



**ALPINE
ONTARIO
ALPIN**

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



2020 PARENT HANDBOOK

Helping you ensure a safe, healthy and meaningful
alpine ski racing experience for your child.

PREMIERE PARTNER



MACKENZIE
Investments



Be invested. On and off the hill.

Ski + Mackenzie

That's better together

A message from Barry McInerney, President & CEO of Mackenzie Investments.

Ski season is officially here, and Mackenzie is proud to continue partnering with Alpine Ontario to help further their work in developing world-class athletes to compete on a national and global scale.

Our partnership with Alpine Ontario was designed to support you – the dedicated parents, coaches, clubs and athletes. We believe in the power of advice and performance, and the importance of investing directly in communities where we live, work and play.

We know that for skiing families, this sport isn't something you pick up when time permits. It requires a financial, physical and emotional commitment. The same could be said for investing, which requires discipline and an adherence to something bigger than yourself. This winter, Mackenzie wants to help you be as invested off the hill as you are on it.

We look forward to being part of the many exciting races and events coming up. Be sure to watch for Mackenzie Base Camp travelling around the clubs, as you could win a ski-cation to Whistler and a chance to ski with Brittany Phelan, our Team Mackenzie athlete and Olympic Silver Medalist. You can also pick up your 2020 Mackenzie ski buff and get some tips from four-time Olympian Manny Osborne-Paradis. We are also giving away several \$500 RESPs to top athletes this season – maybe you'll be one of them!

Thanks for all that you do to help advance this sport and have fun on the hill.

Barry



Inside...

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Welcome to Ski Racing!

PARENTS

As a parent, you go to great lengths to safeguard your children and give them the best opportunities. You enroll them in sport and activities so they can make friends and learn new skills. You buy them the best equipment, and help them organize it every weekend to and from the slopes of Ontario. You watch them train and race so you can be there for the joyous moments, as well as the not-so joyous ones.

While the thrill of the performance is exciting and winning results are alluring, the best reward is seeing the improved confidence, friendships, and overall growth your child gains through meaningful sport experiences.

This handbook is designed to help you ensure a safe, healthy, and meaningful alpine ski racing experience for your child that will support their competitive spirit, foster positive life skills and values, maximize their personal potential and most importantly - KEEP IT FUN!



Who Manages AOA?

The organization as a whole is governed by an elected independent **Board of Directors**. They are:

- Michael McTaggart, Chair of the Board
- Peter-Paul DuVernet, Past Chair
- Dave Morrison, Vice Chair & Treasurer
- Chris Pepper, Governance
- Dr. Brent Norton
- Linsey Ferguson
- Peter Bier
- Keith Duhan, Chair – Northern Ontario Division (NOD)
- Allan Mihalcin, Chair – Lake Superior Division Alpine (LSDA)
- Andrew Fortier
- Mark Santone

Alpine Ontario Alpin (AOA) employs six full time **office staff** and six full time **coaches**. :

OFFICE STAFF

- Bill Reeves, Executive Director 705-444-5111 x 206
- Angela Hobbs, Accounting Manager 705-444-5111 x 125
- Robyn Skinner, Competition Director 705-444-5111 x 128
- Duncan Gibson-Maclean, Competition Manager (U16HPP) 705-444-5111 x 102
- Kristin Ellis, Communications Manager 705-444-5111 x 132
- Lisa Linhares, Member Services (Registration) 705-444-5111 x110

COACHING STAFF

- Kip Harrington, High-Performance Director
- Cam McKenzie, OST Men`s Head Coach
- Cam Stephen, OST Women`s Head Coach

AOA also has a unique agreement with its largest division, the Southern Ontario Division (SOD), whereby through a services and management agreement AOA is responsible for the operations of the division. The relationship is also designed to remove the duplication of administrative overhead by working collaboratively under the same roof. SOD represents over 85% of the AOA membership with Collingwood acting as the main hub for many of its larger club programs. The following office staff and coaches operate out of the main AOA office.

SOD OFFICE STAFF

- T.E.S. Hynes, SOD Program Director 705-444-5111 x133
- Suki Chapman, SOD Program Manager 705-444-5111 x133

SOD Ski Team (FIS Regional program) COACHING STAFF

- Jacques Reid, Head Coach jski@alpineontario.ca
- Jenn Warren, Women`s Head Coach jenn@alpineontario.ca
- Bebe Zoricic, Men`s Head Coach bebe@alpineontario.ca



What does AOA Do?

Joining a new sport can be overwhelming, especially for those who are not already familiar with alpine ski racing. We hope the following information gives you a starting point.

Thank you for taking the time to learn.

What is AOA?

Alpine Ontario Alpin (AOA) is a not-for-profit provincial sport organization (PSO) responsible for compliance and regulations in Alpine ski racing, Para-alpine racing and Ski Cross racing as stipulated by its governing bodies **Alpine Canada Alpin** (ACA) and The Fédération Internationale de **Ski** (FIS) based in Switzerland.

