

V2-2018



A Proud Program Supporter of:



Program Information For:

**U19 FIS Ski Cross
2018-2019 Season**



1) **Program Purpose:**

- a) To provide a North Zone based competitive environment which will challenge the athletes competitively and in training but in a less intensive program than common Technical FIS programs. Intensity is measured in travel days and overall cost of the Program.

The partial specialization in SX will offer something new and exciting for athletes choosing not to pursue a FIS Tech program but wanting to continue their race career at a U19 level in something more intensive than traditional North Zone Regional Programs offered under Club flags. While the Program is designed for a U19 target athlete, older athletes are certainly welcome.

- b) **Program Structure:** Currently, this Program is operated by and run under the banner of Sunridge Alpine Ski Team but on a similar structure as contemplated by the Alberta North FIS Partnership Agreement. Sunridge Ski Club is the Administrative Club and athletes are encouraged to remain as members/registrants of their "Home Club". Our goal is to meet the 5 racer threshold put in place by the Alberta North Ski Racing Society for a Program to be branded as "Alberta North FIS". If achieved, for 2018-19, the Program would be re-branded as AB North FIS SX.

- i) **Program Go/No Go:** We are hoping for 5 athletes registered but SUNRI will be offering this content for interested athletes regardless of whether we get 5 or not. If not, we will run some U16s with the group/coach on training camps and WSX races to distribute/offset some coaching costs.

2) **Program Goals**

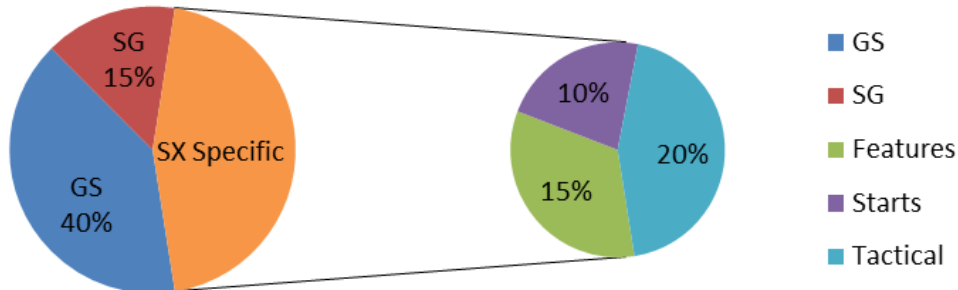
- a) **Retention:** To primary goal of this program is retention of athletes committed to racing but for those not quite interested or able to participate in higher intensity FIS Tech programming. This will be reflected in targeted costs of the Program and reduced travel commitments. Program will be scheduled exclusively in Western Canada, although additional race opportunities out of West-Can will be available for those interested athletes.
- b) **Development with SX focus:** That said, this program will provide a developmental platform for those serious athletes with a focus on SX. Coaches' expectations of effort and focus will be high in dryland and on snow. With the additional SX starts on the schedule, there are no slalom starts; this also significantly reduces the equipment requirements for the program.

3) **What Makes a Ski Cross Racer:**

- a) Generally speaking, for a racer to reach a competitive NorAm level in SX, they must have a technique base in the traditional disciplines of GS and SG. The ability to perform/carve a GS turn similarly in ability to a competitive FIS racer at least at an Alberta Cup level is the developmental goal.

This program will provide that training base and have a training and race discipline start ratio similar to the chart below representing an amalgamated skill set of a typical high performance Ski Cross

Skill Set of a SX Racer



- b) The “Features” skill set refers to absorption, air, pumping, and rodeo type maneuvers used to maintain and gain speed on course, “Tactical” refers to selection of line, drafting, passing, and managing traffic on a SX course, “Starts” refers to developing a strong start technique gaining a speed advantage in the start section. In GS and SG, we want to also glean skills in gliding, tuck turns, air, strength/G-forces, angulation, acceleration, and overall technique.

4) Overall Program Age Flowchart – Where is AB North SX a Best Fit?

Program Age (Dec 31)	Program Classification	Typical North Zone Mid-Intensity/High Performance Competitive Pathway	
16-18 U19	Junior	SUNRI - AB North FIS SX (North Zone Based)	
19-20 U21	Junior	Alberta Ski Cross (Calgary Based)	
21+	Senior	Canada Ski Cross NextGen Teams – B, C, D (Calgary Based)	
		High Intensity Programming	Mid-Intensity Programming

- For Higher Performance Athletes, we view this Program as primarily a feeder to the Alberta Ski Cross Team which is an Alberta Club team. The ABSX group runs a higher intensity travel schedule including trips to Eastern Canada/USA and periodically Europe.

