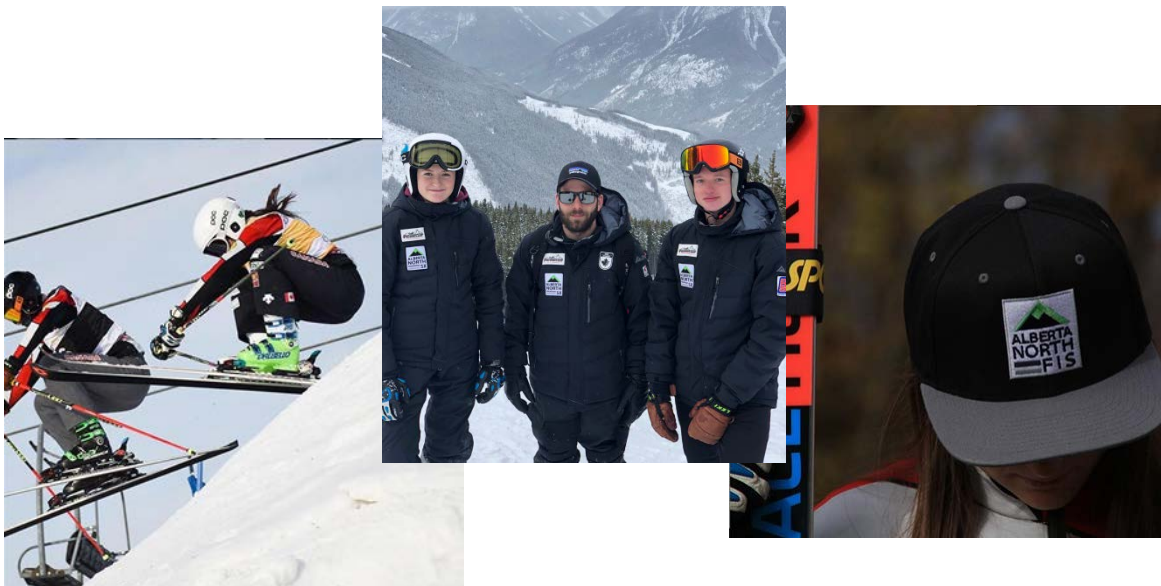




ALBERTA NORTH SX

2021-2022 Season



Program Guide 2021-22

Welcome to the Program Guide for the Alberta North FIS SX Program. We are pleased to announce that the program will return in 2021-22 for its FOURTH season! New and exciting for next season will be the addition of a full-time dedicated ski cross track at Nakiska to go along with full-time Alberta venues at Sunridge and Pass PowderKeg. Our FIS SX race calendar in WestCan looks to have FIS races monthly in December (Nakiska), January (Sunridge), Feb (PPK), and March (Big White). We are keen to grow the ranks of FIS carded SX athletes in the North Zone!

We all hope the ski world will be back to normal next season and this guide is presented on that presumption. Give us a call to chat about it! Chris McEwen (Program Director) 780-264-0826, or Meshale Offermann (Coach) 780-921-4354.

1) What is Ski Cross:

- a) Ski Cross is Alpine ski racing's 5th major discipline; in the speed continuum, it falls between the Technical events of Slalom and Giant Slalom and the Speed events of SuperG and Downhill. It combines elements of Speed and Tech in addition to unique race tactics and maneuvers over terrain... not to mention the added excitement of being on track with 3 other racers. Given these dynamics, our athletes continue to race and train Tech and Speed in this program.

2) Program Purpose:

- a) To provide a North Zone based competitive environment for athletes with a keen interest in continuing their racing career with a focus on the Ski Cross discipline of Alpine racing.

The partial specialization in SX will offer something new and exciting for athletes choosing not to pursue a traditional FIS Technical program but wanting to continue their race career at a Junior level (YOB 2005 and older) in something more intensive than traditional North Zone Regional Programs offered under Club flags. The Program is designed for a Junior Aged U21 target athlete.