AOA raises money through **sponsorship, government funding, donations and membership fees**. These monies are used to develop the following:

- Organize and sanction the entire Ontario race series and provincial championships (more than 300 races per year) from the U8 level up to U19/FIS.
- Organizing skills camps for racers between the ages of 8 to 16.
- Managing the U16 High Performance Program (U16HPP) & U19 High Performance Program (U19HPP)
- Managing the Ontario Ski Team (OST) and the regional Southern Ontario Division Ski Team (SODST).
- Hosting coach education courses, seminars and on-hill learning.
- Overseeing the organization and facilitation of coach education (entry level and development level coaches' courses) and Officials courses as provided by Alpine Canada Alpin.
- Striving to keep race environments safe through policies and procedures, rules and regulations as stipulated by our governing bodies of Alpine Canada Alpin and FIS.
- Provide, administrate and pay for General Liability Insurance for all our members and affiliated clubs through the Canadian Snowsports Association.
- Provide sport communications using promotional videos, newsletters and several websites.
- Implement provincial fundraisers that bring in over 100K\$ into the Alpine Ontario Ski Racing structure.
- And much, much more! Visit <https://www.alpineontario.ca/about-alpine-ontario-alpin-2/> to learn more about AOA.



AOA Divisions & Ski Clubs

AOA is made up of four divisions, 41 ski clubs and has over 5,000 registered members which represent approximately 30,000 extended families including parents, coaches, volunteers, officials, and corporate partners.

The four AOA divisions are:

[National Capital Division](#) (NCD)

[Northern Ontario Division](#) (NOD)

[Lake Superior Division Alpine](#) (LSDA)

[Southern Ontario Division](#) (SOD)

SKI CLUBS - SOD

1. [Alpine Ski Club](#)
2. [Batawa Racing Club](#)
3. [Beaver Valley Ski Club](#)
4. [Brimacombe Ski Club](#)
5. [Caledon Ski Club](#)
6. [Chicopee Ski Club](#)
7. [Craigleith Ski Club](#)
8. [Devil's Glen Country Club](#)
9. [Fenninger Racing](#)
10. [Georgian Peaks Ski Club](#)
11. [Glacier Ski Club](#)
12. [Heights Skiing and Country Club](#)
13. [Hockley Valley](#)
14. Huronia Alpine Development Team (HADT)
15. [Jozo Weider Racing Club](#)
16. [Kelly VanderBeek Racing Club](#)
17. [London Ski Club](#)
18. [Mansfield Ski Club](#)
19. [Milton Heights Racing Club](#)
20. [Muskoka Ski Club](#)
21. [National Ski Academy](#)
22. [North York Alpine Race Club](#)
23. [Osler Bluff Ski Club](#)
24. [Skyloft Ski Club](#)
25. [Sir Sam's Race Club](#)
26. [Snow Valley Ski Club](#)
27. [Toronto Ski Club](#)

SKI CLUBS – NOD

1. [Adanac Ski Club](#)
2. [Elliot Lake Ski Racers](#)
3. [Elite Alpine Ski Cross](#)
4. [North Bay Racing Club](#)
5. [Searchmont Ski Runners](#)
6. [Timmins Ski Racers](#)

SKI CLUBS – NCD

1. [Calabogie Peaks](#)
2. [Camp Fortune Ski Club](#)
3. [National Capital Outaouais Ski Team](#)
4. [Snow Cross Academy \(Calabogie Peaks\)](#)

SKI CLUBS - LSDA

1. [Norwesters Alpine Ski Club \(Loch Lomond\)](#)
2. [Port Arthur Ski Club](#)
3. [TB Fast](#)
4. [Thunder Bay Senior Ski Association \(TBSSA\)](#)



History of Excellence



Kate Pace Lindsay,
North Bay Ski Club
Six World Cup medals, 1994 & 1998
Olympics.



Laurie Graham,
Osler Bluff Ski Club
Six World Cup victories, 1980, 1994 &
1988 Olympics.



Kelly VanderBeek, Chicopee Ski Club
Two world cup podiums, 2002 & 2006
Olympics.



Todd Brooker,
Toronto Ski Club
A former Crazy Canuck with 3 World
Cup DH wins, 1984 Olympics.



Steve Podborski,
Craighleith Ski Club
A former Crazy Canuck with 8 World Cup
DH wins, 1980 Olympics.



Brian Stemmler,
Georgian Peaks Ski Club
Three World Cup podiums, 1988, 1992,
1994 and 1998 Olympics.



Larisa Yurkiw, Georgian Peaks Ski Club
Six seasons on World Cup, 4 Downhill podiums



Pat Biggs, Camp Fortune Ski Club
Eight seasons racing SL on World Cup & 2006
Olympics.



Alpine Racing Disciplines

IN ONTARIO

Did you know that 55 million people worldwide enjoy the sport of Alpine skiing?! In Ontario, alpine racing includes three distinct streams:

1. **Traditional Alpine Ski Racing (able-bodied)**
2. **Para-Alpine Ski Racing**
3. **Ski Cross Racing (SX)**

Alpine follows the defined sport rules as outlined by FIS. FIS oversees the FIS World Cup, the World Championships, and the Winter Olympics. Alpine competitive skiing is comprised of parallel slalom, slalom, giant slalom, super giant slalom, combined, and downhill. At most of the AOA ski clubs racing is introduced at the U8 or U10 level once skiers have a strong foundation either from free-skiing or from ski school programs.

