



**ALPINE
ONTARIO
ALPIN**

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



2018 PARENT HANDBOOK

Helping you ensure a safe, healthy and meaningful
experience with Alpine Racing for your child.



Photo credit Debbie Gust

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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 training and races 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 & What is AOA?

Joining a new sport can be overwhelming, especially for those who are not already familiar with the sport of 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 International governing body FIS (International Ski Federation).

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

- Hosting hundreds of races across the four divisions in Ontario during the ski season.
- Organizing skills camps for racers between the ages of 8 to 16.
- Managing the U16 High Performance Program (U16HPP).
- Managing the Ontario Ski Team (OST) and the regional Southern Ontario Division Ski Team (SODST).
- Overseeing the organization and facilitation of coach education (entry level and development level coaches courses) and Officials courses as provided by Alpine Canada Alpin.
- Hosting an annual fall coaching conference and spring coaches meetings.
- 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.



Who Manages AOA?.....

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

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

AOA employs six full time **office staff** and up to six full time **coaches**. :

OFFICE STAFF

- Scott Barrett, Executive Director 705-444-5111 x 206
- Robyn Skinner, Competition Director 705-444-5111 x 128
- Alex Vieira, Accounting Manager 705-444-5111 x 125
- Duncan Gibson-Maclean, Race Manager (U16HPP) 705-444-5111 x 102
- Kristin Ellis, Communications Manager 705-444-5111 x 132
- Bill Reeves, Partnerships & Events Manager 705-444-5111 x 121
- General inquiries/registration 705-444-5111 x110

COACHING STAFF

- Kip Harrington, OST Head Coach & Program Director
- Katie Twible, OST Women`s Head Coach
- Cam McKenzie, OST Men`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 COACHING STAFF

- Taylor Martin, Head Coach
- Will Gyles, Assistant Coach
- Bebe Zoricic, Assistant Coach



AOA Divisions & Ski Clubs.....

AOA is made up of four divisions, 40 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:

[Southern Ontario Division](#) (SOD)

[Northern Ontario Division](#) (NOD)

[National Capital Division](#) (NCD)

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

SKI CLUBS - SOD

[Alpine Ski Club](#)

[Batawa Racing Club](#)

[Beaver Valley Ski Club](#)

[Brimacombe Ski Club](#)

[Caledon Ski Club](#)

[Chicopee Ski Club](#)

[Craigleith Ski Club](#)

[Devil's Glen Country Club](#)

[Fenninger Racing](#)

[Georgian Peaks Ski Club](#)

[Glacier Ski Club](#)

[Heights Skiing and Country Club](#)

[Hockley Valley](#)

Huronian Alpine Development Team
(HADT)

[Jozo Weider Racing Club](#)

[Kelly VanderBeek Racing Club](#)

[London Ski Club](#)

[Mansfield Ski Club](#)

[Milton Heights Racing Club](#)

[Muskoka Ski Club](#)

[National Ski Academy](#)

[North York Alpine Race Club](#)

[Osler Bluff Ski Club](#)

[Skyloft Ski Club](#)

[Snow Valley Ski Club](#)

[Toronto Ski Club](#)

SKI CLUBS – NOD

[Adanac Ski Club](#)

[Elliot Lake Ski Racers](#)

[Elite Alpine Ski Cross](#)

[North Bay Racing Club](#)

[Searchmont Ski Runners](#)

[Timmins Ski Racers](#)

SKI CLUBS – NCD

[Calabogie Peaks](#)

[Camp Fortune Ski Club](#)

[Equipe de Ski National Capital Outaouais Ski Team](#)

[Upper Ottawa Valley](#)

SKI CLUBS - LSDA

[Norwesters Alpine Ski Club \(Loch Lomond\)](#)

[Port Arthur Ski Club](#)

[TB Fast](#)

[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.



Questions? Contact AOA

Alpine Ontario Alpin
39A Stewart Road
Collingwood, Ontario,
L9Y 4M7

Phone : (705) 444-5111

Email : admin@alpineontario.ca



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 programs:

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

Alpine and SX follow 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 AOA ski clubs racing is introduced at the U8 or U10 level once skiers have a strong foundation from free-skiing through 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 DH, SC, SG, GS, SL and team.