3) Program Goals:

- a) **Retention:** This program will challenge the athletes competitively, and in training, but its primary goal is to keep athletes in the sport in a program that will give them a base of ability for them and their families to then decide if they wish to push further in the sport at an older age. In order to accomplish our retention goals, this is a less "intensive" program than Technical FIS programs currently running in Alberta. Intensity is abstractly measured in time/travel commitment and overall cost of the Program. We manage these elements thusly:
 - i) **Cost:** Our target is for an athlete to have "all-in" costs below \$10,000 per athlete for the season.
 - (1) How do we accomplish this?
 - (a) The most significant factor is that we utilize "part-time" coaching – our coach does not rely on this program as their primary source of annual income.
 - (b) Equipment; there is inherently less equipment required in a SX focused Program than traditional Technical FIS Programs. While we will race SL at the Rabbit Hill Open and there will be some SL training before XMas, there are no FIS SL starts scheduled.
 - (c) We moderate the travel involved with the Program as explained below:

ii) **Reduced Travel/Time Commitment:** We want our athletes to feel confident that they can participate in this Program, finish high school strongly, and maintain a level of sport/life balance.

(1) How do we accomplish this? (Which also reduces cost for the athlete)

(a) We are scheduled exclusively in Western Canada.

(i) Additional race opportunities out of WestCan are available for those interested athletes.

1. ie. Eastern Block in January (Ontario/NE USA)

(b) We highly leverage Edmonton and Alberta training venues.

(i) While we certainly will have significant travel to Mountain venues, a tangible portion of our training program is at Rabbit Hill and Sunridge plus some day trips to Canyon Ski Area. Our local venues offer us effective multi-discipline training including Ski Cross, particularly from December through early March. We believe in the mantra that there is great training value in the river valleys.

b) **Development:** Notwithstanding the stated primary focus on retention, this program will still produce racers. Coaches' expectations of effort and focus will be high in physical conditioning and on snow as we are here to provide a developmental platform for those serious athletes with a focus on SX.

i) **Advancement:**

(1) For U19 high performers, this program will prepare you for nomination to the Alberta Ski Cross Team at U21 including possible integration with University Programs.

(2) Or, continuation with ABNSX as there is no maximum age to participate in ABNSX, athletes may certainly continue on during post-secondary education.

(3) Nomination to represent Canada at the SX World Junior Championships becomes a realistic goal on the Women's side at age 17 on the Men's at 18-19.

4) **Program Structure:** For 2021-22, this Program is slated to be run under the Administrative Club structure under the terms of the Alberta North FIS Partnership Agreement with Athletes registering with their Home Club, if they wish. The 2021-22 Administrative Club will be Sunridge Ski Club.

a) **Program Go/No Go:** We strive annually to have 4-6 athletes in the Program but we are committed to offering this content for interested athletes regardless of whether we get that many athletes registered. If not, we will both run some U16s with the group on training camps and Western SX races to offset excess coaching costs and/or will more heavily coordinate with the Evolve club in the South at camps and FIS races to build the athlete cohort in season.

5) **Frequently Asked Questions/Comments:**

a) **I still want to make the Alberta Alpine Ski Team, is this program right for me?**

i) No, if your personal goals are to challenge yourself to be the best Slalom and Giant Slalom skier you can be and ultimately race in Continental Cups and/or pursue an NCAA Div 1 scholarship, traditional FIS technical programs are a better fit.

b) **I want to do more than Regional, but can't quite make a big-time FIS program work for me and my family, is this the Program for me?**

i) YES, absolutely! Don't Quit! You are exactly the type of racer we are looking for in this program. The primary goal of this program is retention of those athletes who are committed to racing and

want to get out on the road with their buddies, but are not interested or able to participate in higher intensity FIS-Tech programming.

c) I'm getting a little tired of bashing plastic...

- i) Give Ski Cross a try to rejuvenate your love of skiing and competition! And, we still run GS and SG elements too.

d) I don't know... I've never done Ski Cross...

- i) Doesn't matter! The competitive curve in FIS Ski Cross is pretty manageable... you already have most of the skills, you'll be right in there.

e) My old coach says it's dangerous and I shouldn't do it...