Para-alpine skiing competition is open to athletes in Ontario with physical disabilities such as amputation, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke. Para alpine athletes compete in the following disciplines: sit-ski, standing, blind/visually impaired in the following events downhill (DH), super-combined (SC), super giant slalom (SG), giant slalom (GS), slalom (SL), dual and team.

Ski cross (SX) is a discipline of ACA nationally and FIS freestyle, internationally. Despite being a timed racing event, it is often considered part of freestyle skiing because it incorporates terrain features traditionally found in freestyle. Ski cross courses have both naturally occurring terrain, and artificial features including, big-air jumps and high-banked turns. What sets ski cross apart from other alpine skiing disciplines is that there's more than one skier racing down the course. Any intentional contact with other competitors leads to disqualification.



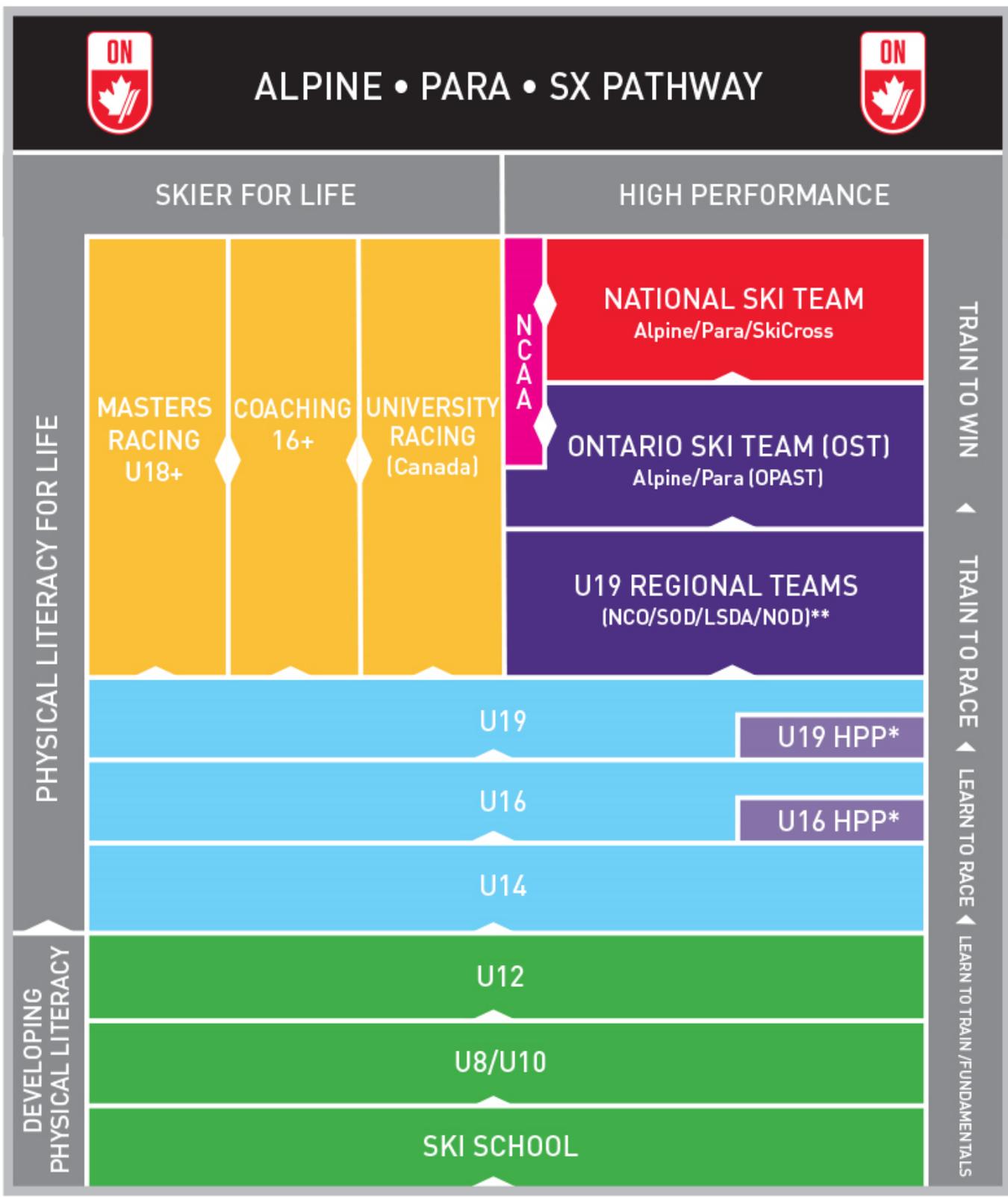
Visit alpineontario.ca/para for More Information on Para-Alpine



