

The U19 High Performance Program is a new collaborative initiative with Alpine Ontario's regional teams designed to bring together the best U19 racers in Ontario for conditioning, training and racing. The intention is to enhance regional, club or academy programs by offering unique and strategic Alpine Ontario opportunities

WANT TO LEARN MORE?

All details including Cost, Program Criteria and Key Dates will be posted at:

alpineontario.ca/alpine-programs/u19-high-performance-program

on February 15th, 2019

MEET THE STAFF



KIP HARRINGTON

PROGRAM DIRECTOR

The AOA U19 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



DANA A. SINCLAIR

SPORT PSYCHOLOGIST

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.



MELISSA LACROIX

SPORT PHYSIOLOGIST

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. Melissa joined the team at the CSIO this past fall.



HIGH PERFORMANCE PROGRAM



The U19 High Performance Program is a new collaborative initiative designed to bring together the best U19 racers in Ontario for conditioning, training and racing

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THE SUPPORT AND PROJECTS INCLUDE

- Dryland Testing with individualized physical conditioning programs created by the Canadian Sport Institute Ontario.
- Mental training and sports psychology support from Dr Dana Sinclair.
- Physiotherapy and injury prevention screening.
- Nutrition education and Concussion screening.
- Return to snow support for athletes recovering from injury.
- 2 week October training camp with the Ontario Ski Team in Europe.
- 3 week Winter European Training and Race Project.
- Entry or Development Level Coaching certification.

CONDITIONING PROGRAMS

CSIO Toronto (Canadian Sports Institute of Ontario – Toronto) provides the U19 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. Learn more here: csiontario.ca

The athletes come together for conditioning camps, and coaches are in regular contact with our athletes to implement and monitor programs. The goal of our conditioning program is to reach elite fitness levels, including a focus on injury prevention and the general health of our athletes.

Key Conditioning dates at the Canadian Sport Institute of Ontario (CSIO) to include:

Testing, program design, sport psychology, nutrition and injury prevention
April 27-28 / June 8-9 / July 27-28 /
September 14-15 / October 11

OBJECTIVES

- Bring the best U19 ski racers in Ontario together for conditioning, training, and race projects.
- Prepare Ontario's best U19 skiers with the broad range of skills needed 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, physical fitness and performance.



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