Ski cross (SX) is a type of skiing competition. 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 www.aoprt.ca for More
Information on Para-Alpine



Visit alpineontario.ca for More Information on Ski Cross Racing





Promoting Positive ATTITUDES & BEHAVIOURS

Aside from getting outside and exercising, parents sign their kids up for alpine racing to teach them 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 in alpine racing.

At AOA, we believe alpine racing is a great tool for developing confident, courageous, 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, not to mention the tangible rewards; medals, prizes and recognition for your child.

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!)



Photo credit Herman Koeslag

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 Resistance.

- 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 with Your Kids

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.

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

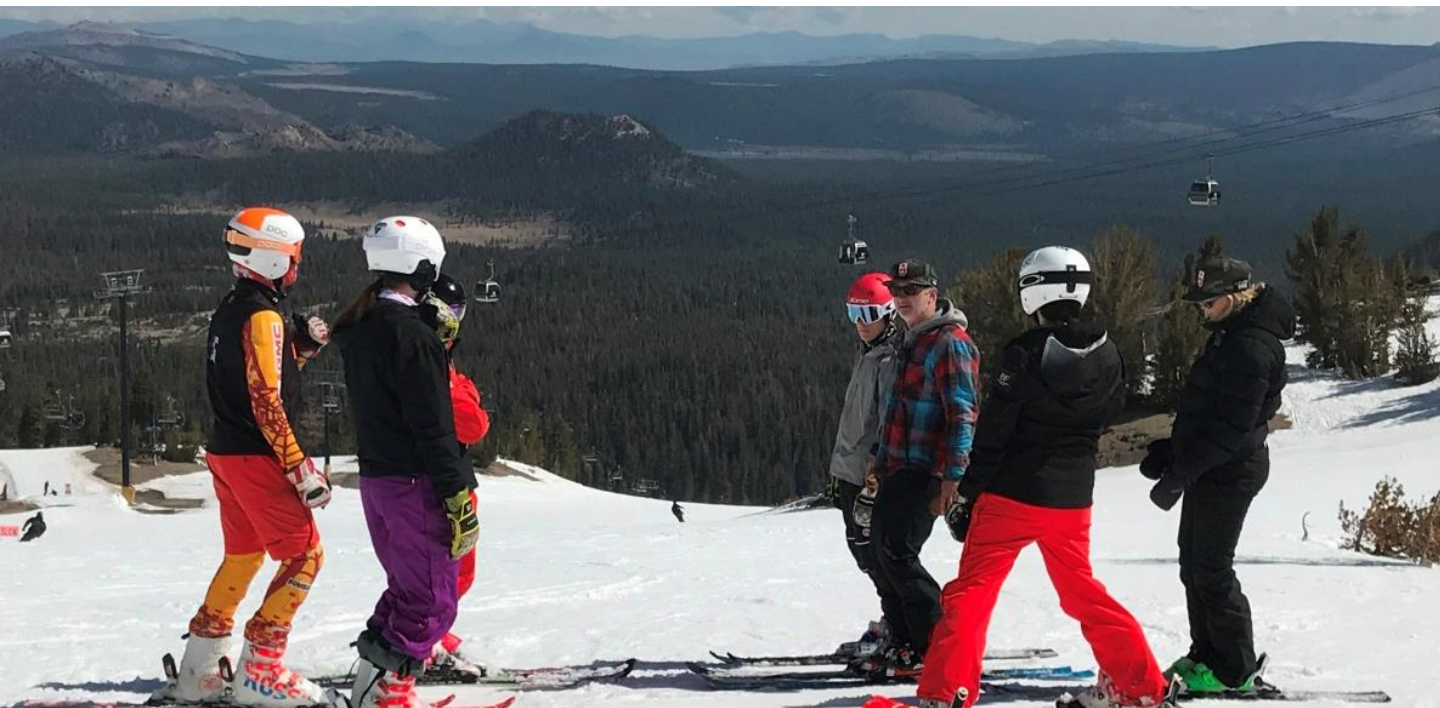
Alpine Ontario and Alpine Canada are guided by the Canadian organization **PARACHUTE**. Parachute is a national Canadian charity founded in 2012, which promotes researched, evidence-based and expert-advised resources and tools that can help to prevent serious harm or death from preventable injuries. 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.

Parachute's Vision Statement

A Canada free of serious injuries... with Canadians living long lives to the fullest.