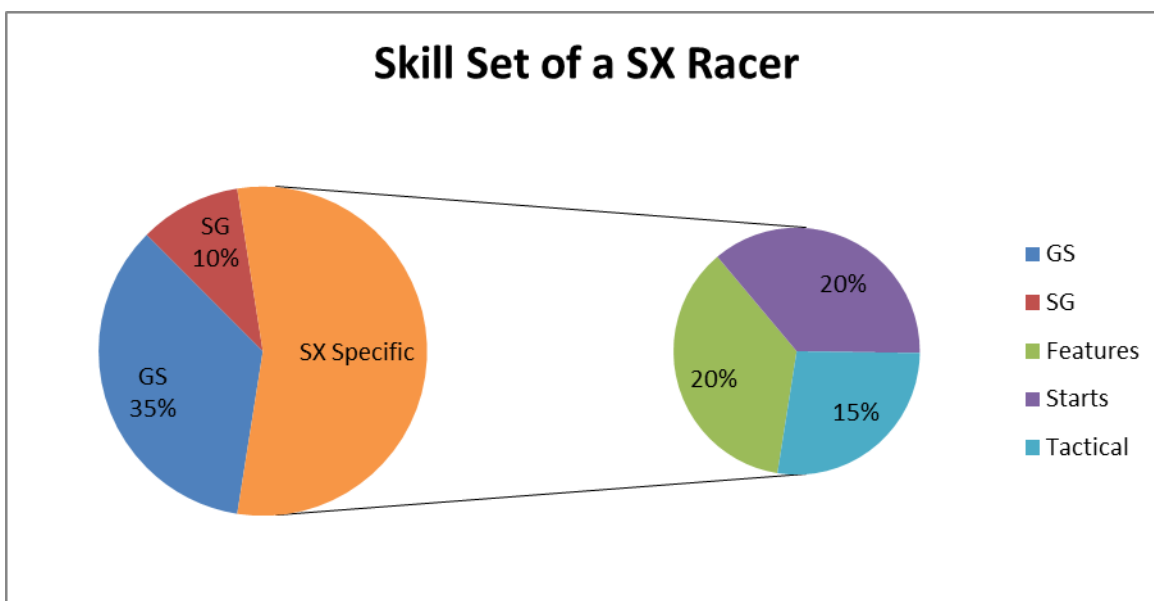
- i) Don't worry, the environments we are in at this level don't look anything like the Olympics. We run appropriate tracks and features.

6) What Makes a Ski Cross Racer:

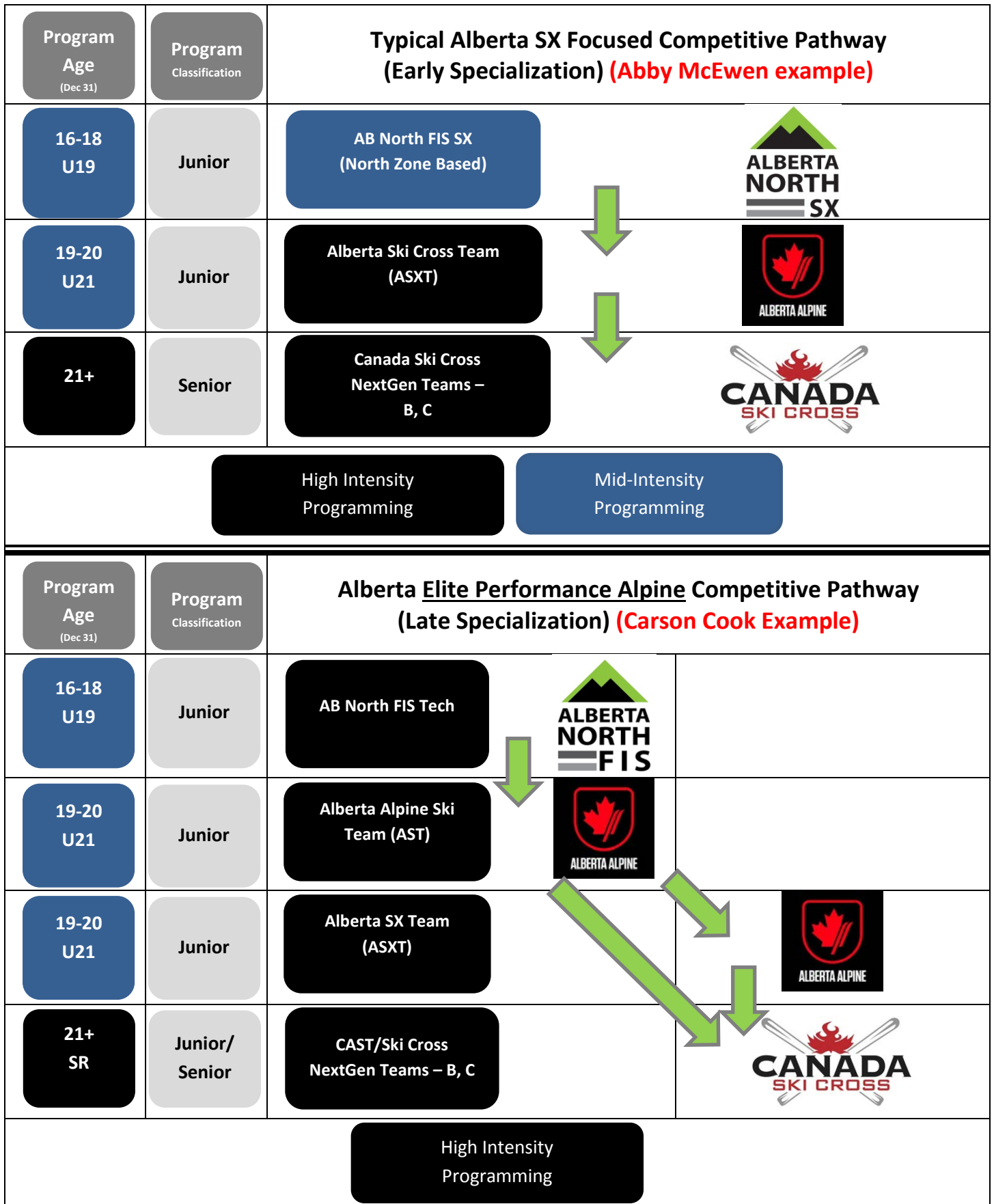
- a) Generally speaking, for a racer to reach a competitive NorAm level in SX, they must have a technique base in the disciplines of GS and SG. The ability to perform/carve a GS turn similarly in ability to a competitive FIS racer at least at an Alberta Cup level is one of the developmental goals.

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

- 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.



Overall Program Age Flowchart – Where does AB North SX Fit in the Pathway?



7) Coaching

- a) 2021-22 Coach of the AB North SX Team will be Meshale Offermann, (Devo Level/SX Trained) in his 4th season coaching AB North FIS SX.



- b) After his racing career, Meshale (“Mesh” [MEEesh]) has coached with Sunridge Alpine Ski Team for over 13 years with various age groups and in the past six seasons, Mesh has taken a lead in coaching SX gaining experience in training and at many race events with SUNRI, and the past 3 seasons with AB North FIS SX. Mesh is excited with the opportunity to again coach a FIS SX group under the AB North flag.

8) Program Director/Coordinator

- a) Chris McEwen, Director of ANSRS – ABNorth.SX@gmail.com - will act as Program Director/Coordinator for the group on a volunteer basis.

9) Schedule Composition

- a) Race Selection: Races will be selected from Open (SL), AB Cup FIS (GS), Western SX (SX), BC Cup FIS (SG/Speed Camp), FIS (SX) and, NorAm (SX)
- b) Additional Non –Calendared Race Opportunities
 - i) SX World Juniors (Europe)
- c) Prospective/Indicative Schedule (highly subject to change)

(1) EDUCATIONAL NOTES

- (a) **Grade 12:** It is suggested that athletes in Grade 12 avoid Bio 30, Chem 30, Physics 30, and Science 30 in the 1st semester due to potential schedule conflict between the January 2022 Diploma exams and Kimberley Speed Camp.
- (b) **Post-Secondary:** We will also endeavor to make a schedule work for athletes attending post-secondary.