Visit alpineontario.ca/skicross for More Information on Ski Cross Racing



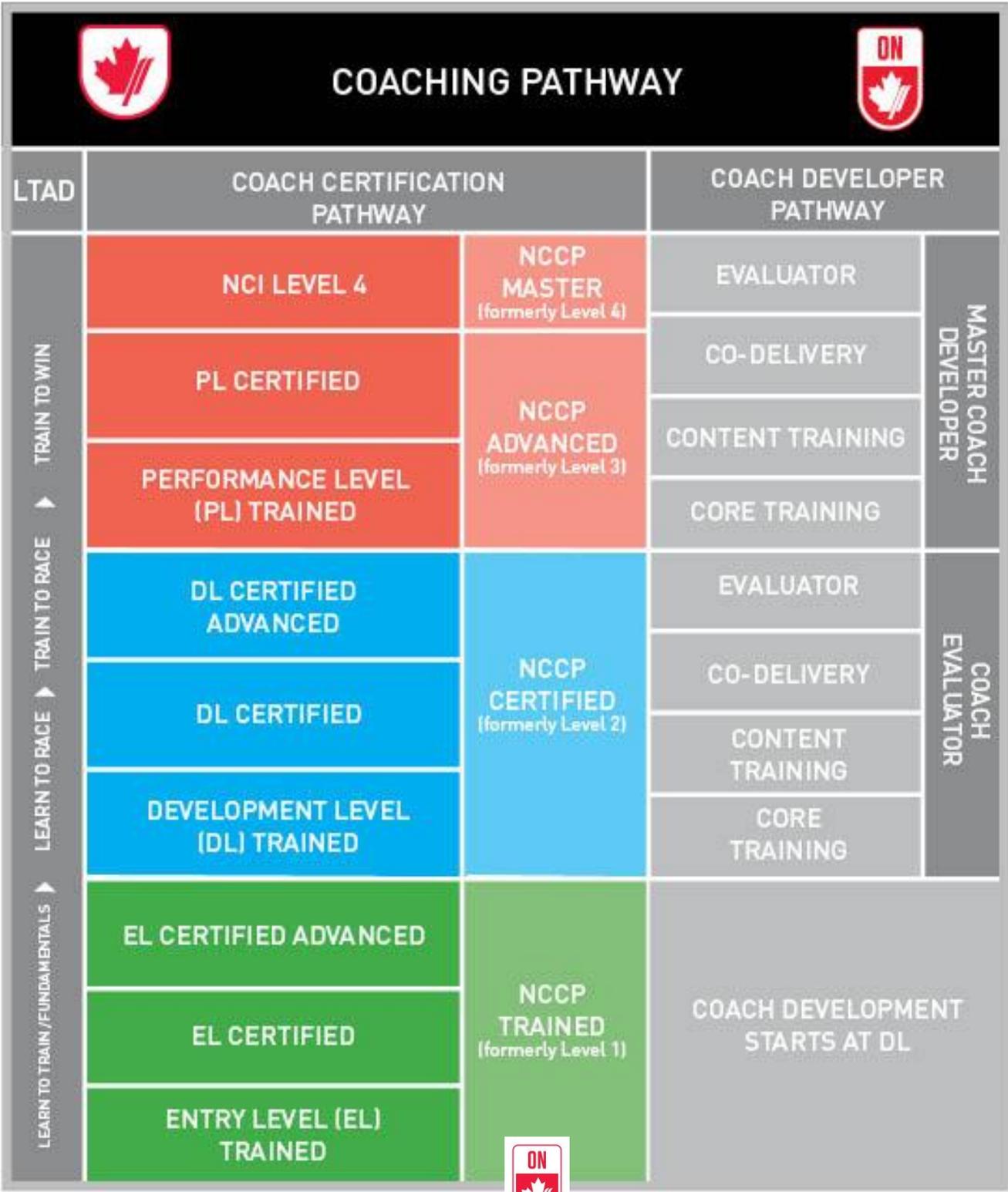
AOA Athletic Pathway



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

Every Kid Deserves a Great Coach!

AOA COACHING PATHWAY





BMC

MACKENZIE Investments

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POC RACE STUFF

ALICE

POC

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Promoting Positive ATTITUDES & BEHAVIOURS

Aside from getting outside and exercising, parents love alpine ski racing as it teaches kids teamwork, social skills, responsibility, respect, leadership, and the joy of winning and losing.

The following pages will give you strategies to support your child, their coaches, the officials and yourself in order to build and reinforce positive attitudes and behaviours on the slopes this winter.

At AOA, we believe alpine racing is a great tool for developing confident, courageous, resilient and caring people.



What Will My Child Gain from Alpine Racing?

PHYSICAL BENEFITS

- Improve the ABC's - agility, balance and coordination - along with developing fitness, strength and flexibility.
- Improve general health and weight management.
- Establish healthy behaviours that they will carry throughout their lives - sport and non-sport related.
- Develop FUNdamental Movement Skills.

SOCIAL BENEFITS

- Development of leadership, cooperation, communication and interpersonal skills.
- Create long lasting friendships - spending time with friends makes children feel valued and increases their happiness.
- Increase self-confidence by taking charge on the ski hill.
- Taking an interest in accepting responsibility.
- Learn how to accept defeat and win graciously.
- Determine how to take risks - and develop social/group responsibility and accountability.
- Promote sportsmanship.



PERSONAL BENEFITS

- Have fun!! – this should be #1!!!
- Improve self-esteem and confidence.
- Learn how to make friends with diverse backgrounds and skill levels.
- Improve ability to concentrate, facilitating better performance at school.
- Learn self-discipline, motivation, cooperation, commitment and personal responsibility.
- Learn organizational skills and how to share.
- Learn how to deal with pressure and stress.
- Encourage healthy behaviours (i.e. better eating habits, better sleeping habits, less likely to smoke or use drugs).



How do I Benefit?