What You Need to Know

CONCUSSIONS & SKI RACING

6 things you should know about concussions

1 Concussion is a brain injury.

2 A child's brain is still developing and requires a unique approach to care.

3 You can have a concussion without losing consciousness.



4 Concussion symptoms are more than just physical. They can be mental, emotional or behavioural.

5 Most concussions resolve quickly, however 30% of people have symptoms that last longer than 4 weeks.

6 It's essential for optimal recovery to rest your mind and body.

Holland Bloorview
Kids Rehabilitation Hospital

Concussion
Centre

Trusted experts in youth concussion
hollandbloorview.ca/concussion

Proudly supported by



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Kids Rehabilitation Hospital

Source: Holland Bloorview (HBCC)—the prominent Concussion Centre for pediatrics in Ontario.

<http://hollandbloorview.ca/programsandservices/Concussioncentre/Concussioneducation>



When Is It Safe to Ski Again?

CONCUSSIONS & SKI RACING

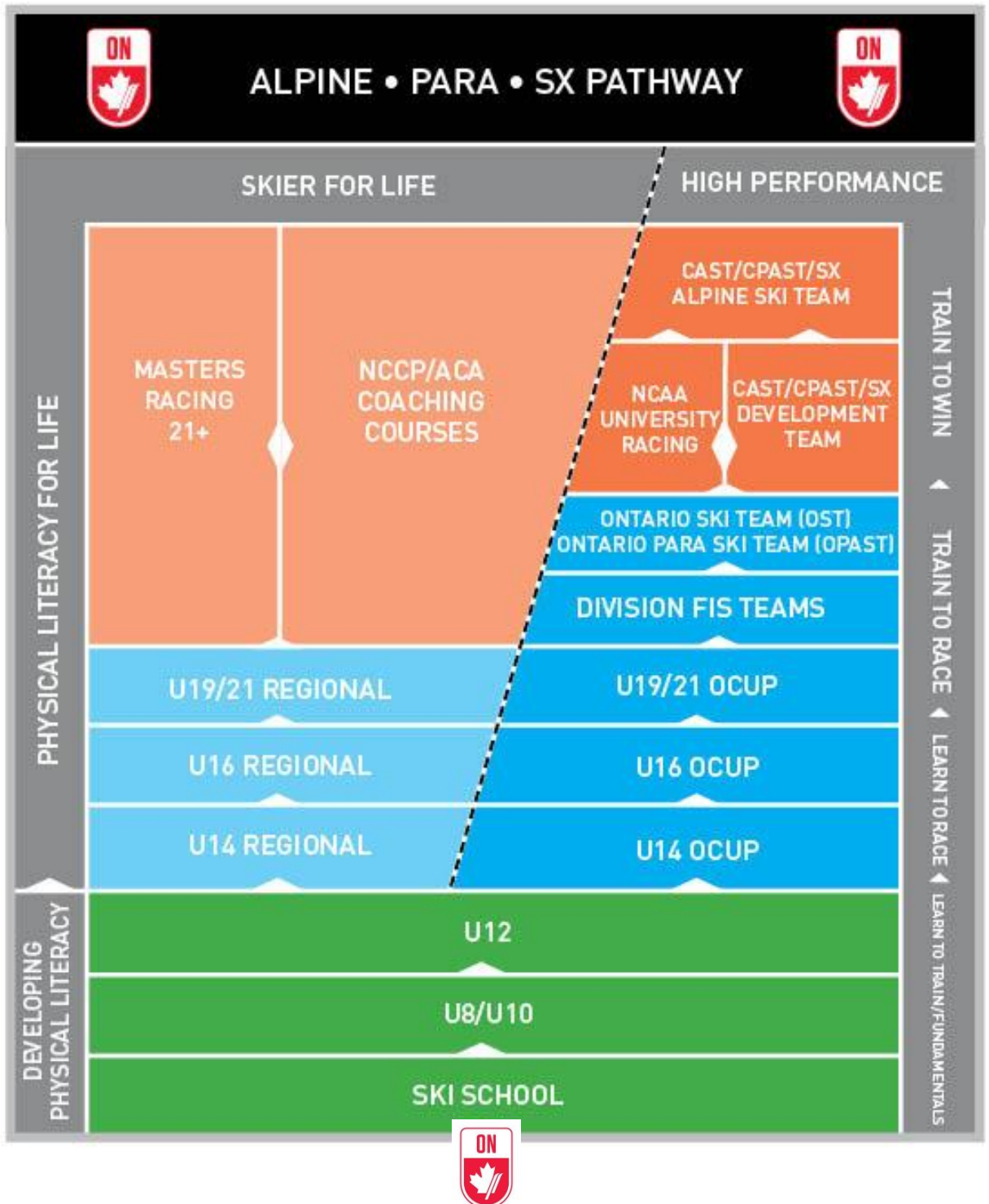
Stage	Aim	ACTIVITY	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms	Gradual re-introduction of work/school activities
2	Light aerobic activity	<ul style="list-style-type: none"> • Light jog or stationary cycling at slow to medium pace. No resistance training • -Light intensity jogging or stationary cycling for 15 to 20 minutes at sub-symptom threshold intensity 	Increase heart rate
3	Sport specific exercise	<ul style="list-style-type: none"> • Running/dryland drills. No head impact activities • Moderate intensity jogging for 30--60 minutes at sub-symptom threshold intensity • Low intensity freeskiing max 60 mins on snow time. • No head impact 	Add movement
4	Non--contact training drills	<ul style="list-style-type: none"> • Harder training drills, i.e. introduction of on-hill drills and easy gate training (stubbies no hitting of the gates) up to a half day of training total • May start progressive resistance training Participation in high intensity running and dryland drills • Low contact on hill training 	Exercise, coordination and increased thinking
5	Full contact practice	<ul style="list-style-type: none"> • Following medical clearance Participation in full training without activity restriction 	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Return to competition/ race day	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11),838--847.