Weedends		Travel Days				Weedends		Travel Days			
No School EPSB		Race Days				No School EPSB		Race Days			
Diploma Exams		Away Training days				Diploma Exams		Away Training days			
		Location	Hours	Training Notes	On Snow Hours			Location	Hours	Training Notes	On Snow Hours
1-Nov	Mon					1-Feb	Tue	Sunridge	6:00-8:30PM		
2-Nov	Tue					2-Feb	Wed				
3-Nov	Wed					3-Feb	Thu	Rabbit Hill	6:00-8:30PM		
4-Nov	Thu					4-Feb	Fri		Travel		
5-Nov	Fri					5-Feb	Sat	Lake Louise		Train	
6-Nov	Sat					6-Feb	Sun	Lake Louise	AB Cup FIS GS	RACE - GS	
7-Nov	Sun					7-Feb	Mon	Lake Louise	AB Cup FIS GS	RACE - GS	
8-Nov	Mon					8-Feb	Tue				
9-Nov	Tue		Travel			9-Feb	Wed				
10-Nov	Wed	Nakiska		Pre-Season GS/SX		10-Feb	Thu	Rabbit Hill	6:00-8:30PM		
11-Nov	Thu	Nakiska		Pre-Season GS/SX		11-Feb	Fri				
12-Nov	Fri	Nakiska		Pre-Season GS/SX		12-Feb	Sat	Sunridge	9:30AM -1:30PM		
13-Nov	Sat	Nakiska		Pre-Season GS/SX		13-Feb	Sun	Red Deer		GS TRAINING	
14-Nov	Sun	Nakiska		Pre-Season GS/SX		14-Feb	Mon				
15-Nov	Mon					15-Feb	Tue	Sunridge	6:00-8:30PM		
16-Nov	Tue					16-Feb	Wed				
17-Nov	Wed					17-Feb	Thu		Travel		
18-Nov	Thu	Rabbit Hill	6:00-8:30PM			18-Feb	Fri	Pass PowderKeg		Train	
19-Nov	Fri					19-Feb	Sat	Pass PowderKeg	WSX-FIS	RACE - SX	
20-Nov	Sat	Rabbit Hill	9:30AM -1:30PM			20-Feb	Sun	Pass PowderKeg	WSX-FIS	RACE - SX	
21-Nov	Sun					21-Feb	Mon				
22-Nov	Mon					22-Feb	Tue	Sunridge	6:00-8:30PM		
23-Nov	Tue	Sunridge	6:00-8:30PM			23-Feb	Wed				
24-Nov	Wed					24-Feb	Thu	Rabbit Hill	6:00-8:30PM		
25-Nov	Thu	Rabbit Hill	6:00-8:30PM			25-Feb	Fri				
26-Nov	Fri		Travel			26-Feb	Sat	Sunridge	9:30AM -1:30PM		
27-Nov	Sat	Jasper		GS Training		27-Feb	Sun	Red Deer		GS TRAINING	
28-Nov	Sun	Jasper		GS Training		28-Feb	Mon				
29-Nov	Mon					1-Mar	Tue	Sunridge	6:00-8:30PM		
30-Nov	Tue	Sunridge	6:00-8:30PM			2-Mar	Wed		Travel		
1-Dec	Wed					3-Mar	Thu	Nakiska		SX - GS TRAINING	
2-Dec	Thu	Rabbit Hill	6:00-8:30PM			4-Mar	Fri	Nakiska		SX - GS TRAINING	
3-Dec	Fri		Travel			5-Mar	Sat	Nakiska		SX - GS TRAINING	
4-Dec	Sat	Nakiska		Pre-Season GS/SX		6-Mar	Sun	Nakiska		SX - GS TRAINING	
5-Dec	Sun	Nakiska		Pre-Season GS/SX		7-Mar	Mon				
6-Dec	Mon					8-Mar	Tue	Sunridge	6:00-8:30PM		
7-Dec	Tue	Sunridge	6:00-8:30PM			9-Mar	Wed				
8-Dec	Wed					10-Mar	Thu	Rabbit Hill	6:00-8:30PM		
9-Dec	Thu	Rabbit Hill	6:00-8:30PM			11-Mar	Fri				
10-Dec	Fri					12-Mar	Sat	Rabbit Hill	9:30AM -1:30PM		
11-Dec	Sat	Rabbit Hill	OPEN	RACE - SL		13-Mar	Sun	Red Deer		SX TRAINING	
12-Dec	Sun	Rabbit Hill	OPEN	RACE - SL		14-Mar	Mon				