The alpine racing journey can be tremendously beneficial for parents including new friendships, a closer relationship with your kids and the joy of watching them grow by learning and failing.

Parents also Benefit from Sport!

- You get to play a bigger role in your child's life by sharing more of their experiences.
- You can appreciate that your child is having fun, making friends, being active and healthy.
- You know where your children are - they are being supervised and having fun.
- You may be motivated to engage in a more active lifestyle and become an official or a coach, which leads to professional development and lifelong learning.

By getting involved you can also help your child with the inevitable challenges, such as, pressure, insecurity, uncertainty and even fear. This can be a very real aspect of the alpine racing experience and a very authentic part of the journey. How you - as a parent - navigate these challenges will help define the kind of alpine experience your child will have.



Parents who volunteer have more fun!

(PLUS it's the best place to watch a race!)



Get started by taking your **Level I Officials Course!**

Ask your club or visit alpineontario.ca to sign up.



Understand What Kids Want

This is What Kids Have Told us They Want From Their Parents:

- To support and encourage them.
- To let them know they are proud of them.
- To watch them play.
- To praise them for their efforts.
- To understand their sport and show an interest in being involved.
- To have realistic expectations of their capabilities.

What Kids Don't Want From Their Parents:

- To yell at them during or after the race, or on the car ride home.
- Swearing or disturbing at the races (including coming inside the start or finish huts).
- Abusing the officials, coach or other spectators.
- Being pushy and/or critical.
- Misplaced enthusiasm.
- Using guilt on your child.

What Kids Do Want From Alpine Racing:

- To have FUN.
- To learn, be challenged and improve.
- To be with their friends.



What Should I Do as a Parent?

Create a rewarding, safe and respectful environment by:

- Encouraging your child's participation - don't force it.
- Praising their efforts.
- Being proud of them.
- Children love to have adults at their races. If you can't be there, let them know why.
- Talking to your child about what they want from racing.
- Ensuring the first question you ask is **NOT** "did you win?" Instead ask, "did you have fun?"
- Volunteering to help with the program, team, races.
- Getting to know the coach and his/her coaching philosophy – be sure to ask if they don't tell you!
- Offering children support in different ways:
 - ✓ Free ski with them if you can.
 - ✓ Organize equipment with them and support the time it takes to tune skis as they get older.
- Encouraging your child to ski in their free time away from their ski clubs, or try a family ski vacation.
- Not using guilt on your child to make them "perform better" i.e. do not use guilt as a 'motivator' for your child.
- Not living your athletic dreams through your child.
- Not losing perspective - not every child will be an Olympian nor will talent necessarily mean they love what they are doing.
- Watch your child closely to gauge what makes them happiest.



On the Car Ride Home...

- Point out something good that your child did and good behaviour they exhibited in training or in the race.
- Avoid criticizing or correcting mistakes.
- Ask questions like:
 - ✓ Did you have fun?
 - ✓ Did you give it your best effort?
 - ✓ What did you learn from the training or race?
 - ✓ What was your best moment and how did it make you feel?

Remember it is more important to be a good person than to be a good athlete

70%

of kids **QUIT SPORT**

by the age of 13 because they stop having fun!

The most common reason why -

PARENTAL BEHAVIOUR

Source - Respect in Sport for Parents



5 Things To Talk About with Your Kids

1. Motivate Them to Try New Things.

- Talk to your kids about the **BENEFITS** of ski racing, as well as, other sports.
- Help them see that playing a new sport can make them **STRONGER** and **BETTER**.
- Discuss how the skills they learn through sports can help them reach their **GOALS** in the future.
- Discuss with your child why they may be **AFRAID** to try a specific sport or activity.

2. Encourage Persistence.

- Remind them about the **COMMITMENT** they made to their sport, their coaches and their ski team.
- Discuss how **PERSISTENCE** leads to success.
- Discuss examples of **FAMOUS** athletes who have struggled or experienced failure.



5 Things To Talk About...

3. Reframe Losing.

- Emphasize personal **MASTERY** and **IMPROVEMENT**.
- Teach your child to focus on the **POSITIVE** and celebrate improvement and progress.
- Help them **REFLECT** on what they/their team could do better **NEXT** time.
- Point out how famous athletes **RESPOND** to losses.
- Help your child embrace the **FUN** of sports

4. Reframe Winning.

- Emphasize their **EFFORT, FOCUS** and **DISCIPLINE**.
- Help them understand the connection between winning and their **ACTIONS**.
- If your child wins without effort, ensure that they always display good **SPORTSMANSHIP** to the losing team **teach them to handle constructive criticism**.

5. Teach Kids About Constructive Criticism

- Teach your child to view criticism as a price of **ADVICE**.
- Give your child the opportunity to **SELF ASSESS** by asking “**Did that go how you expected it to go?**”

REMEMBER: Do not give constructive criticism to your child in front of others.
Speak **THOUGHTFULLY** and **GENTLY**



Let's Talk Safety

CONCUSSIONS & SKI RACING

Alpine Ontario and Alpine Canada are guided by the Canadian organization **PARACHUTE**. Parachute is a national Canadian charity founded in 2012, which promotes researched, evidence-based and expert-advised resources and tools that can help to prevent serious harm or death from preventable injuries. Parachute, led by President and **CEO Steve Podborski**, *"wants Canadians, from coast to coast in this great nation, to safely work, play, and enjoy their families and friends to the fullest throughout a long and healthy life."*

Parachute's Mission Statement

Creating a safer Canada by preventing serious and fatal injuries through evidence-based solutions that advocate and educate.