5) Coach

- a) 2018-19 Coach of the Sunridge FIS SX Team will be Meshale Offermann (Age 28)



- b) After his racing career, Meshale has coached with Sunridge for several years and in the past few seasons Meshale has taken a lead in coaching SX training and at many race events with SUNRI. “Mesh” is excited with the opportunity to coach a FIS SX group.

6) Program Director

- a) Chris McEwen SUNRI – Sunridge.Pres@gmail.com - will act as Program Director/Coordinator for the group.

7) Schedule Composition

- a) Race Selection: Races will be selected from AB Cup FIS (GS), U16 Provincial (SG), Western SX (SX) and Domestic FIS (SX) (There will be NO Slalom starts scheduled in the Program)
- b) Additional Non –Calendared Race Opportunities:
- Canadian Nationals (March) (Currently scheduled in EastCan for 18-19 but still may switch)
 - SX World Juniors (Usually Europe)
 - Colorado (April)
- c) Prospective Schedule (Based on 2017-18 Calendar – subject to change)

8-Nov	Thu		
9-Nov	Fri		Travel
10-Nov	Sat	Sunshine	Tech Free Ski Camp
11-Nov	Sun	Sunshine	Tech Free Ski Camp
12-Nov	Mon	Sunshine	Tech Free Ski Camp
13-Nov	Tue		
14-Nov	Wed		
15-Nov	Thu	Sunridge	6:00-8:30PM
16-Nov	Fri		
17-Nov	Sat	Sunridge	9:30AM -1:30PM
18-Nov	Sun		
19-Nov	Mon		
20-Nov	Tue	Sunridge	6:00-8:30PM
21-Nov	Wed		
22-Nov	Thu	Sunridge	6:00-8:30PM
23-Nov	Fri		Travel

24-Nov	Sat	Nakiska	Legends FIS Speed Camp	First 3 days of 4 day Camp
25-Nov	Sun	Nakiska	Legends FIS Speed Camp	First 3 days of 4 day Camp
26-Nov	Mon	Nakiska	Legends FIS Speed Camp	First 3 days of 4 day Camp
27-Nov	Tue	Sunridge	6:00-8:30PM	
28-Nov	Wed			
29-Nov	Thu	Sunridge	6:00-8:30PM	
30-Nov	Fri			
1-Dec	Sat	Rabbit Hill	9:30AM -1:30PM	
2-Dec	Sun			
3-Dec	Mon			
4-Dec	Tue	Sunridge	6:00-8:30PM	
5-Dec	Wed			
6-Dec	Thu	Sunridge	6:00-8:30PM	
7-Dec	Fri		Travel	
8-Dec	Sat	Jasper		GS Train
9-Dec	Sun	Jasper		GS Train
10-Dec	Mon			
11-Dec	Tue	Sunridge	6:00-8:30PM	
12-Dec	Wed			
13-Dec	Thu	Sunridge	6:00-8:30PM	
14-Dec	Fri			
15-Dec	Sat	Rabbit Hill	9:30AM -1:30PM	
16-Dec	Sun	Red Deer		GS Train
17-Dec	Mon			
18-Dec	Tue	Sunridge	6:00-8:30PM	
19-Dec	Wed			
20-Dec	Thu	Sunridge	6:00-8:30PM	
21-Dec	Fri			
22-Dec	Sat	Sunridge	9:30AM -1:30PM	
23-Dec	Sun			
24-Dec	Mon			
25-Dec	Tue			
26-Dec	Wed			
27-Dec	Thu		Travel	
28-Dec	Fri	Kicking Horse	XMAS Free Ski Camp	
29-Dec	Sat	Kicking Horse	XMAS Free Ski Camp	
30-Dec	Sun	Kicking Horse	XMAS Free Ski Camp	
31-Dec	Mon			
1-Jan	Tue			
2-Jan	Wed			
3-Jan	Thu		Travel	
4-Jan	Fri	Bow Valley		GS Train
5-Jan	Sat	Bow Valley		GS Train
6-Jan	Sun	OFF		
7-Jan	Mon			
8-Jan	Tue	Sunridge	6:00-8:30PM	
9-Jan	Wed			