13-Dec	Mon					15-Mar	Tue				
14-Dec	Tue	Sunridge	6:00-8:30PM			16-Mar	Wed	Rabbit Hill	6:00-8:30PM		
15-Dec	Wed					17-Mar	Thu		Travel		
16-Dec	Thu		Travel			18-Mar	Fri	Big White		Train	
17-Dec	Fri	Nakiska		SX TRAINING		19-Mar	Sat	Big White	WSX-FIS	RACE - SX	
18-Dec	Sat	Nakiska	NorAm	FIS SX RACE		20-Mar	Sun	Big White	WSX-FIS	RACE - SX	
19-Dec	Sun	Nakiska	NorAm	FIS SX RACE		21-Mar	Mon				
20-Dec	Mon					22-Mar	Tue	Rabbit Hill	6:00-8:30PM		
21-Dec	Tue					23-Mar	Wed				
22-Dec	Wed					24-Mar	Thu	Rabbit Hill	6:00-8:30PM		
23-Dec	Thu					25-Mar	Fri				
24-Dec	Fri					26-Mar	Sat				
25-Dec	Sat					27-Mar	Sun				
26-Dec	Sun					28-Mar	Mon				
27-Dec	Mon		Travel			29-Mar	Tue				
28-Dec	Tue	Panorama		XMAS Camp - GS		30-Mar	Wed				
29-Dec	Wed	Panorama		XMAS Camp - GS		31-Mar	Thu		Travel		
30-Dec	Thu	Panorama		XMAS Camp - GS		1-Apr	Fri	Nakiska		Training	
31-Dec	Fri	Panorama		XMAS Camp - GS		2-Apr	Sat	Nakiska		Training	
1-Jan	Sat					3-Apr	Sun				
2-Jan	Sun					4-Apr	Mon				
3-Jan	Mon					5-Apr	Tue				
4-Jan	Tue	Sunridge	6:00-8:30PM			6-Apr	Wed				
5-Jan	Wed					7-Apr	Thu				
6-Jan	Thu	Rabbit Hill	6:00-8:30PM			8-Apr	Fri		Travel		
7-Jan	Fri	Sunridge		TRAINING		9-Apr	Sat	Nakiska		Train	
8-Jan	Sat	Sunridge		FIS SX RACE		10-Apr	Sun	Nakiska	AB Cup FIS GS	RACE - GS	
9-Jan	Sun	Sunridge		FIS SX RACE		11-Apr	Mon				
10-Jan	Mon					12-Apr	Tue				
11-Jan	Tue	Sunridge	6:00-8:30PM			13-Apr	Wed				
12-Jan	Wed					14-Apr	Thu				
13-Jan	Thu		Travel			15-Apr	Fri		Travel		
14-Jan	Fri	Pass PowderKeg		SX-GS Training		16-Apr	Sat	Sunshine	FIS Nationals	Train - SX	
15-Jan	Sat	Pass PowderKeg		SX-GS Training		17-Apr	Sun	Sunshine	FIS Nationals	Train - SX	
16-Jan	Sun	Pass PowderKeg		SX-GS Training		18-Apr	Mon	Sunshine	FIS Nationals	RACE - SX	
17-Jan	Mon					19-Apr	Tue	Sunshine	FIS Nationals	RACE - SX	
18-Jan	Tue	Sunridge	6:00-8:30PM			20-Apr	Wed				
19-Jan	Wed					21-Apr	Thu				
20-Jan	Thu	Rabbit Hill	6:00-8:30PM			22-Apr	Fri				
21-Jan	Fri					23-Apr	Sat				
22-Jan	Sat	Sunridge	9:30AM -11:30AM			24-Apr	Sun		Travel		
23-Jan	Sun	Sunridge	9:30AM -11:30AM			25-Apr	Mon	Sunshine		ACA SX CAMP	
24-Jan	Mon					26-Apr	Tue	Sunshine		ACA SX CAMP	
25-Jan	Tue		Travel			27-Apr	Wed	Sunshine		ACA SX CAMP	
26-Jan	Wed	Kimberley		FIS Speed Camp		28-Apr	Thu	Sunshine		ACA SX CAMP	
27-Jan	Thu	Kimberley		FIS Speed Camp		29-Apr	Fri	Sunshine		ACA SX CAMP	
28-Jan	Fri	Kimberley		FIS Speed Camp		30-Apr	Sat				
29-Jan	Sat	Kimberley		FIS Speed Camp		1-May	Sun				
30-Jan	Sun					2-May	Mon				
31-Jan	Mon					3-May	Tue				