The following pages contain information to help coaches recognize a concussion, information on 'return to sport' post-concussion and information on the ConcussionEd Mobile APP. Please also visit [AOA Resources/Policies for the most up to date Concussion protocols.](#)





What is a concussion?

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way an athlete may think and remember things, and can cause a variety of symptoms.

What are the signs and symptoms of a concussion?

An athlete does not need to be knocked out (lose consciousness) to have had a concussion. The athlete might experience one or more of the following:

Thinking Problems	Athlete's Complaints	Other Problems
<ul style="list-style-type: none"> • Does not know time, date, place, period of game, opposing team, score of game • General confusion • Cannot remember things that happened before and after the injury • Knocked out 	<ul style="list-style-type: none"> • Headache • Dizziness • Feeling dazed • Feeling "dinged" or stunned; "having my bell rung" • Seeing stars, flashing lights • Ringing in the ears • Sleepiness • Loss of vision • Seeing double or blurry vision • Stomachache, stomach pain, nausea 	<ul style="list-style-type: none"> • Poor co-ordination or balance • Blank stare/glassy-eyed • Vomiting • Slurred speech • Slow to answer questions or follow directions • Easily distracted • Poor concentration • Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily) • Not playing as well

Get medical help immediately if an athlete has any "red flag" symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.

After a Concussion:

RETURN-TO-SPORT STRATEGY



Parachute
Concussion Series

A concussion is a serious injury, but you can recover fully if your brain is given enough time to rest and recuperate.

Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention, and caution.

In the Return-to-Sport Strategy:

- ▶ Each stage is at least 24 hours.
- ▶ Move on to the next stage when activities are tolerated without new or worsening symptoms.
- ▶ If any symptoms worsen, stop and go back to the previous stage for at least 24 hours.
- ▶ If symptoms return after medical clearance, follow up with a doctor for re-assessment.

Stage 1: Symptom-limiting activities

After an initial short period of rest of 24 to 48 hours, light cognitive and physical activity can begin, as long as these don't worsen symptoms. You can start with daily activities like moving around the house, simple chores, and gradually introducing school and work activities at home.

Stage 2: Light aerobic activity

Light exercise such as walking or stationary cycling, for 10 to 15 minutes. The duration and intensity of the aerobic exercise can be gradually increased over time if symptoms don't worsen and no new symptoms appear during the exercise or in the hours that follow. No resistance training or other heavy lifting.

Stage 3: Individual sport-specific exercise with no contact

Activities such as skating, running, or throwing can begin for 20 to 30 minutes. There should be no body contact or other jarring motions, such as high-speed stops or hitting a ball with a bat. No resistance training.

Stage 4: Begin training drills with no contact

Add in more challenging drills like passing drills. There should be no impact activities (no checking, no heading the ball, etc.). Start to add in progressive resistance training.

Stage 5: Full contact practice following clearance by a doctor.

Stage 6: Return to Sport

Full game play or competition.

Get the ConcussionEd MobileAPP



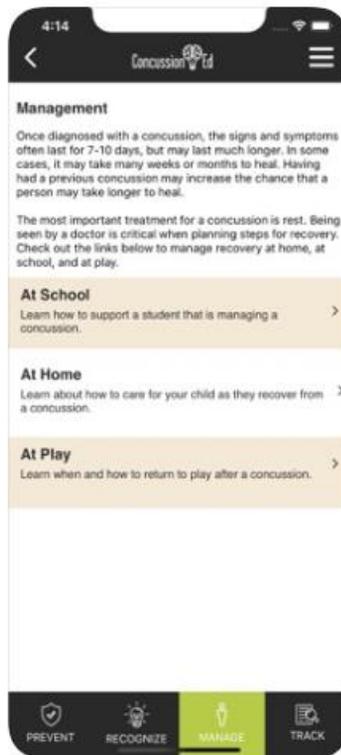
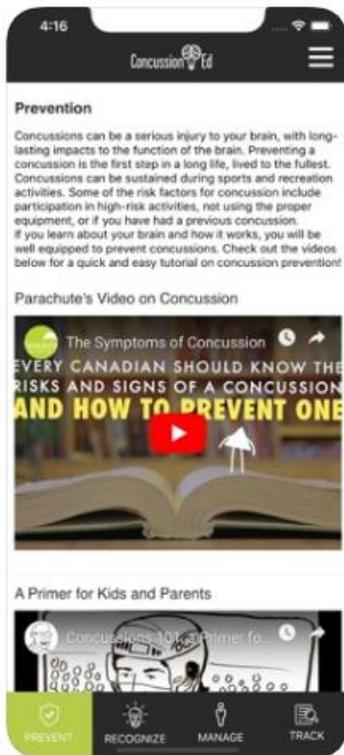
Concussion Ed

12+

Parachute

Free

Screenshots [iPhone](#) [iPad](#)



What is Rowan's Law?

Rowan Stringer's story

Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal. Neither did her parents, teachers or coaches.