10-Jan	Thu	Sunridge	6:00-8:30PM	
11-Jan	Fri	Sunridge		TRAINING
12-Jan	Sat	Sunridge	Western/FIS	RACE - SX
13-Jan	Sun	Sunridge	Western/FIS	RACE - SX
14-Jan	Mon			
15-Jan	Tue		Travel	
16-Jan	Wed	Lake Louise		Train
17-Jan	Thu	Lake Louise	AB Cup FIS GS	RACE - GS
18-Jan	Fri	Lake Louise	AB Cup FIS GS	RACE - GS
19-Jan	Sat	Red Deer	CWG TRACK TEST	SX Train
20-Jan	Sun			
21-Jan	Mon			
22-Jan	Tue	Sunridge	6:00-8:30PM	
23-Jan	Wed			
24-Jan	Thu	Sunridge	6:00-8:30PM	
25-Jan	Fri			
26-Jan	Sat	Sunridge	9:30AM -1:30PM	
27-Jan	Sun	Red Deer		GS Train
28-Jan	Mon			
29-Jan	Tue	Sunridge	6:00-8:30PM	
30-Jan	Wed		Travel	
31-Jan	Thu	Lake Louise		Train
1-Feb	Fri	Lake Louise	U16 Provincial	RACE - SG
2-Feb	Sat	Lake Louise	U16 Provincial	RACE - SG
3-Feb	Sun	OFF		
4-Feb	Mon			
5-Feb	Tue	Sunridge	6:00-8:30PM	
6-Feb	Wed			
7-Feb	Thu	Sunridge	6:00-8:30PM	
8-Feb	Fri			
9-Feb	Sat	Sunridge	9:30AM -1:30PM	
10-Feb	Sun			
11-Feb	Mon			
12-Feb	Tue	Sunridge	6:00-8:30PM	
13-Feb	Wed			
14-Feb	Thu	Sunridge	6:00-8:30PM	
15-Feb	Fri			
16-Feb	Sat	Sunridge	9:30AM -1:30PM	
17-Feb	Sun	Red Deer		GS/SX Train
18-Feb	Mon			
19-Feb	Tue	Sunridge	6:00-8:30PM	
20-Feb	Wed			
21-Feb	Thu			Travel
22-Feb	Fri	WestCan TBD		Train
23-Feb	Sat	WestCan TBD	WestCan	RACE - SX
24-Feb	Sun	WestCan TBD	WestCan	RACE - SX
25-Feb	Mon			

26-Feb	Tue	Sunridge	6:00-8:30PM	
27-Feb	Wed			
28-Feb	Thu			
1-Mar	Fri	Red Deer	Canada Winter Games SX	Forerun
2-Mar	Sat	Red Deer	Canada Winter Games SX	Forerun
3-Mar	Sun			
4-Mar	Mon			
5-Mar	Tue	Rabbit Hill	6:00-8:30PM	
6-Mar	Wed			
7-Mar	Thu			Travel
8-Mar	Fri	Big White		Train
9-Mar	Sat	Big White	WCSX Race 3	RACE - SX
10-Mar	Sun	Big White	WCSX Race 3	RACE - SX
11-Mar	Mon			
12-Mar	Tue	Rabbit Hill	6:00-8:30PM	
13-Mar	Wed			
14-Mar	Thu	Rabbit Hill	6:00-8:30PM	
15-Mar	Fri			
16-Mar	Sat	Rabbit Hill	9:30AM -1:30PM	
17-Mar	Sun			
18-Mar	Mon			
19-Mar	Tue	DRYLAND	6:30-8:00PM	Dryland
20-Mar	Wed			
21-Mar	Thu	DRYLAND	6:30-8:00PM	Dryland
22-Mar	Fri			
23-Mar	Sat			
24-Mar	Sun			
25-Mar	Mon			
26-Mar	Tue			
27-Mar	Wed			
28-Mar	Thu			
29-Mar	Fri			
30-Mar	Sat	Jasper		Train
31-Mar	Sun	Jasper		Train
1-Apr	Mon			
2-Apr	Tue	DRYLAND	6:30-8:00PM	Dryland
3-Apr	Wed			
4-Apr	Thu	DRYLAND	6:30-8:00PM	Dryland
5-Apr	Fri			
6-Apr	Sat	DRYLAND	9:00-11:00AM	Dryland
7-Apr	Sun			
8-Apr	Mon			
9-Apr	Tue	DRYLAND	6:30-8:00PM	Dryland
10-Apr	Wed			
11-Apr	Thu			Travel
12-Apr	Fri	Nakiska		Train
13-Apr	Sat	Nakiska	AB Cup FIS Finals	RACE - GS

14-Apr	Sun	OFF		
15-Apr	Mon			
16-Apr	Tue	DRYLAND	6:30-8:00PM	Dryland
17-Apr	Wed			
18-Apr	Thu	DRYLAND	6:30-8:00PM	Dryland
19-Apr	Fri			
20-Apr	Sat			
21-Apr	Sun			
22-Apr	Mon			
23-Apr	Tue			
24-Apr	Wed			
25-Apr	Thu			
26-Apr	Fri			
27-Apr	Sat			
28-Apr	Sun			
29-Apr	Mon			
30-Apr	Tue			
1-May	Wed			
2-May	Thu			
3-May	Fri			
4-May	Sat	Sunshine	ACA SX Spring Training	
5-May	Sun	Sunshine	ACA SX Spring Training	
6-May	Mon	Sunshine	ACA SX Spring Training	