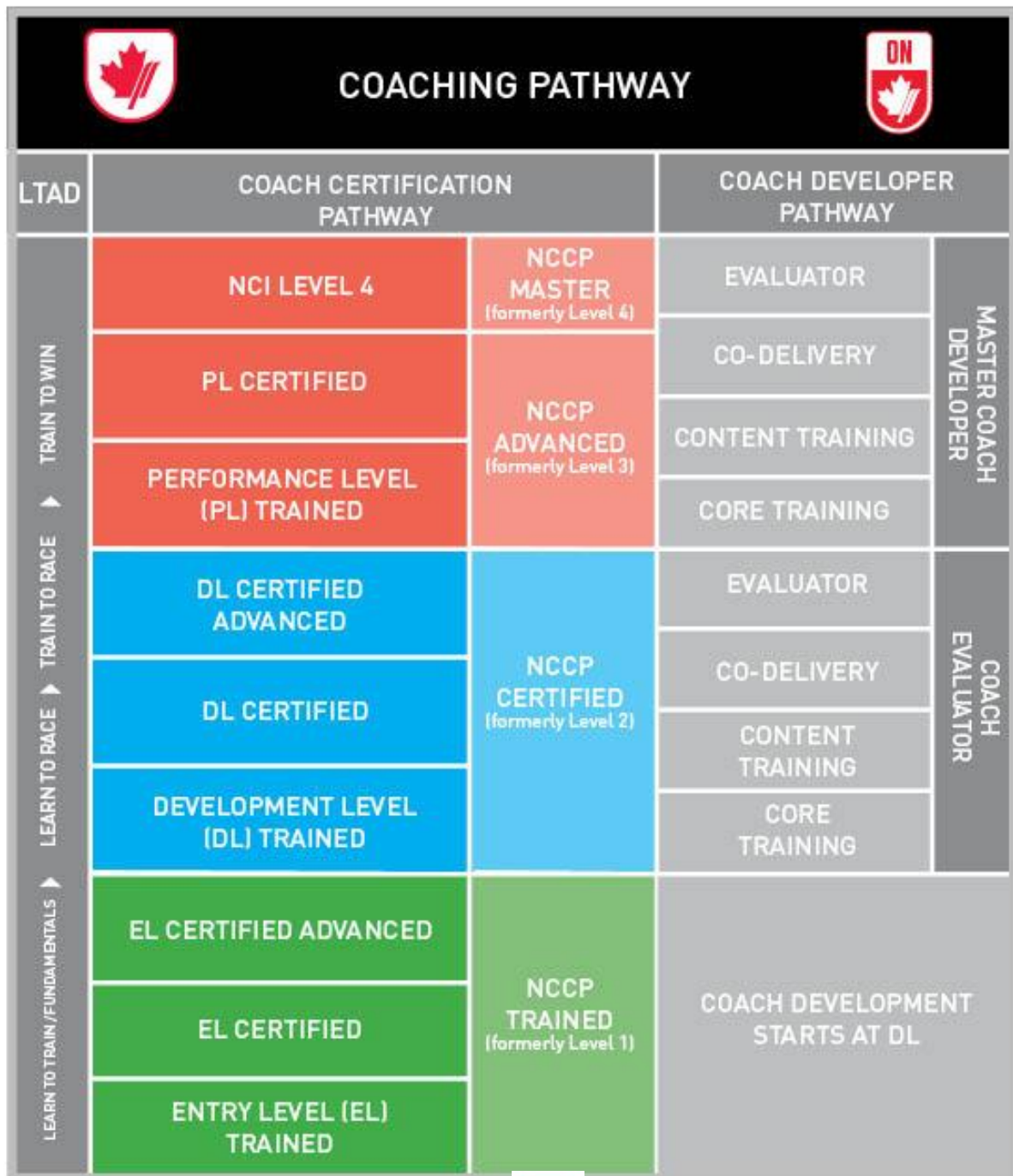
Look Ahead & Plan for Success

ATHLETIC PATHWAY



Every Kid Deserves a Great Coach!

COACHING PATHWAY



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

- Visit the ATHLETE section for your age category (U8 to Masters).
 - Visit the EVENTS CALENDAR.
 - Visit the NEWS section.
 - Find the full site map at the bottom of each page.
-

2 – RACELINE is the official AOA e-newsletter sent out twice a month, year round. We include 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.

Lastly, ask for help!

Please email communications@alpineontario.ca
or call 705-444-5111 x110



No Excuses...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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FIRST	LAST

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<https://twitter.com/AlpineOntario>



Important Dates to Remember

FALL	OCUP DRAFT SCHEDULE (U14, U16, U19, SX, FIS) is typically posted on the AOA website. OCUP is an Ontario-wide racing series.
FALL	FITNESS TESTING. Watch your club/divisions for news on pre-season dryland and fitness testing.
FALL TO DEC 15 TH	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 or NEW REGISTRATION on the top right of the homepage .
LATE FALL	AOA COACHES CONFERENCE & ANNUAL GENERAL MEETING The 2018 Conference is November 3 & 4 th at the Caledon Ski Club.
LATE FALL	RACE SCHEDULES should be finalized and posted to your Division and AOA websites www.alpineontario.ca .
JANUARY 2-7 th	2019 NOR-AM CUP RACES. Take your kids to see the best racers in North America, including many Provincial & National Team members. January 2-7 th in Collingwood (women) and Mont Ste. Marie (men).
JANUARY	OCUP MID-WINTER SERIES. These events rotate throughout the four AOA Divisions. In 2019 both the U14 & U16 Mid-Winters will be hosted in SOD.