10) Costing

a) Dryland

- i) Athletes are encouraged to do dryland with the group but can be done with Home Club at your discretion and cost.

b) Base Fee – On-Snow

i) \$5500 due to Sunridge Ski Club

- (1) This amount is the gross amount charged to the athlete's Home Club
 - (a) Home Club may charge less and/or apply Fundraising type credits
- (2) Includes Coaching and **ALL Coaching expenses** for calendared events for the season
- (3) Includes basic dryland (fall, in-season, and spring) administered/coached by SUNRI/ABNSX

c) Items Charged to Racer Account

- i) Travel (Team Travel available for all or most away events)
 - (1) Athlete Hotel Share, Van Fees
 - (2) Men/Ladies charged equal group hotel shares
- ii) Any Third Party dryland coaching and facility costs
- iii) Race Entries
- iv) Any lifts not covered by CanWest (Pre-season and when resorts are closed to public)
- v) Lane Space Share
- vi) Group Meals
- vii) Banquets
- viii) **Annual Racer Account Estimate \$4000**

d) Other Fees (2020-21 costs)

- i) FIS Dual Card: \$950 (Domestic) \$1300 (International)
- ii) CanWest Pass: \$614.25 plus \$157.50 May-Spring Extension
- iii) Any other fees charged by Home Clubs

e) Important Dates

- i) **Approx Aug 6, 2021:** CanWest Pass Application Deadline
 - (1) CanWest Pass is not mandatory but will significantly reduce costs of the program

11) Equipment Requirements

a) Jackets

- i) AB North FIS Team Jacket is a black Sync jacket sourced from Pacesetter with AB North and Home Club badging. Individual Athlete Sponsor badges can also be applied to the coat. Athlete will be expected to purchase a jacket. **Approx ~\$500 New**

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) Speed Camp

(1) SUNRI has DH/SG Skis available for athletes to borrow as may your Home Club.

iii) SG

(1) IF FOR FIS RACE * FIS Spec Require (May be able to borrow.)

(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) IF FOR U16 SG RACE

(a) FIS GS ski will generally suffice.

iv) SX

(1) There are no FIS ICR restrictions on dimensions of skis (length, radius etc.)

(a) For cost efficiency, our recommendation is to run on your GS skis.

(b) For those interested, SX designed skis are available from some manufacturers (Stokli-Elan) and are generally a shorter radius ~22m. Contact us if interested.

c) Suits

i) We will assist in sourcing a used SX race suit for registered athletes as they cannot simply be purchased.

(1) But for instance, per FIS Specifications for Competition Equipment – Cross Country, Ski Jumping, Nordic Combined, Snowboard, Freestyle, Freeski: section E (6.1). Ski Suits:

(a) 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.

(b) 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.

(c) Non-protruding body protection and padding is recommended.

d) Helmets

i) For Ski Cross, the helmet shall fulfil the following requirements:

(1) Helmet model to fulfil and to be certified under both ASTM 2040 and EN 1077 (class A – hard sided)

(2) Helmet model must also pass an additional specific test under EN 1077 test procedure but at higher test speed of 6.8m/s

(3) FIS RH 2013 standard meets this requirement.

e) Poles

- i) "Straight/SL" poles are generally used but preferably with a downhill "cone" basket. (No Guards)
- (1) GS Poles are also sometimes used.

12) Registration and Next Steps

a) Interested Athletes/Program Directors should contact:

- i) Chris McEwen

ABNorth.SX@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 later this summer pending release of COVID impacted FIS/ACA schedules and management protocols.