8) Costing

a) Dryland (Sept-Nov & Spring Sessions)

- i) \$250 (Non-Edmonton athletes are encouraged to do dryland with their home Club)

b) Base Fee – On-Snow (tentative)

- i) \$5500 (Gross charged to Home Club)(Home Club may charge less and/or apply Fundraising type credits)
 - (1) Includes Coaching and ALL Coaching expenses for calendared events for the season
 - (a) “Calendared” Events will become final once race calendar drafts are available.

c) Items Charged to Racer Account

- i) Travel (Team Travel for all or most away events)
 - (1) Athlete Hotel Share, Van Fees, Gas Share
 - (2) Men/Ladies charged equal group hotel shares
 - (3) Shared Meals
- ii) Race Entries
- iii) Lane Space Share
- iv) Banquets

v) Annual Race Account Estimate \$4500

d) Other Fees

- i) FIS Dual Card: \$605 (Domestic) \$943 (International)
- ii) CanWest Pass: \$582.75
- iii) Any other fees charged by Home Clubs

9) Equipment Requirements

a) Jackets

- i) Athletes to wear current Home Club apparel.
- ii) IF the 5 athlete branding threshold is reached, there will be an AB North Team Jacket. It is going to be a black Sync jacket sourced from Pacesetter with AB North rubber badges plus a badge representing Home Clubs if wanted. Athlete will be expected to purchase a jacket. **Approx ~\$350**

b) Skis:

- i) GS* FIS Spec Required
 - (1) Ski Length (Minimum)
 - (a) Ladies: 188 (-5cm tolerance for FIS)
 - (b) Men: 193 (-10cm tolerance for U18 First Year at FIS)
 - (2) Standing Height: Maximum height (distance between the bottom of the running surface of the ski and the ski boot sole) for all categories is 50 mm.
 - (3) Radius (Minimum)
 - (a) 30m for all categories
- ii) SG
 - (1) IF FOR FIS RACE * FIS Spec Required
 - (a) Ski Length (Minimum)
 - (i) Ladies: 205 (-5cm tolerance for FIS)
 - (ii) Men: 210 (-10cm tolerance for U18 First Year at FIS)
 - (b) Standing Height: Maximum height (distance between the bottom of the running surface of the ski and the ski boot sole) for all categories is 50 mm.
 - (c) Radius (Minimum)
 - (i) Ladies: 40m
 - (ii) Men: 45m
 - (2) FOR U16 SG RACE
 - (a) FIS GS ski will suffice.
- iii) SX
 - (1) No restrictions on skis - for cost efficiency, our recommendation is to run on your GS skis.
 - (a) For those interested, SX designed skis are available from several manufacturers and are generally a shorter radius ~22m. Contact us if interested.

c) Suits

- i) **4511.4 Ski Suits**
 - (1) Ski suits must be two pieces; pants and a separate top. Suits worn in the Alpine events of Downhill (DH), Super-G (SG), Giant Slalom (GS), Slalom (SL), and Speed Skiing are not allowed.
 - (2) Suit base material shall be textile fabrics excluding rubber, neoprene, leather or vinyl like materials or fabrics. Patches of different material are allowed provided that textile fabrics shall remain, in any event, predominant.
 - (3) Non-protruding body protection and padding is recommended.
- ii) 4511.6 Suit Measurement

- (1) The gap in the material must be a minimum of 80mm, measured everywhere around the circumference of each leg from the mid-thigh to the top of the ski boot and 60 mm everywhere around the elbow and the bicep.
 - (2) The vertical distance between the ski boot sole and the bottom of the pant leg, must be a maximum of 170 mm.
 - (3) See FIS Equipment Rules Section E, 6.1.
 - (4) A tolerance of two (2) mm (width of material) and 5 mm (pant length) (as noted on the measurement tool or actual 4mm of material) outside of the measurement regulations shall be allowed for one control. A warning shall be issued in this the case and announced. Each subsequent control must be within the specified regulations.
- iii) We are currently pursuing used National Team suits as SX gear is not mass-marketed.

d) Poles

- i) "Straight/SL" poles are generally used but preferably with a downhill basket. (No Guards)

10) Registration and Next Steps

- a) Interested Athletes/Program Directors should contact:

- i) Chris McEwen

Sunridge.Pres@gmail.com

780-264-0826

For expressions of interest. We will begin collecting deposits in July.

- (1) Per AB North current structure, funds will be collected through Home Clubs.
- ii) Website and online Calendar will launch in early July.