



**2019 Alpine Ontario
U16 Parent Meeting
Feb 2nd - Devil's Glen**



- Introduction - **Scott Barrett**, AOA Executive Director
- U16 Provincial Events & Selections & U16 HPP - **Heather Metzger**, AOA Coach Consultant
- Regional U19 Programs – **TES Hynes**, SOD Program Director
- U19 HP – **Kip Harrington**, OST Head Coach
- Questions?

Heather Metzger, AOA U16 Athletic Consultant

- PL Certified Coach, CSIA Level 4
- Technical Director at AOA from 2005-2011
- Head U16 Coach at Georgian Peaks





2019 PROVINCIAL EVENTS:

- 1. OCUP Finals, Collingwood, March 11-15**
- 2. Eastern Finals (formerly Can Ams),
Calabogie Peaks/NCD, March 28-31st**
- 3. France Project, Val D'Iserre, March 29-April 8**
- 4. Team Canada Whistler Cup, April 12-15**

Why do we need U16 criteria?

1. To **Identify** the strongest possible team
2. To **Capture** athletes most likely to podium
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



U16 SELECTIONS – Canada Winter Games

- 7 males, 7 females
- February 23-March 3rd, Nakiska & Canyon Resort Alberta
- All athletes will compete in SL, GS, SG, SX
- Event winners from Mid-Winters will be automatically selected (max 4M/4F)
- Remaining spots will be allocated based on point calculation per World Cup (WC) 500 point system results for the best 3 of 4 events total.



TIERS OF U16 SELECTIONS

TIER 1: Team Canada, Whistler Cup, April 12-15th

- Selected from results at Canada Winter Games.
- Selections are made by Alpine Canada for a maximum of 12 athletes – 6 male, 6 female.

TIER 2: France Project - Val D'Isere, March 29-April 8

- best 2 of 3 events (GS, SL, SG) using Race points as determined at the OCUP FINALS
- 3 male, 3 female (cannot be same athletes as Whistler Cup Team Canada)

TIER 3: U16 Eastern Finals, Calabogie, March 28-31

- 20 male, 20 females (cannot be either Whistler Team Canada or Val D'Isere athletes)
- selections will be based on results from the U16 OCUP Mid-Winters and the OCUP Finals* using the following data based on WC 500 point system per event result/run:
 - Best GS event result
 - Best SL event result
 - Best Other event Result
 - Best Run



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** maximum
 - 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 and Beaver Valley



U19+ Racing OPTIONS –

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



WHAT IS FIS?

- FIS stands for Federation de Internationale de Ski
- In U14 and U16 ACA used 'National Points'..FIS simply uses 'FIS points'
- Each athlete starts with 999 points and the goal world-wide is to lower them.



SOD SKI TEAM (SODST)

Why chose this path?

- It is a route to the Ontario Ski Team for SOD athletes
- It is a high-performance program
- Athletes can apply to the program at the end of March and are asked to make a decision by mid-April.

The Program Core beliefs include:

- Every Athlete deserves a great coach.
- Athletes should be developed, not filtered.
- Commitment, Effort, Determination and Focus will lead to success



SOD SKI TEAM (SODST)

1. Objectives of the program:

- Build **athlete centered schedules**, while supporting individual academic needs.
- Offer **tutoring** at away camps & in Collingwood
- Individual **annual fitness programs** from the University of Toronto High Performance Centre
- Different than the U16OCUP, with less pressure, more **flexibility in the race schedule**, more individualized.



WHAT TO EXPECT YEAR 1-3 SODST

	1 st Year	2 nd Year	3 rd Year
Spring	U of T Dryland assessments	U of T or CSIO	U of T or CSIO
Summer	Les 2 Alpes (June - July, 2 weeks) Chile (August, 3 weeks)	One more camp in summer. Mount Hood, Oregon	
Fall	-U of T dryland assessment -Oct. HP Camp with OST for selected athletes. -Nov. Panorama train. Race Norquay,	-Lake Louise -Forerun Women's World Cup -Nor-Am DH (for a select few)	Nor-Am Tech. Events Panorama End of Nov.-Dec.
Race Starts	20-25	20-30 Nor-Am National Champs.	25-35 -Nor-Am -Month of January in Europe (train & race)



SOD Ski Team Program Design compared to U16 OCUP

U16 O-Cup Program:

- * Learn to Race**
- * Preparation Period - 23-28 days on snow**
- * Competition Period – 20–25 starts**
- * Total Days On-Snow – 80-100**

Current SOD FIS Program:

- * Train to Race**
- * Preparation Period – 30-40 days on snow**
- * Competition Period – 25–35 starts**
- * Total Days On-Snow – 100-120**



Education & Ski Racing

1. Sport School or Academies
 - Bill Carruthers (or similar sport schools)
 - National Ski Academy, Collingwood
 - Pretty River Academy, Collingwood
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!



Kip Harrington, OST Head Coach & Program Director

- PL Certified Coach, CSIA Level 3
- Head Coach of OST from 2000-2007
- CAST Coach for 8 years
- British Ski Academy for 2 years



AOA U19 High Performance Program

Designed to;

- Enhance regional, club or academy programs by offering unique and strategic Alpine Ontario opportunities
- Prepare Ontario's best to succeed on the Ontario Ski Team, the NCAA, or with the Canadian Alpine Ski Team
- Provide support and resources to create a culture of fun, health and wellness, physical fitness and performance.



AOA U19 HPP

* The support includes:

- Dryland Testing with individualized physical conditioning programs created by the Canadian Sport Institute Ontario
- Mental training and sports psychology support from Dr Dana Sinclair
- Physio Therapy and injury prevention screening
- Nutrition education and Concussion screening
- Return to snow support for athletes recovering from injury



AOA U19 HPP

* The projects include:

- *
 - October training camp with the Ontario Ski Team in Europe
 - Winter European Training and Race Project
 - Entry or Development Level Coaching certification
 - All projects include regional Coach participation



ONTARIO SKI TEAM

* Staff: **Cam McKenzie**, Men's Head Coach

Katie Twible, Women's Head Coach

Athletes: **Sam Duff**/Calabogie Peaks Racing Club

Aarons Puskas/Norwesters Alpine Ski Club

Britton Quirk/Camp Fortune Ski Club

Ashley Campbell/Georgian Peaks Club

Brianna Macdonald/Osler Bluff Ski Club

Emma Williamson/Alpine Ski Club



ONTARIO SKI TEAM



ONTARIO SKI TEAM

ON SNOW PREPARATION:

- * 50 training days at 5 venues with a focus on skill development, technical training and speed training for those that race all disciplines.

Snow Camp Dates and locations:

May 11-19: Mammoth Mountain, California

June 26 – July 6: Wittenburg Germany

August 13 – 28: El Colorado, Chile

October 12-26: Wittenburg Germany, Hintertux Austria

November 14 – 28: Western Canada, or Colorado

COMPETITION

- * The primary performance objectives for this level are the success at the Nor-Am level and qualification for the World Junior Championships. This will also involve developing competitive skills, building confidence, and improving rankings at regional FIS races in Canada and the US, possibly Europe. Goals and race calendar will be tailored to the success and development needs of the team and individual athletes, and to support school demands.



ONTARIO SKI TEAM





Please ask questions!

AOA U16 Athletic Consultants Graeme Buckrell & Heather Metzger Also visit alpineontario.ca/u16hpp

SOD Ski Team Program Director **TES Hynes**
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Kip Harrington, OST Head Coach and Program Director
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Resources

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

U16 Selection Criteria - <https://www.alpineontario.ca/u16-selection-guidelines/>

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

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