



**2019 Alpine Ontario
U14 Parent Meeting
Feb 3rd
Craigleith Ski Club**



- Introduction – **Scott Barrett**, AOA Executive Director
- U14 OCUP & U16 HPP **Jacques Reid**, AOA U14 Athletic Consultant
- Beyond U16 – **TES Hynes**, SOD Program Director
- Questions?

Jacques Reid, U14 AOA Athletic Consultant

- Level 4 Coach, CSIA
Level 4, DL & PL
facilitator
- Head U14/U16
Coach at Craigleith





U14 LTAD Phase ‘Train to Train’

- Skill Acquisition
- Focus on ski racing fundamentals
- Less gate training, more “ski training”



2019 PROVINCIAL EVENTS:

- 1. OCUP Finals, Thunder Bay, March 7-11**
- 2. Can Ams, Mt. Tremblant, March 28-31st**

Why do we need U14 criteria?

1. To **maintain quality and safety** for athletes.
2. To **Identify** skiers at the Train to Train stage
3. To **Create** a training group for pre-competition preparation
4. To **Create** a progression for athletes on the AOA high-performance pathway
5. To **Unify** athletes to represent the province of Ontario
6. To Provide **equal quota** for males and females



What is the U14 Can Am Criteria?

Selections are based on results from the Mackenzie U14 OCUP FINALS using these methods:

1. Athletes will be awarded World Cup 500 points.
2. Two calculations are used :
 - Calculation 1 is using the best 4 of 8 runs.
 - Calculation 2 is using the best 2 of 4 “event results” (meaning the athlete finishes both runs).



U14 in Summary

1. Focus on fundamentals
2. Days on snow
3. Multi sport/Injury Prevention
4. Fitness and wellness
5. Burn out
6. FUN



How is U16 OCUP Different?

U16 OCUP is continuation of the 'Train to Train' LTAD phase as it enters the 'Train to Race' phase.

U16 has more national and international competition opportunities including.

1. CAN AMS (now Eastern Finals)
2. U16 NATIONALS/Canada Winter Games, EUROPEAN CAMP/RACE (1 week), TEAM CANADA WHISTLER CUP



How do kids balance U16 & School?

1. Sport School or Academies (Bill Carruthers/ National Ski Academy/Pretty River Academy)
2. 5-Year High school option (split semesters)
3. Summer School
4. University of Toronto (for U19)

Talk to your school administration about options!

Download the AOA Education Document!



What is the U16 High-Performance Program?

Please watch the 2018 U16HPP VIDEO here

<https://www.youtube.com/watch?v=ch7TBY3MXmE&t=2s>



U16HPP Goals and Objectives

We are looking for **Committed and talented** athletes from across the province (2004 & 2005 born)

Kids in the U16HPP will:

- Spend **more time on snow**
- Raise their **fitness** levels
- Be more **motivated**
- Make new **friends**
- Work with some of our **best U16 coaches** led by the Program Leads Heather Metzger & Graeme Buckrell



U16 HPP Criteria

1. Complete the **fitness criteria** minimums
2. **Apply online** in March 2019
3. Complete the **off-season fitness** program
4. Attend **2 of 3 on-snow camps**
 - France in June
 - Mt. Hood in July
 - Chile in August* (attendees will be selected)

Applications open in March on the AOA website



TES Hynes, SOD Program Director

- PL Certified Coach, CSIA Level 2
- Joined SODST in 2016 as Women's Head Coach
- Coaching for 25+ years including Head Coach of TSC, National Ski Academy and Beaver Valley



What about after U16?

1. Club (National/FIS)
2. Regional FIS Teams
3. Ontario Ski Team
4. Academies

SODST Brochures/handouts available





Please ask questions!

AOA Athletic Consultant Jacques Reid

Contact Robyn Skinner

AOA Competition Director,

rskinner@alpineontario.ca



Resources

U16 HPP - <https://www.alpineontario.ca/alpine-ontario-alpin-racing/alpine/u16hpp/>

U14 Selection Criteria - <https://www.alpineontario.ca/u14-selection-guidelines/>

AOA Education Document -
<https://www.alpineontario.ca/education/>

AOA Parent Handbook - <https://www.alpineontario.ca/parent-handbook/>