JANUARY 26 th	AOA/ACA LEGACY CLUB FUNDRAISER.
FEBRUARY/MARCH	AOA ONTARIO SKI RACING AWARDS (OSRA) nominations & online voting.
FEBRUARY/MARCH	U16 NATIONALS is hosted by Alpine Canada. This event rotates between the East and the West (2 years in each location). In 2019 Nationals is part of the Canada Winter Games in Alberta.
MARCH	OCUP FINALS for both U14 and U16 take place on a rotation throughout the four AOA Divisions. The OCUP finals replaces what was formerly PROVINCIALS. In 2019 U14s are in Thunder Bay & U16s in Collingwood.
MARCH	U16 HIGH PERFORMANCE PROGRAM applications open for 2019.
MARCH	SENIOR NATIONALS (U19-FIS) hosted by Alpine Canada. In 2018 hosted at Mont Edouard, Quebec.
APRIL	OSRA GALA/FUNDRAISER in Toronto.
MAY	AOA SPRING ATHLETIC MEETINGS (GTA).
MAY	FITNESS TESTING (check with each Division).
JUNE	AOA NZ GOLF TOURNAMENT (Bonaire, ON).



Important 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.

1 – **NEW FOR 2018-19** is the rule that all OCUP racers must complete a Fall Fitness Test . This can be done with your Division or your Ski Club, or possibly at a 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, 2018.

2 – AOA rules can be found in a document entitled **PROGRAM GUIDELINES**. This document is updated annually and typically posted in November of each year. [Visit AOA Resources here>](#)



Parenting Quotes...

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."

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'."



Parenting quotes...

remember you are not alone!

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 school work, 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."



Thank You To Our Partners



PREMIER PARTNERS



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PLATINUM PARTNERS



PROUD PARTNERS



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