Rowan's Law and Rowan's Law Day were established to honour her memory and bring awareness to concussions and concussion safety.



What is Rowan's Law?

Requirements for Sport Organizations

Ontario is a national leader in concussion management and prevention. *Rowan's Law (Concussion Safety), 2018* makes it mandatory for sports organizations to:

- 1** ensure that athletes under 26 years of age,* parents of athletes under 18, coaches, team trainers and officials confirm every year that they have reviewed Ontario's Concussion Awareness Resources
- 2** establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion prevention
- 3** establish a Removal-from-Sport and Return-to-Sport protocol

* Special Rule: A sport organization that is a university, college of applied arts and technology or other post-secondary institution must not register any athlete regardless of age unless the same requirements are met.

The new rules requiring the review of Concussion Awareness Resources and Concussion Codes of Conduct came into effect on July 1, 2019.

The rules for removal-from-sport and return-to-sport protocols are expected to be in place by July 1, 2020.

As of July 1st, 2019 all AOA members cannot complete their registration process without reviewing the AOA Concussion Protocol.

AOA is committed to following Rowan's Law to completion by July 1st, 2020. Visit alpineontario.ca/safesport



What's Next? Stay informed!

This handbook is just a starting point to a sport that is both complex and ever-evolving. We suggest parents become familiar with the following communication tools:

1 – THE AOA WEBSITE – www.alpineontario.ca

- Find program details under 'ATHLETE'
- Find events listed on the 'CALENDAR'.
- Learn about Coaching and Officials.
- Find the full site map at the bottom of each page.

2 – RACELINE is the official AOA e-newsletter sent out year round. It includes need-to-know information plus additional tips on how to be a great SPORT PARENT. The learning in sport never stops so please continue to stay engaged to help your children succeed on and off snow!

3 – SOCIAL MEDIA – We love our social media at AOA! Find us on Instagram, Twitter, Facebook and YouTube.

4 – ASK FOR HELP!

Please call or email 705-444-5111 x110 our general office line so we can help, or you can email Lisa at memberservices@alpineontario.ca



Don't forget to Sign Up!

Sign up on the AOA website homepage

STAY UP TO DATE!

RACELINE is the best way to stay up to date on AOA news. In the winter we post once a week and in the summer once a month. We include the latest sport news plus tips for skiers, coaches, officials, parents & more!

EMAIL *

NAME *

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Subscribe

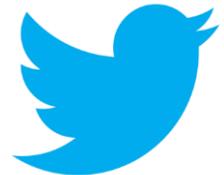
Connect with us on Social Media



@alpineontario



www.facebook.com/alpineontarioalpin



<https://twitter.com/AlpineOntario>



Important Dates

FALL

- Register with AOA! Your child cannot race until this step is completed and paid for. Visit www.alpineontario.ca and look for the LOG IN button, top right corner.
- OCUP Draft Schedule (U14, U16, U19, SX, FIS) is posted on the AOA website.
- Coach Education starts. Visit the AOA 'Coach' section of the website for details.
- Fall Fitness Testing (check with each Division). Note: Fall testing is mandatory if your child wishes to race in the U14/U16 OCUP series. Please ask your coaches for more information.
- RACE SCHEDULES are finalized and posted on each Division website. (SOD is on the AOA site)
- Ontario Ski Team (OST) and Ont. Para Alpine Ski Team (OPAST) official team announcement.

EARLY WINTER

- Dec 6-7th KICK START! A new coach/athlete/officials 2-day 'kick start to winter' at Mont St. Louis Moonstone. Visit alpineontario.ca/kickstart/
- Racing begins! Racing typically starts across Ontario by the end of December.
- AOA 2020-21 High-Performance Program criteria/details (U16HPP, U19HPP, SODST, OST) released.

FEBRUARY

- Women's Nor-Am Cup, Feb. 4-8th. Cheer on the Ontario Ski Team and members of the Canadian Alpine Ski Team!
- AOA/ACA Legacy Club Après-ski Party, Friday, Feb. 7th, Collingwood.
- AOA Ontario Ski Racing Awards (OSRA) nomination process opens.
- OCUP Finals (formerly Provincials). The U14 & U16 Finals rotate throughout the four AOA Divisions. In 2020 U14s are in Collingwood and the U16 Finals are in Thunder Bay.

MARCH

- U16 Nationals hosted by Alpine Canada for qualifying U16s, March 11-15th, Sun Peaks, British Columbia.
- Sr. Nationals (U19/FIS) hosted by Alpine Canada. March 25-28th, Panorama, BC.
- U16 High Performance Program applications open for 2019. Visit alpineontario.ca/u16hpp
- U14 CanAms for Team Ontario qualifying athletes, Sugarloaf, Maine, Mar 26-29th.
- U16 Eastern Finals for Team Ontario qualifying athletes, Mt.Orford, QC, Mar 26-29th.

APRIL

- U19 High Performance Program, OST and SODST Selections.
- Ontario Ski Racing Awards Fundraiser, Steam Whistle Brewing Co., Toronto, April 23rd.
- AOA Spring Athletic Meetings (tbc).

MAY

- Spring Fitness Testing (check with each Division).
- Ontario Ski Team Training Squad announced, dryland program starts with CSIO.
- U16HPP announced, program starts with dryland plan followed by two summer ski camps.
- U19HPP is announced, program starts with dryland plan at the CSIO.
- SODST is announced, off-season dryland program commencing.

