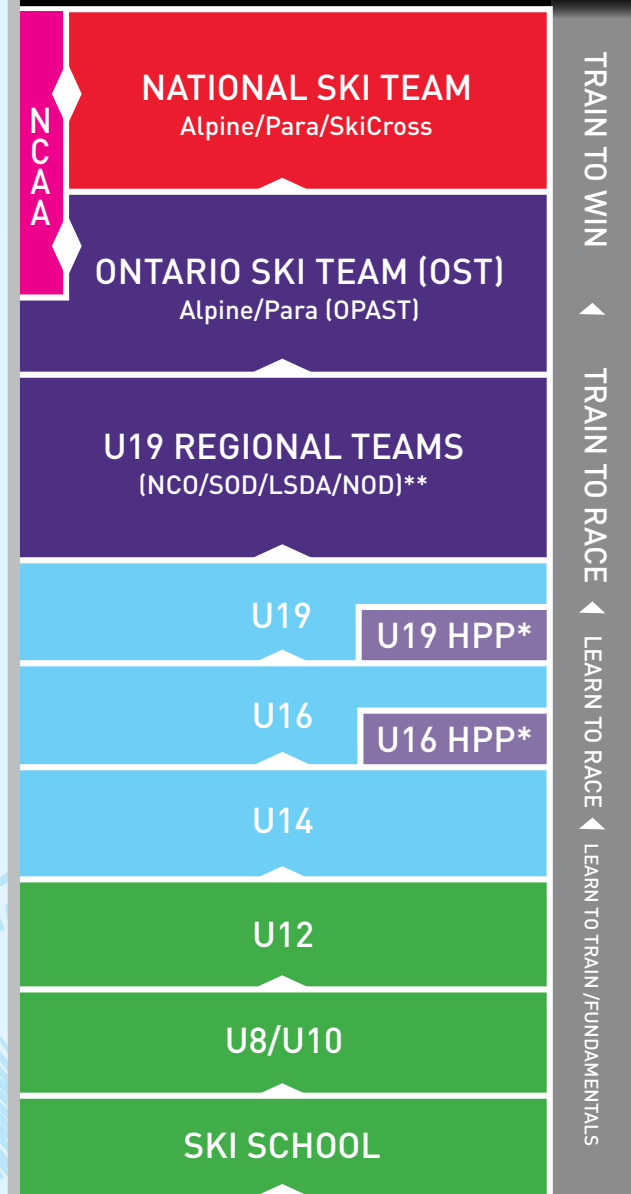
The Ontario Ski Team (OST) is designed to prepare Ontario's best Junior FIS ski racers with the broad range of skills and values needed to succeed on the international stage.

The primary athletic goal of the team is to graduate athletes to the Canadian Ski Team, but many OST athletes have also gone on to successful NCAA racing careers. The OST strives to work with the whole athlete, creating an environment where athletes can develop their skills, athletic character, and passion for ski racing. The OST requires athletes to be fully committed to the program.

This is a selected team to represent Ontario.

alpineontario.ca/ontarioskiteam

HIGH PERFORMANCE PATHWAY



** SOD = Southern Ontario Division * HPP = High Performance Program
 NOD = Northern Ontario Division
 LSDA = Lake Superior Division
 NCO = National Capital Outaouais Team