JUNE/JULY/AUGUST

- Ontario Ski Team will be on snow 3-4 times during these months (tbc).
- U16HPP, U19HPP, SODST on snow, summer ski camps (tbc).
- www.alpineontario.ca/calendar for full summer camp listings.

New Sport Rules

RULES OF SPORT can be detailed and often complex and ultimately this is the job of your ski coach, not you the parent. That being said, it is nice to know the sport! Keep a close relationship with your coach at all times.

We are happy to report that there are no new 'sport rules' for the 2019-20 season however all AOA athletes must approve the Concussion Protocol in accordance with Rowan's Law during their AOA registration. This is the law in Ontario.

REMINDERS OF 2018 SPORT RULE CHANGES:

1 - FALL FITNESS TESTING as of 2018 all OCUP racers must complete a Fall Fitness Test. This can be done with your Division, your Ski Club, or even your local gym. Talk to your coach as to where your athletes are being tested and please ensure the results are submitted to AOA admin@alpineontario.ca before December 31st, 2019.

Athletes who do not do this will not be permitted to race in the U14 or U16 OCUP races.

2 – COACHING AGE CHANGE: Alpine Canada raised the age to 16 for anyone completing the Entry Level Coaching Course (EL). Athletes must be 16 on the first day of the course in order to participate. Learn more about coaching courses here: canskicoach.org



Parenting Quotes...

Letting go... “This is not really specific to ski racing, though the sport offers parents some great opportunities to learn how. It starts with letting them learn to wax their own skis (even though it involves hot sharp things and makes the worst mess), take responsibility for their gear (and learn to problem solve when they forget their shin guards at home). Stand back and outside of the finish when they race- if they have a good run, wait for them to come to you to say congrats. If they have a bad run- let them work it out with the support of their coach and their fellow racers. Stay quiet in the car after the race and let them initiate the conversation about the day. Don't take any of it personally (even though you are the #1 sponsor, have stood in sub-zero temperatures for hours and have driven through a snowstorm to get there). It's hard, but it's where they grow from sport and learn the most about themselves- which is the whole point. “

Keep busy... “It's important to keep other things in their life that make them happy and maintain balance.”

Friends... “Ski racing is a great camaraderie for both the kids up in the starting pen and the parents at the bottom - each group sharing the ups and downs together.”

“Memories and friendships will last a lifetime...”

“The smiles both on and off of the hill are priceless. The networking of us all on race day as we are sitting in different cities across Ontario, and sometimes the country, on live timing is amazing.”

“Friends from all across the escarpment and provinces. Competitive with each other on the race hill but then linked arms and hugs afterwards!”

Hard work “The time management skills that kids develop and use in order to maintain an academic average is a very valuable tool. Linking hard work with training and skill set development again is a transferable skill. 99% of the work is outside the 'race'”

Be patient... “Size does matter in the developing U14 and U16 ages. Smaller athletes tend to not succeed in competition as much but have some great skills that they do not get rewarded with. Stay patient as your time will come. Eventually all kids grow and mature and the athletes that have fought through the hard times often come out on top of the early developers. Most challenging part is reminding children to stick with the process.”



Parenting Quotes...

Knowing what to say... “I find it really hard to know the right thing to say/do when things are not going well - too often athletes' self-esteem and confidence is directly related to their outcomes and when things don't go well - it's hard.”

It's a tough sport... “It is a tough, unforgiving sport where hundredths of a second can mean the difference between winning and losing. For me, the hardest challenge as a parent of ski racers, is helping my kids manage and navigate tough race days. When they want success so badly and they do everything they know to do and it just doesn't come together for them, it can be so frustrating and disappointing for them and there isn't anything you can do to make it better for them. It can be such a helpless feeling when you can't fix it for them and there is nothing you can say to take the sting away. But having been with them on this journey for many years now, I now realize that racers gain so much from the struggle. Ski racing teaches resiliency, mental toughness, determination and perseverance and these skills translate into everything that they do. You can't be a ski racer and a quitter - the two are not compatible. Ski racers are the toughest people I know!”

It's a community... “An amazing community of coaches, mentors & friends and a determination and work ethic that they will take forward with them in everything that they do.”

It's a journey... “I didn't realize my daughter felt that as parents, we were only happy when she won or got hardware. Of course we were happy for her achievements but now we are more cognizant of the progressions she makes as she moves along on in her OCUP career. It's important to recognize 'improvement' over 'podiums'.”

Passion... “I love that my daughter has a passion, that she focuses and set goals for herself. She has learned to balance her life with schoolwork, friends and sport. She has learned about winning and not being an arrogant winner. She has learned about set-backs and there is always something to learn from them. These are skills and experiences that will serve her well in life.”

Spending time with your kids... “On a selfish note: I love the time that I get to spend with my daughter one on one. I am the one that does the hill runs, the camps and the hotels. We get car rides, dinners out, and hotel stays just the two of us and we get to chat and stay on top of each other's lives. My favourite moment was when she said, “I just like spending time with you.”



Questions?

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Photo: Jared Wright

Thank you to Ontario Volleyball for their help in producing this handbook.

